

SOUTHERN MARYLAND

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# MEDICINE

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# MESSAGE FROM THE CHAIRMAN OF THE BOARD

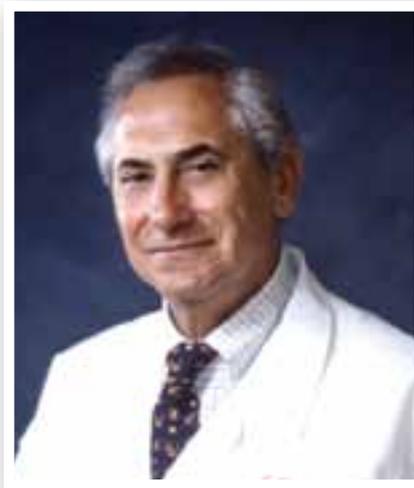
DEAR NEIGHBOR,

**M**ore than a year ago, Southern Maryland Hospital began building a center where women at every stage of life could receive the finest specialized medical and surgical care available, whether they were delivering a baby or having the latest minimally invasive surgery.

The Women and Newborns Center opened recently to much fanfare from delighted patients. Our architects and interior designers created a space that offers the privacy and comforts of a fine hotel combined with the latest medical technology. Women now enjoy exceptional medical care in private rooms, with comfortable pull-out beds for guests and free WiFi to help keep in touch with family and friends.

While the center is the culmination of much planning by hospital leadership, it comes at an incredibly exciting time at Southern Maryland Hospital as many new and transformative enhancements to our existing medical and surgical services come to fruition:

- Certification as Southern Maryland's sole Cardiac Interventional Center



Francis P. Chiaramonte, M.D., M.P.H., F.A.C.S.  
President and Chairman

- Recognition by the state as having the lowest rate of infection-related complications of any hospital in Maryland
- Celebrating the first anniversary of our partnership with Joint Base Andrews to provide maternity care for Air Force families
- Performing the region's first laparoscopic gastric banding surgery for patients struggling with their weight

Since the hospital was founded 34 years ago, our ongoing mission has been to bring the technology and skills of distant teaching hospitals to the people of Southern Maryland. Doing so allows us to serve our patients and their families where they live, work, and go to school.

We have accomplished our goals by pursuing two interconnected strategies: an unrelenting focus on quality and a commitment to recruiting the region's top physicians. By making quality care our primary goal, Southern Maryland Hospital has the means to perform medical and surgical procedures that were once the purview of leading academic medical centers.

This is an extraordinarily exciting moment in the history of Southern Maryland Hospital, both as we celebrate our achievements and look to the future — fulfilling our vision as a regional medical center for the 800,000 people who reside in Southern Maryland.

**Francis P. Chiaramonte, M.D., M.P.H., F.A.C.S.**  
President and Chairman of the Board

## Southern Maryland Medicine



*Southern Maryland Medicine* is published as a community service for the friends and patrons of Southern Maryland Hospital. It in no way seeks to diagnose or treat illness or serve as a substitute for professional medical care. Please see your physician if you have a health problem.

### Southern Maryland Hospital

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**On the cover:** Nahid Mazarei, M.D., chief of obstetrics and gynecology at Southern Maryland Hospital, with Elijah and Hailey. Dr. Mazarei is an expert at minimally invasive gynecologic surgery in addition to delivering babies. To find out more about surgical techniques available for women, turn to page 9. *Cover photo: Ryan Smith Photography*

# 5 STEPS TO PREPARE FOR A HEALTHY PREGNANCY

During pregnancy, the health of mother and baby is of the utmost importance. Just as significant is a woman's health before conception. Follow these steps to ensure a healthy pregnancy.

## 1. Schedule an appointment with your healthcare provider.

"The first thing a woman should do if she's trying to conceive is make an appointment with her physician for a checkup," said Roshiel Tiu, M.D., obstetrician at Southern Maryland Hospital. "Your physician can assess your overall health, make a plan with you to address any ongoing conditions, and review your current medications with you. Some medications are not recommended for use during pregnancy."

Your doctor will also order blood tests to screen for certain genetic disorders and ensure your childhood immunizations are still in effect.

**2. Seek a prescription for health.** Prenatal vitamins, which are available over the counter or by prescription, are crucial if you're planning to conceive.

"Folic acid can prevent some birth defects, but only if it is present at conception," said Dr. Tiu. She recommends taking daily prenatal vitamins starting three to six months before you're planning to conceive.

**3. Maintain a healthy lifestyle.** As you may know, it is important to maintain good nutrition and a healthy lifestyle during pregnancy. But it's also a good idea to start adopting these behaviors before you conceive, and some evidence shows that doing so may increase your chances of getting pregnant. Assess your diet and take steps to cut back on "empty calories," such as refined sugars, starches, and sugary drinks. Instead, focus on getting the most nutritional value out of every calorie you consume.

**4. Stop smoking and drinking alcohol,** cut back on caffeine, and increase your water intake.

**5. Stay active.** Moderate exercise is recommended for most pregnant women, but it is a good idea to discuss your current exercise program with your doctor to determine if any modifications are necessary. If you are not currently exercising, start small by taking short, 10-minute walks.



Roshiel Tiu, M.D.

## Exercise Your Way Through Pregnancy

Evidence suggests that a program of regular, moderate exercise during pregnancy has many benefits including reducing common pregnancy side effects, such as backache and fatigue, as well as building stamina that will be necessary for labor. If you already exercise regularly, you should be able to continue.

"I generally recommend low-impact aerobic exercise, such as walking or swimming, because it carries a lower risk of joint or muscle injury," said obstetrician Roshiel Tiu, M.D., at Southern Maryland Hospital.

Competitive athletes should consult their doctors. If you don't currently exercise, Dr. Tiu recommends taking a brisk walk for 30 minutes a day to help get in shape. Be sure to warm up and stretch before each session, and keep your heart rate below 140. As always, if you experience pain, dizziness, bleeding, or any other unusual symptoms, discontinue exercising and call your doctor.



**For more information on planning for a healthy pregnancy or to schedule an appointment with Dr. Tiu, call (301) 292-0236.**



Said Ali, M.D., obstetrics and gynecology

# EXPERT MEDICAL CARE COMBINED WITH THE COMFORTS OF HOME FOR MOM AND BABY

At Southern Maryland Hospital's new Women and Newborns Center, we combine state-of-the-art technology and clinical expertise with the comfort of home to give each family the best possible birth experience.

In December 2010, the hospital opened the Women and Newborns Center, an enhanced obstetrics and gynecology program that includes the region's only Level II special care nursery. The center offers all private postpartum rooms designed with patients' comfort—and health—in mind. Patients also have access to additional amenities, including free WiFi.

## RESPONDING TO YOUR NEEDS

The center's expansion and redesign were inspired by patient satisfaction surveys.

"Our patients were very satisfied with the clinical and nursing care that they received," said Diana Gray, administrative director at the Women and

Newborns Center. "The one thing that people were asking for was more privacy."

In response, the hospital redesigned and expanded the new center to focus on privacy for patients and their families.

"To give our patients the best obstetrics care, we wanted to give them a wonderful birth experience in addition to the high-quality clinical care and nursing attention that they've come to expect," said Gray.

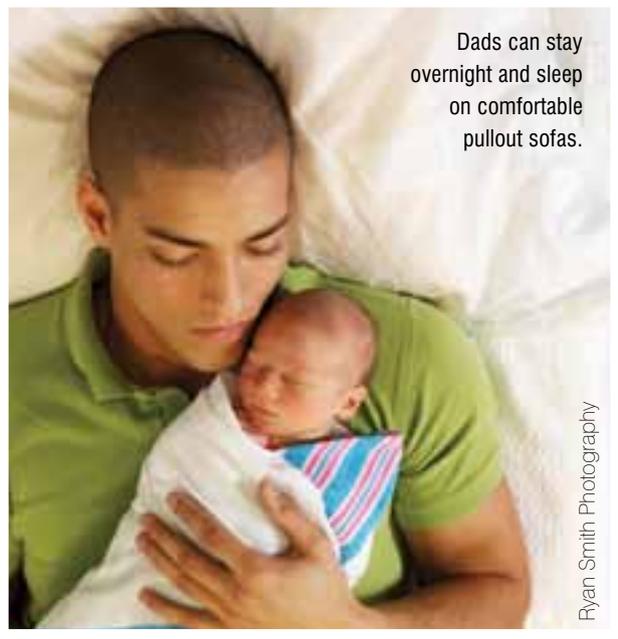
Among the expansion's biggest changes are the 30 private postpartum rooms for obstetrical patients, allowing all patients to enjoy the space and privacy they deserve as they welcome the newest addition to their families. Mothers can choose to keep their newborns in the room with them, and dads can use the comfortable pullout sofa to stay with mom and baby.

## A COMFORTABLE SPACE

The center also has added two new labor, delivery, and recovery suites. Renovations and cosmetic updates have taken place throughout the labor and delivery, postpartum, and nursery units. The hospital worked with interior designers and architects to create a serene, hotel-like atmosphere. The center's upgrades are not limited to physical renovations, however.

"We are undergoing a multilevel shift in our department's patient care and have taken our expertise and practice of medicine to a new level," said Nahid Mazarei, M.D., chief of obstetrics and gynecology at the hospital. "The center's team of physicians, nurses, and staff has the experience and expertise necessary to handle both normal and high-risk deliveries."

Obstetricians, pediatricians, and anesthesiologists are available 24 hours a day, as well as neonatologists, who specialize in newborn care, and perinatologists, who specialize in high-risk pregnancy care.



Dads can stay overnight and sleep on comfortable pullout sofas.

Ryan Smith Photography

Caring nurses, many with advanced certifications in obstetrics and gynecology, are there to make moms comfortable and safe during labor and delivery.



Ryan Smith Photography



Ryan Smith Photography

Mom and dad enjoying some quiet time with the newest member of their family.



Ryan Smith Photography

Free WiFi is available to keep in touch with family and friends on Facebook and by email.





Ryan Smith Photography

New postpartum patient rooms in the Women and Newborns Center offer privacy and comfort for families to share.



## ADVANCED TECHNOLOGY AND A SPECIAL CARE NURSERY

The Women and Newborns Center has also upgraded its technology throughout the department, from new fetal monitors in labor and delivery to a state-of-the-art electronic medical records system that streamlines communications among clinicians and patients. We also have installed an enhanced, multilevel infant security system.

Southern Maryland Hospital's Level II special care nursery was also renovated. Each year we care for hundreds of premature babies so that families can remain together and enjoy all the "first moments" during the initial weeks of infancy. Our physician-led special care nursery team includes experienced neonatal nurses and a multidisciplinary team of respiratory therapists, social workers, lactation consultants, and pharmacists.

Our pediatricians, who have extensive training in premature and sick newborns, are available 24/7 and attend all Cesarean and high-risk deliveries. We care for babies born at 32 weeks or later, and infants who are in need of specialized care. The nursery is equipped with advanced medical technology including resuscitation care centers, cardiac monitors, warming units, ventilators, CPAP generators, IV infusion pumps, and isolettes.

## SERVING MILITARY FAMILIES

The center continues its long-term relationship with Joint Base Andrews Naval Air Facility, as well. "It is a great partnership," said Maj. Gen. Gerard Caron, commander for 79th Medical Wing. "Southern Maryland



Ryan Smith Photography

A newborn receives phototherapy in the special care nursery.

Hospital is ready to assist expectant mothers with their childbirth experience in a caring, warm, and highly professional setting." Our military families particularly appreciate the mobile computer unit that will allow patients to connect with loved ones via Skype. Fathers who are serving overseas can be by the bedside for the birth of their children, bringing families together for an unforgettable moment in their lives.

"The pursuit of excellence, much like labor, is not an event but a process," said Dr. Mazarei. "Our vision is to attain the highest level of evidence-based excellence, and we are constantly taking steps toward that goal."

**Call the Women and Newborns Center at (301)877-5740 for more information or to schedule a tour of the center.**

## Advanced Security System Keeps Infants Safer Than Ever

Southern Maryland Hospital's Women and Newborns Center is safeguarding the infants in our care with the HUGS infant security system.

"The HUGS system is the most advanced infant security system available," said Diana Gray, administrative director of the Women and Newborns Center.

The HUGS system uses advanced wireless technology to ensure that infants can move freely within the center's "safe zone" but cannot be taken from the area. Each infant wears a transmitter tag, which is activated as soon as it is attached. The tags send out a wireless signal that is picked up by a network of receivers around the center. If a baby is moved toward the exit, or if any attempt is made to tamper with the HUGS tag, the system triggers an alarm.



Ryan Smith Photography

# A NEW APPROACH TO TREATING UTERINE FIBROIDS



Ryan Smith Photography

Nahid Mazarei, M.D., uses minimally invasive laparoscopic surgery to treat uterine fibroids.

Uterine fibroids are benign, solid tissue tumors that can develop in a woman's uterus. They are common in all women but particularly so in African-American women. While researchers are not certain why fibroids develop, they believe these tissues may have some connection to the body's estrogen production. Fibroids typically develop when a woman is in her 30s and 40s.

Although most women with fibroids experience no symptoms, in some cases they may have excessive bleeding and painful menstruation caused by fibroids. Fibroids, which can grow quite large (some up to 50 pounds), also can press on surrounding organs and cause bladder problems, back pain, and a swollen abdomen.

## IMPROVED TREATMENT OPTIONS

Previously, hysterectomy, or the surgical removal of a woman's uterus, was the only treatment available for uterine fibroid tumors. Now, however, a variety of medical and surgical treatment options are available.

"At Southern Maryland Hospital, we evaluate each patient's options thoroughly and take into account

the patient's wishes and plans for future fertility," said Nahid Mazarei, M.D., chief of obstetrics and gynecology at the hospital. "This enables us to determine the most effective treatment plan."

One treatment option is myomectomy, a surgical procedure that removes only the fibroids and leaves the uterus intact, preserving future fertility. Depending on the size and location of the tumors, this procedure can often be done using minimally invasive techniques such as laparoscopy, which only requires an incision about the size of a pencil eraser, or hysteroscopy, which removes the fibroids vaginally and requires no incision at all.

Another minimally invasive option is uterine artery embolization, which is performed by an interventional radiologist. The radiologist injects a chemical into the uterine artery that cuts off blood flow to the fibroid, thereby shrinking it and relieving the patient's symptoms.

"These less invasive options we have at our disposal allow the patient to get back to her life very quickly," said Dr. Mazarei.

***For a consultation and evaluation of uterine fibroids, call Dr. Mazarei's office at (301) 292-0236.***



# DID YOU KNOW? STRESS INCONTINENCE IS TREATABLE.

With effective treatments available, stress incontinence doesn't have to slow you down.

**M**illions of women experience loss of bladder control when sneezing, coughing, laughing, or lifting heavy objects. This condition, known as stress incontinence, is caused by damaged pelvic floor muscles and is particularly common after the birth of a child.

Fears about losing bladder control can stop a person from living a full and active life.

"Stress urinary incontinence is a very common condition, but it is also very treatable," said Burkhardt H. Zorn, M.D., urologist at Southern Maryland Hospital who specializes in treating incontinence.

There are a variety of options available to treat stress incontinence, from pelvic muscle exercises to surgical procedures. The most effective surgical treatment is called a sling procedure, in which the physician places a small hammock- or sling-shaped piece of mesh underneath the urethra to support it and reduce or eliminate loss of bladder control.

## MINIMALLY INVASIVE SOLUTIONS

Traditionally, sling procedures require incisions on both sides of the pelvic floor muscles to attach the sling to the body. Dr. Zorn and his colleagues, Robert M. Chiamonte, M.D., and Thomas K. Huisman, M.D., are using a less invasive approach to treat patients



Ryan Smith Photography

Burkhardt H. Zorn, M.D.

suffering with stress incontinence. The MiniArc® Single-Incision Sling procedure requires only one small incision 1/2 inch to 1 inch in length. As a result, patients tend to have less postoperative discomfort and can return to their normal activities faster.

"The success rate of the MiniArc Sling is very high, similar to other sling procedure options," Dr. Zorn said. "Because it combines high effectiveness with

a very low rate of complications, we choose to use the MiniArc Sling anytime it is clinically appropriate."

This outpatient procedure can typically be performed under local anesthesia, and patients can return to most normal activities in one to two weeks, or six weeks for strenuous physical activity and sexual intercourse.

***If you are experiencing stress incontinence symptoms, talk with your doctor or call Dr. Zorn at (301) 645-8838.***

# SOUTHERN MARYLAND HOSPITAL RESOURCE GUIDE

For more details on these programs and others, please call the phone numbers listed or visit our website: **SouthernMarylandHospital.com**

## CLASSES

### **CPR Healthcare Provider Class (Certification/Recertification)**

Open to the public.  
Preregistration required.  
**(301) 877-4880**

### **The First Year of Life**

*One Saturday a month from 9:30 a.m. to 2:30 p.m. and some weeknights from 7 to 9:15 p.m.*  
Hospital Library (ground floor)  
Registration required.  
**(301) 877-5740**

### **Breastfeeding Classes**

*One Saturday every month from 12:30 to 3:30 p.m. and some weeknights from 7 to 9:15 p.m.*  
Hospital Library (ground floor)  
Registration required.  
**(301) 877-5740**

### **Sibling Classes**

*One Saturday every month from 10 to 11:30 a.m.*  
Free if delivering at the hospital.  
Hospital Library (ground floor)  
Registration required.  
**(301) 877-5740**

### **Prenatal Childbirth Class**

*Monday through Thursday one day a week for four weeks from 7 to 9:15 p.m., or one Saturday per month from 9 a.m. to 4 p.m.*  
Hospital Library (ground floor)  
Registration required.  
**(301) 877-5740**

### **Parenting Class**

*12-week class.*  
Call for schedule **(301) 909-2318**.

### **Weight Management for a Healthy Lifestyle – Free!**

*Second and fourth Mondays of every month, 11 a.m. to noon.*  
Fourth Floor Lobby  
No registration required.  
Call **(301) 877-5700** for information.

### **Strive for Success Adult Weight Management Program** **(301) 877-4661**

### **Fit 'N Fun Weight Management Program**

For children ages 6 to 16 and their families.  
Call **(301) 877-4661** for information.

## SUPPORT GROUPS

### **Alzheimer's Support Group – Free!**

*Second Thursday of every month, 5 to 6 p.m.*  
Hospital Library (ground floor)  
Call **(301) 877-5700** for information.

### **Breast Cancer Support Group – Free!**

*Third Thursday of every month from 6:30 to 8 p.m.*  
Governor's Room, Colony South Hospital & Conference Center  
Call **(703) 437-9595** to register.

### **NAMI/Mental Health Support Group for family members and caregivers – Free!**

*Second Tuesday of every month from 6:30 to 8:30 p.m.*  
Colony South Hotel & Conference Center  
Call Mary Heath at **(301) 856-8221** for information.

### **The Cardiac, Respiratory, and Sleep Apnea Education group (CARE and AWAKE) – Free!**

Cardiopulmonary Rehab Department  
*Four times a year.*  
Call **(301) 877-6400** for a schedule.

### **Stroke Support Group – Free!**

*Fourth Thursday of every month, 5 to 6 p.m.*  
Governors Room, Colony South Hotel  
Registration Required: Please call **(301) 877-5858**.

### **Prostate Cancer Support Group – Free!**

*Second Tuesday of every month, 6:30 to 8:30 p.m.*  
Colony South Hotel & Conference Center  
Call **(301) 877-5700** for information.

## OTHER PROGRAMS

### **Maternal Child Health Center Tours**

Hospital Solarium (first floor)  
Call **(301) 877-5740** for information.

### **Ask the Doctor – Free!**

*6:30 to 8 p.m.*  
Colony South Hotel & Conference Center  
Call **(301) 877-5700** for a schedule.

### **Blood Pressure Screenings – Free!**

*Thursday from noon to 4 p.m.*  
Hospital Solarium

### **Car Seat Safety Check – Free!**

*Third Saturday of each month, 2:30 to 4:30 p.m.*  
Colony South Hotel Parking Lot  
**(301) 877-5740**

### **Southern Maryland Hospital Transport Van – Free!**

**(301) 877-HELP (877-4357)**

### **Hospital Volunteer Program**

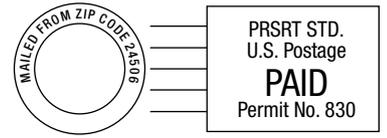
**(301) 877-4553**

### **Mall Walkers Programs – Free!**

St. Charles Towne Center and The Centre at Forestville  
Supervised, all-weather walking with FREE blood pressure monitoring.  
Call **(301) 877-5700**.

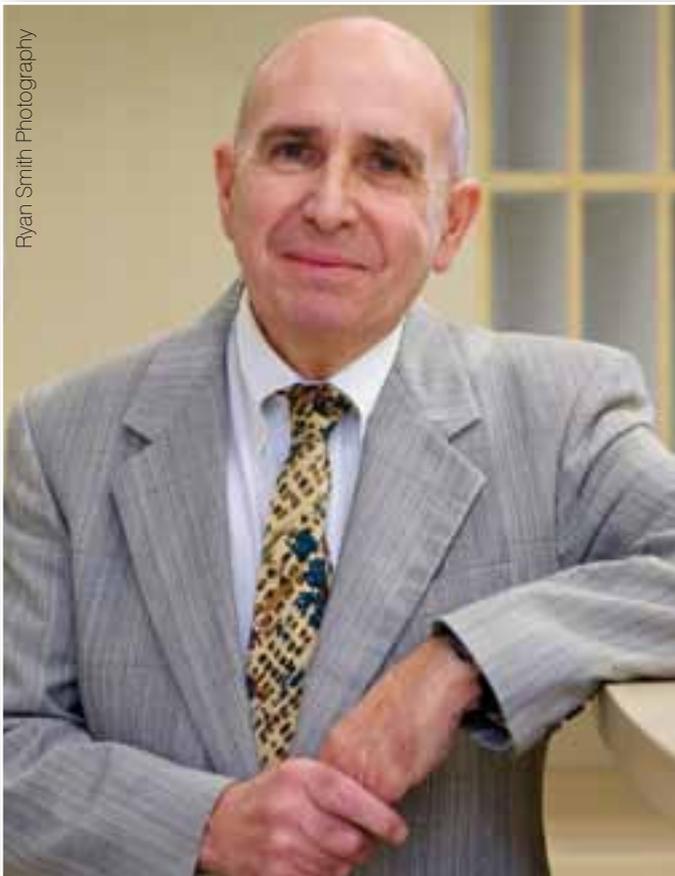
### **Freedom From Smoking**

*Eight-week program, 6 to 7:30 p.m.*  
Cardiopulmonary Rehab Department  
Call **(301) 877-7370** to register.



# TOP DOC: BENJAMIN H. FINDER, M.D.

Washington's leading breast surgeon talks prevention and treatment.



Ryan Smith Photography

Benjamin H. Finder, M.D.

**A**lthough Benjamin H. Finder, M.D., general surgeon, has performed a wide range of procedures during the course of his 32-year career in medicine, he has focused his practice exclusively on non-cosmetic breast surgery. Dr. Finder, recently honored by *Washingtonian* magazine as a 2010 top doctor in the area of breast surgery, has been practicing at Southern Maryland Hospital since 1978. He is board certified and recertified in surgery and is a member of the American Society of Breast Surgeons.

Dr. Finder takes a team approach to breast surgery, working with medical and radiation oncologists to conserve as much breast tissue as possible for breast cancer patients. "We try to do everything possible to keep the patient as healthy as she can be during treatment," said Dr. Finder.

## AWARD-WINNING CARE

Dr. Finder is one of the only surgeons in the area performing stereotactic breast biopsy, which is a minimally invasive procedure guided by rapid imaging. Using this technique, Dr. Finder obtains tiny tissue samples that enable him to detect some breast cancers in very early stages. In fact, Dr. Finder has performed nearly 4,000 stereotactic breast biopsies since 1995.

"Early detection is key," said Dr. Finder. "I encourage every woman to get annual mammograms starting at age 40, conduct regular self-examinations so that she is familiar with the feel of her own breast tissue, and never disregard a change in breast tissue."

**To contact Dr. Finder for consultation or evaluation, please call (301) 868-8485.**