

# Baltimore's Best Healthcare Gems

by Dr. Delia Chiamonte, [Baltimore Health Examiner](#)



Baltimore is filled with healthcare gems. Of course we have Hopkins and the University of Maryland, but that's not all. There are many dedicated, passionate healthcare providers in town who don't toot their own horns nearly as much as they ought to.

1. **Elite PT:** Caroline Queale of Elite PT is like no physical therapist that I have ever met. She is an expert diagnostician who creates individualized treatment plans that really work. If you have pain, you need to stop in at Elite PT. (443) 901-1938 [www.elitept.com/baltimore](http://www.elitept.com/baltimore)
2. **Paul Faust, N.D.:** Paul Faust is a naturopath with impressive knowledge of both natural and conventional medicine. His practice, Chesapeake Natural Health, is located in Towson and includes a small natural pharmacy. (410) 821-1788 [www.chesapeakenaturalhealth.com](http://www.chesapeakenaturalhealth.com)
3. **The Retreat at Sheppard Pratt:** The Retreat offers highly personalized, intensive inpatient mental health care in a beautiful setting that looks nothing like a standard inpatient psychiatric facility. Everyone there is respectful and caring and you will even find extras such as art therapy and meditation. This high quality care doesn't come cheap, but if you can afford it The Retreat may be a godsend. (410) 938-4040 [info@sheppardpratt.org](mailto:info@sheppardpratt.org)
4. **Robert Donegan, M.D., hematologist-oncologist, GBMC:** Dr. Donegan has a heart and soul and he shares it with his patients. If you want an oncologist who will take your spiritual, emotional and quality of life concerns into account, consider meeting with Dr. Donegan. He has particular interest in breast cancer and blood cancers, but he sees other patients as well. (443) 849-3051
5. **Father Martin's Ashley:** Father Martin's Ashley is an addiction treatment center with a holistic philosophy – they help you to heal your body, mind and spirit. The facility is beautiful and offers extras such as yoga and relaxation classes. (800) 799-HOPE [www.fathermartinsashley.com](http://www.fathermartinsashley.com)
6. **Gilchrist Hospice Care:** In the spirit of full disclosure, you must know that I am a team Medical Director at Gilchrist, so my objectivity is suspect. But that also means that I get to see the nurses up close and I couldn't be more impressed. These tireless, nurturing caregivers have one of the most emotionally exhausting jobs on the planet yet they always have more caring and warmth and attention to share. I would want any one of them at my bedside. (443) 849-8200 [www.gilchristhospice.org](http://www.gilchristhospice.org)

I hope you never need any of the wonderful providers listed above. But if you do, they will make your difficult road a little easier.

Be well,

Dr. C.

[www.insightmedicalconsultants.com](http://www.insightmedicalconsultants.com)

(photo courtesy of askavery.com)

Dr. Chiamonte is a private Health Advocate and the founder of Insight Medical Consultants. She has been quoted by CNN, The Wall Street Journal and USA Today as an expert on patient advocacy.

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