

# MARYLAND'S

## HEALTH MATTERS

COVER STORY

### UN-BREAK YOUR HEART

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FALL 2024

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UNIVERSITY  
of MARYLAND  
MEDICAL  
SYSTEM





## UN-BREAK YOUR HEART

Nationally ranked and recognized, UM Capital Region Health's Heart & Vascular Institute is transforming the cardiovascular health landscape in Prince George's County.



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## WEIGHT LOSS OPTIONS FOR LASTING RESULTS

Surgery isn't the only option. Discover a path to weight loss that fits your needs.

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## ACADEMIC MEDICINE AT WORK:

An Answered Prayer, Right on Cue—When James Harris Jr. needed a kidney transplant, his one-time pool tournament rival Russ Redhead stepped up to be his living donor.



## STAY CONNECTED WITH UM CAPITAL REGION HEALTH

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## WE WOULD LIKE TO HEAR FROM YOU

Please send your comments, information requests or change of address to: [thom.householder@umm.edu](mailto:thom.householder@umm.edu).

or **University of Maryland Capital Region Health, c/o Marketing, 901 Harry S. Truman Drive North Largo, MD 20774.**



## *Heart and Vascular Services:*

# EXCEPTIONAL CARE FOR AN EXCEPTIONAL COMMUNITY

**AS THE CEO** of a growing and evolving health care organization, I often ask myself: How are we offering care that truly changes the lives of those we serve?

While UM Capital Region Health is enhancing care on many fronts, the strides we are making in our heart and vascular services stand out. According to the Maryland Vital Statistics Administration Annual Report, cardiovascular disease is the leading cause of death in Prince George's County. This data point was at the forefront of our minds when the organization launched its Heart & Vascular Institute (HVI) in 2020.

The UM Capital Region Health HVI provides multidisciplinary care, bringing together clinical expertise across a range of services and specialties to give residents access to care close to where they live. HVI offers minimally invasive procedures, heart surgery, cardiac rehabilitation, a chest pain center, cardiac diagnostic testing and advanced procedural technologies that support the delivery of enhanced cardiovascular care.

Since its inception, HVI has earned the highest rating from the Society of Thoracic Surgeons for the quality of the hospital's coronary artery bypass grafting (CABG). CABG, the most common type of open-heart surgery, improves blood flow to the heart by bypassing clogged arteries. UM Capital Region Health is the only provider of heart surgery in the county. Bringing care closer to home was part of the vision for our health system and HVI is doing just that.

Patients receiving cardiovascular care can expect to receive the best of what we offer—expert clinical care accompanied by compassionate providers. Our teams recognize that lifesaving measures are not all about surgical interventions but creating a comprehensive pathway for treatment, recovery and a lifestyle that sustains a healthy heart.

As you read our cover story, keep in mind that our efforts to provide state-of-the-art cardiovascular care have only gotten stronger since 2020. Providing care in a new facility allows us to give our patients the most advanced technological enhancements. We are saving lives!

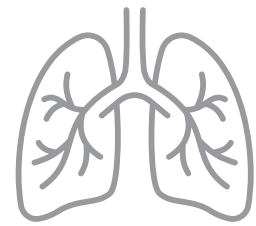
I look forward to doing our part to change the health-related trajectory of Prince George's County statistics. We are committed to seeing a decrease in the preventable diseases that have such a grave impact on the communities we serve.

Living a healthier and longer life is within reach, and through the Heart & Vascular Institute, we are ushering in a bright future for those who entrust us with their care.

With appreciation,

Nathaniel Richardson Jr.  
President & Chief Executive Officer  
University of Maryland Capital Region Health

# Protect Your Family from



# PNEUMONIA

LEARN MORE ABOUT THIS SERIOUS LUNG INFECTION AND HOW TO AVOID IT.

## WHAT IS PNEUMONIA AND HOW DO YOU GET IT?

**Pneumonia**—an infection caused by viruses, bacteria or fungi:

- Causes inflammation and fluid buildup in the tiny branches of the lungs
- Prevents those areas from getting oxygen into your bloodstream
- Leads to coughing, shortness of breath and other symptoms

**Pneumonia can be contagious.** The most common way you can get pneumonia is by inhaling droplets from an infected person when they sneeze or cough. You can also get infected by touching a surface with pneumonia-causing germs and then touching your face.



## WHAT ARE COMMON SYMPTOMS?

In addition to symptoms such as coughing and chest pain, watch for:

- Chills
- Fatigue
- Fever
- Low appetite
- Reduced energy
- Shortness of breath



## GIVE PNEUMONIA YOUR BEST SHOT

Flu is the leading cause of viral pneumonia for all ages, but pneumococcus is the primary source of severe pneumonia in older adults. Staying up to date on adult vaccines, including pneumococcal, flu, and RSV, is one of the best preventive steps you can take. Vaccination can't prevent all pneumonia infections but can significantly reduce their severity.

## WHO IS MOST AT RISK TO GET PNEUMONIA?

Anyone can get pneumonia, but the following groups are the most vulnerable:

- Children younger than **2 years** old
- **Adults 65 years** old and older
- People with some **chronic illnesses** like COPD, diabetes or heart disease
- People who **smoke**

### Don't take pneumonia lightly.

It's highly treatable, but for some people who are high risk, it can lead to severe symptoms, hospitalization and even death. See your primary care provider as soon as possible, especially if you're in a high-risk group.

## FOR ADDITIONAL PROTECTION:

- Wash your hands often
- Avoid contact with people who are sick
- Eat plenty of fruits, vegetables, and other heart-healthy and immune system-boosting foods
- Exercise regularly to strengthen your immune system
- Get at least seven hours of sleep each night
- Kick the habit if you smoke



Find a primary care practice near you at [umcapitalregion.org/primarycare](http://umcapitalregion.org/primarycare).

# Choices in WEIGHT LOSS

LIFESTYLE CHANGES, MEDICATIONS,  
SURGERY—NAVIGATE YOUR OPTIONS  
AT UM CAPITAL REGION HEALTH.



**BIARIATRIC SURGERY CHANGES** lives. However, surgery isn't the only path to achieving a healthier weight.

"While surgery is the most successful treatment, some people don't want to have it," said Marc S. Rickford, MD, FACS, general, bariatric and robotic surgeon at UM Capital Region Health. "That's why we offer choices."

## THE MEDICATION OPTION

In addition to bariatric surgery, UM Capital Region Health can help you lose weight with physician-supervised medication. Based on your goals and desires, medication may help with:

- **Presurgical weight loss.** Losing weight before surgery reduces the size of your liver, making surgery safer. Medical weight loss also helps you start making lifestyle changes you must maintain after surgery.
- **Nonsurgical weight loss.** Weight loss medications approved for long-term use can be effective when accompanied by lifestyle changes.

"Like surgery, medication isn't a simple solution. It's a tool," Dr. Rickford said. "To use medication properly and safely, it's important to be monitored while taking it."

## BY YOUR SIDE

No matter what path you take on your weight loss journey, your UM Capital Region Health team is ready to help. Here, you have access to a caring multidisciplinary team, which includes:

- A bariatric coordinator
- Medical assistants
- Bariatric surgeons
- Physician assistants
- Clinical dietitians

For nearly two decades, this team has guided countless people toward better health and is eager to do the same for you.

"Our ultimate goal is to help patients lose weight in order to improve and prolong their quality of life," Dr. Rickford said. "That requires a tailored approach that includes changing habits, taking medication and potentially having surgery."

Ready to learn about your options for losing weight? Visit [umcapitalregion.org/bariatrics](https://umcapitalregion.org/bariatrics) or call **301-686-3404** to schedule an appointment with the UM Capital Region Health Bariatric Program.

## CHANGING YOUR MIND

Coupled with a healthy diet and regular exercise, weight loss medication can help you lose weight. Even with long-term use, you may need more than medication to meet your goals.

If your weight loss plateaus, talk with the UM Capital Region Health team.

"We understand the ups and downs of the weight-loss journey," said Marc S. Rickford, MD, FACS, general, bariatric and robotic surgeon at UM Capital Region Health. "Regardless of the twists and turns you take on your path toward weight loss, we're committed to your lifelong care and helping you achieve your goals."





# UN-BREAK **YOUR HEART**

THE ADVANCED CARDIOVASCULAR CARE AT UM CAPITAL REGION HEALTH  
HEART & VASCULAR INSTITUTE (HVI) HEALS HEARTS EVERY DAY.

**LARRY E. HARRIS** didn't let a diagnosis of coronary artery disease at age 50 slow him down. Despite getting 11 stents over 15 years, Harris stayed active. He traveled for his career with the U.S. Navy until he retired in 2017, ran marathons and worked part-time as a certified strength and conditioning specialist. At age 68, the Upper Marlboro resident assumed he had decades ahead of him with his wife of almost 40 years. But on Aug. 31, 2022, Harris's workout didn't go as planned.

"I felt pretty good that day, and had done my weightlifting with no problem," Harris said. "Then I was doing my little sprint work on the treadmill. Next thing I knew, I woke up in the hospital."

Harris had experienced a heart attack. Luckily, the emergency medical team at UM Capital Region Health kept Harris alive. A few days later, Harris had coronary artery bypass surgery at UM Capital Region Health's Heart & Vascular Institute (HVI).

"We performed a revascularization, so his heart now gets the blood flow it needs to stay out of trouble," said Jamie Brown, MD, HVI director of cardiac surgery and medical director. "There's a good chance that will last him for 20 years."

Two years after surgery, Harris is back to doing all the things he loves. He said cardiac rehabilitation at UM Capital Region Health really made a difference.

"As a fitness professional, you can't just talk the talk, you have to walk the walk," Harris said. "I'm feeling good now, and I actually relate to my clients more, having had to fight for my recovery."

## **PATIENT-FOCUSED CARE**

Advanced cardiovascular care doesn't just save lives, it can change lives for the better. HVI opened in 2020 to better address the heavy burden of heart and vascular disease in Prince George's County.

"This program was meant to revolutionize health care in Prince George's County for patients with heart disease," said Dr. Brown, who is also a professor of surgery at University of Maryland School of Medicine. "Sure, you can call something a Heart & Vascular Institute, and it has cachet for marketing. But we have a full-spectrum institute that has all the infrastructure and clinical processes to build better heart and vascular health in our community."

"We have a multidisciplinary team that meets regularly to review how well we are meeting both internal and external safety and quality metrics," added Melissa Higgs, CRNP, cardiothoracic surgery





## WARNING SIGNS OF HEART ATTACK

Every 40 seconds, a person in the U.S. has a heart attack. Recognizing the warning signs can prevent heart damage and even save a life.

- Arm or shoulder pain or discomfort
- Back, jaw or neck pain
- Chest pain or discomfort that may feel like pressure or squeezing
- Cold sweat
- Lightheadedness
- Nausea or vomiting
- Shortness of breath

**Call 911 and seek immediate emergency care if you suspect a heart attack.**



nurse practitioner. “We have to meet certain requirements from regulatory agencies, but we also set our own high standards. Having a multidisciplinary team examining our work helps us make evidence-based decisions for best practices.”

The goal of HVI is to be patient-focused at all times, where every aspect of care from the first person who greets you to the space around you is about the patient.

“If you think of a patient in the middle of a hospital, you want them to have access to all the services and subspecialty services they could possibly need,” Dr. Brown said. “Beyond that, when you’re talking about heart patients, you have to conceptualize the space to be patient-centered. For example, you wouldn’t want a heart patient to walk the full length of the hospital to go get an EKG; you want to bring the EKG to them.”

### ATTACKING HEART ATTACKS

Another example of patient-centered care is the focus HVI places on recognizing and immediately treating potential heart attacks. In Prince George’s County, two-thirds of women and half of men who have sudden deaths caused by heart disease had no previous signs. The sooner a heart attack is treated, the more likely providers can prevent further heart damage, as well as save lives.

### MAKING A DIFFERENCE

Around 30% of Prince George’s County residents have known hypertension (high blood pressure) and high

cholesterol, both risk factors for heart disease. Three-fourths of residents are overweight or obese, which can also affect risk.

“Medically, this area of Maryland is filled with complex cases of heart and vascular disease, so we knew we had to find just the right people who could treat the most challenging cases,” said Scott Schlaud, MBA-HM, RN, senior director at HVI. “That’s why we have recruited expert cardiovascular surgeons who work with Dr. Brown. We’ve also made a point to recruit complex operators in the nursing and technologist realm, along with the cardiac catheter lab arena and the interventional radiology space.”

Having a broad base of professionals who can treat complex cardiac disease sets HVI apart.

“We can now perform some of the most difficult operations, such as aortic repairs, that in the past you would need to leave the county to treat,” Schlaud said. “We also have the only electrophysiology ablation program in the southern region of Maryland, which means many people with irregular heartbeats no longer need to travel for care.”

Hiring experts is paying off. According to the Society of Thoracic Surgeons, UM Capital Region Health’s HVI is in the top 10% of coronary artery bypass surgery in the nation, in terms of outcomes. *U.S. News & World Report* has also named UM Capital Region Medical Center a “High Performing Hospital” in treating heart attack, heart failure and stroke.





# Comprehensive Sickle Cell Care for

## PRINCE GEORGE'S COUNTY

WE'RE DEDICATED TO IMPROVING THE LIVES OF PATIENTS IN OUR AREA WHO HAVE SICKLE CELL DISEASE.

**UM CAPITAL REGION HEALTH** offers the only adult sickle cell disease clinic in Prince George's County. Open since March 2023, the clinic eliminates the need for patients to travel long distances to get lifesaving care.

The care team consists of a medical director, nurse practitioner, an experienced nursing team, a social worker and community health workers from the Maryland Sickle Cell Disease Association.

"Along with treating referred patients with complex needs and patients transitioning from pediatric to adult care, we provide follow-up care and weekend consultation to the Emergency Department," said Vannesia D. Morgan-Smith, PhD, MSN, senior director of the Adult Sickle Cell Disease Clinic. "We are working to ensure that we meet all the needs of our patients in Prince George's County and surrounding areas."

### COMPREHENSIVE SERVICES

In addition to diagnosis and routine follow-up care, the clinic provides specialized treatments, including:

- Blood transfusions
- Infusion treatments for anemia
- IV hydration
- Pain management, including injectable, intravenous and oral options

For patients transitioning from pediatric to adult sickle cell disease care, the team follows a formal transition process to ensure consistency of care.



### A ONE-STOP SHOP

As HVI continues to expand and add providers, the goal is for patients to receive a full circle of care.

"We want patients to experience the same level of detailed attention and care from their first office visit to initial testing and imaging to surgery and then on to cardiac rehabilitation," Schlaud said. "We want people to recognize that this facility not only provides excellent care but also cares for patients, with staff who go the extra mile."

That level of care is already changing lives in the community.

"We have a long list of success stories now," Dr. Brown said. "One patient was so proud of his recovery just 39 days after surgery that he went down to Selma, Alabama and walked the Pettus Bridge just to show he could do it. That's a remarkable story, but it's just one of hundreds that have happened or will happen. HVI is here to care for the population of Prince George's County as it stands and for future generations to come."

Find out more about the wide range of services at UM Capital Region Health Heart & Vascular Institute at [umcapitalregion.org/hvi](https://umcapitalregion.org/hvi) or by calling **240-677-0248**.

To make an appointment at the Adult Sickle Cell Clinic at UM Capital Region Health, call **240-677-2206** or visit [umcapitalregion.org/sicklecell](https://umcapitalregion.org/sicklecell) to learn more.



## *An Answered Prayer,*

# RIGHT ON CUE

WHEN JAMES HARRIS JR. NEEDED A KIDNEY TRANSPLANT, HIS ONE-TIME POOL TOURNAMENT RIVAL RUSS REDHEAD STEPPED UP TO BE HIS LIVING DONOR.



**A KIDNEY TRANSPLANT** was Harris' last option. Denise Epps-Harris, his wife, was his champion and, thankfully, a casual conversation at a pool tournament in November 2022 led to the break Harris desperately needed. Harris, an avid pool player, struggled with end-stage kidney disease and waited for a deceased donor two years on the national waitlist. None of Harris' family members were a match to be a living kidney donor, the most promising path forward.

In that moment of need, Epps-Harris encountered Russ Redhead, a Pennsylvania pool player who, years earlier, railed against Harris—and later apologized—after losing to him in a high-stakes tournament. During her conversation with Redhead, Epps-Harris, who works at University of Maryland Medical Center (UMMC), mentioned her husband needed a kidney.

“Russ started asking me all these questions, and I just thought he was being curious,” Epps-Harris said. “And then he said, ‘I’ll do it.’ I said, ‘Do what?’ He responded, ‘I’ll be a donor.’ I started crying in the middle of the pool hall. He just gave me a hug and said, ‘It’s OK.’”

## THE GREATEST GIFT

As of March 2024, more than 89,000 people in the U.S. await a kidney from a deceased donor, according to the Organ Procurement and Transplantation Network. Most wait three to five years, the American Kidney Fund reported, and some may die before receiving an organ. Living donation offers another option—and more reason to hope.

Although most humans come into the world with two kidneys, the body can function perfectly well with just one, which makes living donation possible. Typically, living donors either direct their donated organ to go to a specific recipient, such as a friend or family member, or a stranger based on medical need. Living donors must be an adult in good health and have a blood type compatible with the recipient.

UMMC, the academic medical center of University of Maryland Medical System, hosts the region's largest kidney transplant program, where around one-third of transplanted kidneys are living donations. Potential living donors complete a thorough evaluation process that includes meeting with a transplant surgeon, a transplant nephrologist and a nurse coordinator to learn more about the donation process. Most candidates learn whether they're approved to be a living donor within a week.

For Redhead, 42, the decision to be evaluated as a potential donor for Harris, 54, was “the right thing to do” and a manifestation of his long-held values.

“The way I was raised is that you put good out into the world, and it restores a little bit of hope in other people,” Redhead said. “No matter how small or big an impact you could have on someone, the more hope you put out in the world, hopefully, the world catches on.”

## ON THE SAME TEAM

In late 2023, following an extensive evaluation, Redhead learned he was a good match for Harris and eligible to donate. For Epps-Harris, who calls Redhead her “angel,” it represented the culmination of years of advocating for her husband as a UMMC Living Donor Transplant Champion. Champions can help speed the process of finding a living donor by sharing their loved one's story and spreading the word about their need for a new organ.

On Feb. 8, 2024, after spending the previous evening playing pool together in Harris' basement, Harris and Redhead shared a fist bump before their respective surgeries. Then, in an operating room, a transplant surgeon, controlling a surgical robot from a console, removed one of Redhead's kidneys using a minimally invasive technique. Harris reflected on Redhead's generosity moments before his surgery.

“I don't know how you thank someone for doing something like that,” Harris said. “I don't think he realizes how much it means to me to have a life back.”

With the kidney in a sterile bag, a physician delivered it to a different operating room, where a second team transplanted it into Harris.

The next day dawned as the first day of the rest of Harris' life. Both patients—old competitors now forever linked by an act of kindness—took a walk down a hospital hallway and relived old pool matches.

## LIFE, ENERGIZED

Harris followed up with his nephrologist at weekly clinic visits for the first month after the transplant before transitioning to monthly appointments. Before surgery, his need for frequent dialysis treatments led him to quit his job as a truck driver and sapped his energy. Now, he feels “tremendous” compared with how he felt before receiving a new kidney.

“I have much more energy and much less stress not having to deal with dialysis,” Harris said. “I was restricted to 32 ounces of fluid [per day] prior to the transplant. Now, I can drink as much as I want.”

With no restrictions on how much he can drink, Harris enjoys frequent milkshakes—one of the small joys the kidney transplant made possible.

“I can tell he's just content with his life,” Epps-Harris said of her husband. “It's a good sight to see.”



Looking for an expert who can help you figure out the path forward after a kidney disease diagnosis? Find a nephrologist by visiting [umms.org/find-a-doctor](https://umms.org/find-a-doctor).



## CELEBRATING PRICELESS GIFTS AND SELFLESS GIVERS

Donating an organ is an extraordinary act of generosity worth celebrating. Across University of Maryland Medical System, hospitals support and recognize organ donors in a variety of ways, including:

- Connecting potential organ donors and their families with Infinite Legacy—an organ procurement organization serving the DMV area—to assess organ systems for donation potential
- Holding flag-raising ceremonies and educational programs—often in partnership with Infinite Legacy—for National Donate Life Month each April
- Honoring organ donors with special visual displays
- Hosting honor walks for organ donors and their families on the day of organ procurement
- Procuring donor organs

Thank you to the organ donors who give hope and new life to recipients and to the clinicians and staff who help make the process possible.

Do you have a loved one in need of a kidney or liver transplant? Raise awareness of their story and help them find a living donor by becoming a University of Maryland Medical Center Living Donor Transplant Champion. For more information, visit [umm.edu/ldchampion](http://umm.edu/ldchampion).

# Heart Attack



# CARDIAC ARREST?

UNDERSTANDING THE DIFFERENCE COULD BE LIFESAVING.

**YOU MIGHT HAVE HEARD** the terms heart attack and cardiac arrest used interchangeably, but these are two distinct conditions. Knowing whether someone is having a heart attack or cardiac arrest ensures you can help someone get the right kind of care when they need it most.

### RIGHT CONDITION, RIGHT CARE

A heart attack happens when a coronary artery is blocked. This means blood can't pass through the heart as usual, causing damage. A person may experience chest pain or discomfort, dizziness or shortness of breath, among other symptoms.

In contrast, cardiac arrest results from an electrical malfunction that disrupts the heart's rhythm and causes blood circulation to cease. A person having cardiac arrest loses consciousness.

It can be difficult to tell the difference by symptoms alone, so always call 911 if you see someone who appears to be experiencing a cardiac emergency. If the person has no pulse, they are likely having cardiac arrest and you can use an automated external defibrillator or begin cardiopulmonary resuscitation (CPR).

In both situations, quick action saves lives.

UM Capital Region Health offers nationally recognized care for cardiac emergencies. Visit [umcapitalregion.org/emergency](http://umcapitalregion.org/emergency) to learn more.



# Help Give the

# GIFT OF LIFE

WHEN SOMEONE YOU CARE ABOUT NEEDS A KIDNEY OR LIVER TRANSPLANT, YOU WANT TO DO EVERYTHING YOU CAN TO HELP.



## WHAT IS A LIVING DONOR CHAMPION?

Someone who supports another person who is seeking a living kidney or liver donor and who acts as a spokesperson on the organ recipient's behalf

## WHAT DOES A LIVING DONOR CHAMPION DO?

Helps find a donor by sharing the recipient's story as widely as possible and asking people to be evaluated as a possible living donor

Provides emotional support and encouragement to the recipient and motivates him or her to stay hopeful and focus on healthy habits

## WHO CAN BE A LIVING DONOR CHAMPION?

Anyone in the recipient's life, such as a family member, friend or coworker

## WHAT ARE THE BENEFITS OF BEING A LIVING DONOR CHAMPION?

A living donor champion gets the word out, which increases the chance of the recipient finding a living donor quickly

By helping to find a living donor, the champion allows the recipient to focus on his or her health

To learn more about becoming a living donor champion, visit [umm.edu/ldchampion](http://umm.edu/ldchampion) and download University of Maryland Medical Center's Living Donor Transplant Champion Guide.



# WELCOME NEW PROVIDERS



**Wan-Tsu Wendy Chang, MD**, is chair and medical director of critical care and medical director of neurocritical care at UM Capital Region Health, where she specializes in critical care and neurological emergencies. Dr. Chang is also an associate professor of emergency medicine and neurology at University of Maryland School of Medicine.

**Wan-Tsu Wendy Chang, MD**  
Chair and Medical Director,  
Critical Care  
Medical Director,  
Neurocritical Care  
UM Capital Region Health



**Ricardo Fernández, MD**, is an internal medicine and primary care physician. His interests include diabetes, hypertension, HIV and viral hepatitis, and preventive medicine and cancer screenings, with an emphasis on developing a relationship with each patient and working together to improve their health. Dr. Fernández is associate director of the internal medicine residency program at UM Capital Region Health.

**Ricardo F. Fernández, MD**  
Internal Medicine  
UM Capital Region Health



**Thomas Cusack, MD, MBA**, specializes in neurocritical care for stroke, brain hemorrhages, seizures, brain tumors and other neurologic emergencies. Dr. Cusack is also an assistant professor of neurology at the University of Maryland School of Medicine.

**Thomas Cusack, MD, MBA**  
Neurocritical Care  
UM Capital Region Health



**Shyam Majmundar, MD**, specializes in neurointerventional surgery. He is committed to providing advanced care for patients with neurovascular disorders. He uses minimally invasive techniques to treat complex conditions such as stroke, aneurysms and intracranial hemorrhage.

In addition to his role in patient care, Dr. Majmundar is an assistant professor of neurology and neurosurgery at University of Maryland School of Medicine.

**Shyam Majmundar, MD**  
Neurosurgery  
UM Capital Region Health





# Plan Now

## FOR YOUR END-OF-YEAR

# CONTRIBUTION

**AS THE YEAR WINDS DOWN**, consider making an end-of-year donation to support the ongoing initiatives at UM Capital Region Health. Your generous contribution helps provide vital health care services and improve the well-being of the community.

Supporting UM Capital Region Health enhances patient care and drives innovative medical research, advanced technology and community-based educational programs.

Every gift, no matter the size, makes a significant difference.

Thank you for your continued support and commitment to UM Capital Region Health's mission.

# Community Health PROGRAMS & EVENTS

## YOUTH MENTAL HEALTH FIRST AID TRAINING

- Saturday, Nov. 2, 9am-3pm (virtual)

Learn the unique risk factors and warning signs of mental health issues in adolescents, gain an understanding of the importance of early intervention, and learn how to help an adolescent in crisis or experiencing a mental health challenge. Visit [umcapitalregion.org/events](http://umcapitalregion.org/events) or call **240-677-1062** to register. Registration is required. Space is limited.

## DINE, LEARN & MOVE

- Wednesday, Oct. 23, 6-7:30pm (virtual)
- Wednesday, Nov. 20, 6-7:30pm (virtual)

Get active, learn simple everyday tips for making healthy choices and engage with a chef while watching a cooking demonstration. This online event is FREE for all ages and presented in partnership with UM Capital Region Health, Prince George's County Health Department, Suburban Hospital and Prince George's County Department of Parks and Registration. Email [wellness@pgparks.com](mailto:wellness@pgparks.com) or call **301-446-6833** to register.

## UM CAPITAL REGION HEALTH DIABETES PREVENTION PROGRAM (DPP)

- Classes start Thursday, Nov. 7

Make healthy changes to prevent Type 2 diabetes! This CDC-recognized diabetes prevention lifestyle change program can help you build healthy new habits that last a lifetime. Learn, laugh, share stories, try new things and build new habits—all while lowering your risk of Type 2 diabetes and improving your health. Visit [umcapitalregion.org/events](http://umcapitalregion.org/events) or call **240-677-1062** to register. Registration is required. Space is limited.

## SENIOR LUNCH AND LEARN: LEARN WAYS TO MANAGE AND PREVENT TYPE 2 DIABETES

- Wednesday, Nov. 20  
UM Laurel Medical Center  
7150 Contee Road in Laurel  
Lunch: Noon  
Health talk: 12:30-1:30pm

Come have lunch on us and learn about risk factors, diagnosis and treatment for Type 2 diabetes in people 55 and older. Call **240-677-1389** to register. Registration is required. Space is limited.



To make a donation, visit  
[umcapitalregionfoundation.org](http://umcapitalregionfoundation.org).



For questions about Community Health programs at UM Capital Region Health, please email  
[umcapitalcommunityhealth@umm.edu](mailto:umcapitalcommunityhealth@umm.edu).

**University of Maryland Capital Region Health**  
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# UM Capital Region Health Heart & Vascular Institute.

**Complete heart and vascular  
care in Prince George's  
County.**

- Nationally recognized coronary artery bypass surgery program
- Heart valve repair and replacement
- Excellent patient outcomes

**Because nothing but the best will do.  
That's a better state of care.**



[umcapitalregion.org/hvi](https://umcapitalregion.org/hvi)

