

# MARYLAND'S

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## UNIVERSITY OF MARYLAND BALTIMORE WASHINGTON MEDICAL CENTER

**COVER STORY:**  
REVERSING THE  
DAMAGE OF A STROKE  
PAGE 6

EASY WAYS  
TO GET A BETTER  
NIGHT'S SLEEP  
PAGE 3

STAY AHEAD OF  
JOINT INJURIES  
PAGE 12

### SPOTLIGHT ON UNIVERSITY OF MARYLAND MEDICAL CENTER

**The Skill to Rebuild & Restore**  
Expert care by UMMC  
trauma specialists saved  
a young woman's arm after  
a devastating accident.  
See page 10.

# IN THIS ISSUE

## 6 REVERSING THE DAMAGE OF A STROKE

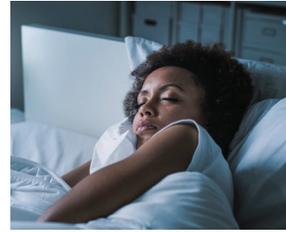
Clinical knowledge and innovative treatment options ensure stroke patients at UM Baltimore Washington Medical Center get lifesaving care.



COVER STORY

**ON THE COVER:** Susan Edwards, of Severna Park, is back to enjoying her retirement after being treated for a stroke by experts at UM BWMC.

Maryland's Health Matters is published by the Marketing and Communications Department at the University of Maryland Baltimore Washington Medical Center. This publication is not intended to provide professional medical advice. It is to provide general health and wellness information.



## 3 HOW TO GET A BETTER NIGHT'S SLEEP

Five strategies to help you fall—and stay—asleep.



## 10 THE SKILL TO REBUILD AND RESTORE

How University of Maryland Medical Center's expertise in complex trauma care saved a young woman's arm after a devastating accident.

### DEPARTMENTS

- 3 A HEALTHY START
- 13 AT A GLANCE
- 14 NEWS AND EVENTS

BE A PART OF SOMETHING GREATER.

## MARYLAND'S HEALTH MATTERS

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### WE WOULD LIKE TO HEAR FROM YOU

Please send us your comments, information requests or change of address to [umbwmcpr@umm.edu](mailto:umbwmcpr@umm.edu) or call 410-787-4367.

## MESSAGE FROM THE CEO

## IN THIS TOGETHER



At the time of this writing in mid-May, we have been working tirelessly to effectively manage the COVID-19 pandemic and provide safe, high quality care to our community. As cases gradually decrease and closures are slowly lifted in Maryland, we

must remain vigilant in taking necessary precautions to limit the transmission of COVID-19. It takes all of us working together, but we are committed to doing whatever it takes to ensure the safety of our patients, families and staff during these truly unprecedented times. The circumstances may have changed, but our mission is stronger than ever.

As a health care organization, we are facing this situation with a calm resolve, courage and determination. Our entire staff continues to rise to this challenge and will collectively do whatever it takes to ensure we get through this safely together. Every single person in our organization is playing a significant role in managing this pandemic. They are focused on our noble mission and caring for each other in this process. They truly are my heroes!

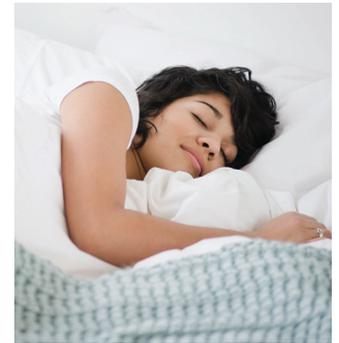
While we have always enjoyed a strong relationship with our community, your outpouring of support has been incredible. Your kind words and generous donations have buoyed our resolve, lifted our spirits and reminded us why being a health care provider is a true privilege. It has been heartwarming to know that while we have always had our community's back, you have our back as well. We are truly grateful for your support.

We are all in this together. Be well and stay safe.

Karen E. Olscamp, FACHE  
President and Chief Executive Officer  
UM Baltimore Washington Medical Center

## 5 Easy Ways to Get a Better Night's Sleep

Tired of tossing and turning all night and waking up sleepy? You're not alone. About 70 million Americans have chronic sleep problems, according to the Centers for Disease Control and Prevention. Your bedtime habits could be to blame.



Most adults require at least seven hours of sleep per night, but many do not meet this goal. To fall asleep easier and sleep well through the night, try these strategies:

- 1. Keep a regular sleep schedule.** Try to go to bed and rise at the same time every day, even on the weekend and when traveling. Allow yourself at least seven hours of sleep.
- 2. Create a bedtime routine.** Wind down by relaxing with a warm bath, reading a book or listening to soothing music. This will signal to your body that it's time for bed.
- 3. Limit light exposure.** Be sure to avoid or limit bright lights if you intend to go to bed soon. Instead, use low lighting as you prepare for bed. At least 30 minutes before going to bed, turn off TVs and digital devices, including cellphones, computers and tablets.
- 4. Turn your bedroom into a sanctuary.** Your bedroom should be designed for optimal rest and comfort. Make sure it is comfortable, dark and quiet. Clean bedding can also make a big difference in helping you fall asleep.
- 5. Don't eat close to bedtime.** Eating a large meal before bed can keep you awake. If you are hungry, eat a small snack. It's also wise to avoid caffeine (coffee, tea, chocolate) late in the day, and avoid consuming alcohol before going to bed.



### SUBSCRIBE TODAY

Receive the latest health and wellness tips delivered straight from our expert physicians right to your inbox. Sign up at [umms.org/email](https://umms.org/email).

## A HEALTHY START

# Thank you from the BWMC Foundation!

During this time of uncertainty and unsettling changes, our entire team of clinicians and staff are continuing to come to work and carry out our mission of providing the highest quality care to the communities we serve. Your help is making this possible.

We are inspired, motivated, and touched by the support of our exceptional community. From well-wishes and messages, to donations of equipment, supplies, food, and personal items, to monetary donations, to first responder parades, to offers of discounted and free services—we are incredibly grateful for the extraordinary outpouring of support from across the region.

To date, we have received over **10,000** meal donations—some **16,000** face masks, more than **5,000** face shields, **56,000** gloves, over **100** new pajamas, **3,500** candy bars, **1,100** Easter lilies, **2,500** snack bags, and so many other incredible donations to provide our health care heroes the care and sustenance during these trying times.

It's the support of our partners and friends, such as yourself, who make this all possible and we look forward to when we can come together to celebrate and thank you.

## THANK YOU FOR YOUR SUPPORT AND PLEASE STAY SAFE, STAY HEALTHY, AND KNOW WE ARE HERE FOR YOU.



Our front-line team got some sweet treats from It's My Party Cookies & Favors to provide some cheer, with a health care twist.



A sweet surprise for our front-line staff arrived when Aubrey requested to share her 3rd birthday cupcakes, and her gratitude, with our community.



Thanks to Tucker's Teddies who donated stuffed teddy bears to each patient, and some front-line friends, to bring a smile to all.



Thank you to our over 250 donors who have helped feed the front line, and continue to provide support to us every day.



## SUPPORT OUR COVID WARRIORS

Interested in learning how you can get involved and support our COVID warriors, too? Visit [umbwmc.org/covidhelp](https://umbwmc.org/covidhelp) or call the Foundation at **410-553-8560** to find out how you can show your appreciation.

# Preventing Carotid Artery Disease and Stroke



## LEARN MORE

Get more information about preventing and treating CAD at [umbwmc.org/vascular](http://umbwmc.org/vascular).

When plaque, a waxy substance, builds up in the carotid arteries, you may be diagnosed with carotid artery disease, or CAD. There are two common carotid arteries, one on each side of your neck. Your internal carotid artery supplies your brain with oxygen-rich blood, and the external carotid artery supplies blood to the face, scalp and neck.

Plaque eventually hardens and causes the arteries to narrow. A buildup of plaque is dangerous because it can cut off blood flow to the brain and cause a stroke, also known as a brain attack. CAD is a major cause of stroke in the United States.

Unfortunately, CAD may not be diagnosed until the carotid arteries are severely narrowed or blocked because

there are few signs and symptoms. Sometimes stroke may be the first sign of the disease. Risk factors include high blood pressure, high cholesterol, irregular heartbeat, diabetes, smoking and a history or family history of stroke.

There are several ways to prevent or treat CAD. Lifestyle changes include eating a heart-healthy diet, aiming for a healthy weight, managing stress, getting enough physical activity and quitting smoking.

Sometimes your doctor will prescribe medicine to prevent blood clots, lower your cholesterol, lower your blood pressure, lower your blood sugar level or reduce inflammation. Severe plaque buildup may require medical procedures.

# How to Avoid Diabetes Burnout

Living with diabetes demands time and effort. Diabetes doesn't take a break—it must be constantly managed, which can lead to feelings of burnout. Try these tips for avoiding stress and fatigue while caring for yourself:

- Support is key to preventing feelings of isolation. Enlist the help of family and friends and tell them how they can support you through your journey.

- Outside of your inner circle, seek out a support group to connect with other people with diabetes.

- Join an online community for support that you can access 24/7. There are helpful websites and public forums available for people living with diabetes.

- Keep your provider in the loop if you experience any emotional changes or ongoing challenges in keeping up with your diabetes management.

- Find healthy ways to cope with stress to help you relax. Whether it's exercising, reading a book, walking your dog or cooking, try to engage in positive activities when you feel down.



## SUPPORT FOR MANAGING DIABETES

Visit [umbwmc.org/diabetes](http://umbwmc.org/diabetes) to learn about diabetes education programs at UM BWMC.



# REVERSING THE DAMAGE OF A STROKE



A QUICK 911 CALL BROUGHT SUSAN EDWARDS TO UM BALTIMORE WASHINGTON MEDICAL CENTER, A DESIGNATED PRIMARY STROKE CENTER, WHERE THE EXPERT CARE SHE RECEIVED ALLOWED HER TO RETURN TO A NORMAL LIFE

When Susan Edwards, 62, of Severna Park, woke in the middle of the night with the feeling that the right side of her body was still asleep, she knew something wasn't right. She couldn't shake the tingling sensation from her arm, and she wasn't talking properly.

"I was thinking straight and I could hear myself, but my words weren't coming out right," she explains. "I knew something was wrong when the feeling in my arm would not come back. So we called 911."

When the ambulance arrived, the emergency medical services team quickly realized that Susan was experiencing symptoms of a stroke.

"They knew immediately what was wrong and took me to University of Maryland Baltimore Washington Medical Center," Susan says. "The hospital was great. They started running



Susan Edwards is back to enjoying gardening after fully recovering from a stroke.



**Christopher Stack, MD**

tests immediately, explained every step of the process and ensured I knew what to expect.”

The brain attack team in UM BWMC’s Emergency Department quickly sprang into action, completing an MRI scan to confirm that Susan was having a stroke.

## WHAT IS A STROKE?

A stroke is caused by a clot or rupture in a blood vessel that prevents blood flow to the brain. Blood delivers vital oxygen and nutrients to the brain, so in the event of a stroke, part of the brain and its cells begin to die.

When the brain is starved of oxygen and nutrients, a person will exhibit symptoms of a stroke, including face drooping, arm weakness and difficulty speaking. Other symptoms of a stroke may include sudden confusion, vision trouble, dizziness, severe headache, and numbness or weakness of the leg.

The brain controls many body functions, so depending on the part of the brain where the stroke occurs, certain parts of the body will not work as they should.

“Time is of the essence in treating stroke,” says Christopher Stack, MD, a neurologist and medical director of the stroke program at UM BWMC. “As soon as a person shows signs of a stroke, call 911 to get them to a hospital immediately. The quicker treatment begins, the better chance we have of preventing permanent damage and disability.”

## REVERSING THE DAMAGE

In Susan's case, she had a blood clot in her brain that caused an ischemic stroke. Dr. Stack used Susan's MRI scan to determine when the stroke occurred and whether the brain tissue was dead or if the damage from the stroke could be reversed.

If a stroke is diagnosed quickly after the onset of symptoms, the patient may be eligible to receive a clot-busting IV medication that restores blood flow to the brain. The drug, called tissue plasminogen activator (tPA), is approved by the Food and Drug Administration to treat ischemic stroke. The treatment can save lives and reduce the long-term effects of stroke, which can cause lifelong disability.

Because Susan had been asleep for a while when she had her stroke, she was not sure exactly when it occurred. However, Dr. Stack used his clinical expertise to determine that Susan was still a good candidate for the lifesaving drug.

"We call these 'wake-up strokes,' when a patient wakes up with stroke symptoms and isn't sure how much time has gone by feeling ill," Dr. Stack says. "As a designated Primary Stroke Center, UM BWMC treats over 500 patients who experience strokes every year. We have vast clinical knowledge and use innovative treatment options to ensure our patients get lifesaving care."

## Community Programs for People Who Experience Stroke

University of Maryland Baltimore Washington Medical Center offers special programs for the community and for people who have had a stroke or are at risk for one. Please note, some of our programs are temporarily on hold due to COVID-19 precautions. Learn more at [umbwmc.org/calendar](https://umbwmc.org/calendar).

### Rehabilitation for Stroke Patients:

UM BWMC's Department of Rehabilitation Services is a proud member of the UM Rehabilitation Network, a system of rehabilitation providers who collaborate to help people recover from illness or injury. The team offers specialized rehab programs for people who are recovering from a stroke.



**Stroke Support Group:** This group is open to people who have had a stroke, and their friends and family members. It is free and meets the second Tuesday of every month.

**Yoga for Stroke Patients:** This gentle yoga class is designed for stroke survivors who have completed rehabilitation. Yoga can increase strength and flexibility, decrease stress, lower blood pressure and improve balance, coordination, posture, breathing and brain function—all beneficial to continued recovery for stroke survivors.





# KNOW THE WARNING SIGNS OF STROKE

Count to 40. By the time you finish, someone in the United States will have had a stroke.

Stroke kills about 140,000 Americans every year and is a leading cause of disability nationwide, but together we can greatly reduce its devastating consequences.

According to the American Stroke Association, up to 80 percent of strokes are preventable. Identifying stroke symptoms and calling 911 quickly can mean the difference between life and death—or between full recovery and lifelong disability. During a stroke, every second counts.

Know the warning signs.

Remember to **BE FAST**

**B**alance Loss

Is there a sudden loss of balance or coordination?

**E**yesight Changes

Is there a sudden onset of blurred or double vision?

**F**ace Drooping

Does one side of the face droop or feel numb?

**A**rm Weakness

Is one arm weak or numb?

**S**peech Difficulty or Slurring

Is speech slurred or hard to understand, even for simple sentences?

**T**ime to Call 911

If you or someone else shows any of these symptoms, even if they go away, call 911 immediately.

## RETURNING TO A NORMAL LIFE

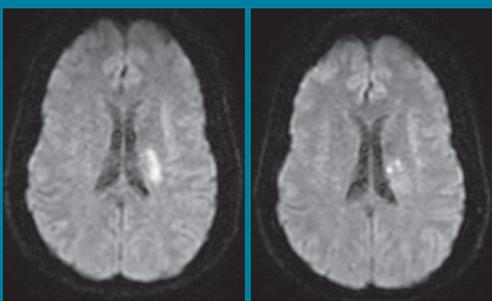
Dr. Stack explained how the clot-buster would work, and they agreed it was the best option to reverse the symptoms of the stroke. Once the drug was administered, Susan began to feel normal within a couple of hours.

“Dr. Stack showed me my MRI scans before and after, and the clot was completely gone. It was amazing,” Susan says. “It was very scary and I was very nervous, but he brought me through it every step of the way.”

Susan recovered in the hospital for three days so Dr. Stack and the clinical team could monitor her progress. Once she was discharged, she was put on a low-dose aspirin and cholesterol medication as a precaution. After a follow-up appointment with Dr. Stack, she returned to life as usual.

“I am back to normal—enjoying retirement, walking, playing, gardening and caring for my chickens in my backyard,” Susan says. “I got lucky. I trusted my gut when it seemed like something wasn’t right with my body. UM BWMC took excellent care of me. I felt like I was the only patient there.”

Susan is grateful she called 911 when she did, saving her from facing a lifelong disability. “If it feels funny in any way, call 911. It is better to be safe than sorry.” ♦



Susan Edwards’ MRI scans show her brain tissue before and after medical treatment with tPA. Before treatment (left), the white patch was the area of brain tissue that was suffering from lack of blood flow from the stroke. After treatment (right), the white patch shows that damaged brain tissue is diminished.



## HEAR FROM SUSAN

Visit [umbwmc.org/stroke](http://umbwmc.org/stroke) to watch a video and learn more about Susan’s experience and recovery from stroke.



A serious ATV accident left Danielle Greenstein at risk of losing her arm, but the expert care she received at the University of Maryland Medical Center enabled her to regain almost full range of motion in her arm and hand.



For Danielle Greenstein, what should have been a fun-filled vacation at Deep Creek Lake in September 2018 quickly turned into a dramatic fight for survival.

Danielle, then 15, was driving a large ATV off-road with a friend when she made a sharp turn to avoid a tree. The ATV flipped over, sending her arm flinging backward outside of the vehicle's roll cage and dragging beneath the vehicle.

When the ATV stopped on its side, she looked down. Her lower left arm had been crushed between the roll cage bars and the ground. "My arm was basically gone," Danielle recalls.

Her friend was unharmed and ran to the nearest road in search of help and called 911, while Danielle tried to keep her arm intact. "I held myself up off the ground for about 15 minutes with my other arm. If I let go, my body weight would have crushed it even more," Danielle says.

Once help arrived, Danielle took an ambulance to the nearest hospital that could stabilize her, which was in West Virginia. Doctors there feared that they might need to amputate her arm.

Danielle's family, from Baltimore, quickly realized that because of the severity of her injury, she would need to be treated by experts in trauma care. So they had her

# THE SKILL TO REBUILD AND RESTORE

HOW UMMC'S EXPERTISE IN COMPLEX TRAUMA CARE SAVED A YOUNG WOMAN'S ARM

transferred to the R Adams Cowley Shock Trauma Center at the University of Maryland Medical Center (UMMC).

## A PATH FOR RECONSTRUCTION

Danielle was stable when she arrived at UMMC, but her arm was still in a bad state.

“She had a fist-sized wound. You could basically see through her arm, and there was still evidence of leaves, dirt, twigs and other debris in the wound. Some muscle tissue was dead or dying,” says Raymond Pensy, MD, an associate professor of orthopaedics at the University of Maryland School of Medicine (UM SOM) and a board-certified hand and upper extremity surgeon at UMMC and UM Orthopaedics.

The first step in preserving Danielle’s arm was to perform multiple debridements, a procedure that removes dead tissue and debris from the wound, while identifying nerves, arteries and other structures that remain intact. Though the first hospital had done some cleaning, it hadn’t been thorough. “When a wound isn’t sufficiently cleaned, it’s the perfect environment for bacterial growth and infection,” Dr. Pensy says.

In Danielle’s case, expert-level debridement was essential not only for preventing infection but also for developing a thoughtful plan to preserve her arm. “This was a

highly specialized procedure. Usually, surgeons who treat cases as severe as Danielle’s are well versed in handling massive, wartime-type wounds. UMMC has the expertise required to handle these complex injuries,” Dr. Pensy says.

## RE-CREATING WHAT WAS LOST

Dr. Pensy and his team discovered roughly four inches of dead bone that would need to be replaced, along with skin and muscle. Luckily, the major arteries and nerves of Danielle’s arm remained intact, providing a foundation for rebuilding.

The team first installed an antibiotic-loaded cement spacer, a bacteria-resistant replacement for the lost area of bone. Then they replaced the dead skin and muscle using a microvascular free tissue transfer, a surgery where tissues are taken from one part of the body and placed in another location. In Danielle’s case, her thigh donated the new tissues for her arm.

“A microvascular free tissue transfer involves hooking up arteries and veins that are sometimes smaller than pencil lead. It ensures that the relocated tissue can still have a blood supply and stay alive,” Dr. Pensy says. This complex surgery can successfully rebuild areas affected by traumatic injuries, but it’s not free of complications.

## DILIGENT OBSERVATION

After the microvascular free tissue transfer, Danielle was monitored hourly. If a blood clot forms or the arteries constrict, the new tissues can lose blood flow and die. Having the right kind of observation and nursing care after surgery is essential.

“UMMC treats the most patients for limb-salvaging microvascular tissue transfers in the state. Our nurses have the experience needed to monitor patients closely and quickly identify signs of complication,” Dr. Pensy says. Most other hospitals don’t train their nurses to monitor microvascular surgery patients hourly.

A few days after surgery, Danielle’s fingers showed discoloration. Dr. Pensy found that two of her major arteries had constricted, reducing blood flow to dangerously

low levels. She was at risk of losing her fingers.

Dr. Pensy and Jonathan Morrison, MD, an assistant professor of surgery at UM SOM and a vascular surgeon at UMMC, swiftly performed emergency angioplasties to unblock the arteries and successfully restored blood flow to Danielle’s fingers.

“I was so scared, but when I found out that they saved my fingers, I was overjoyed,” Danielle says.

## MAKING A COMEBACK

The series of surgeries Danielle underwent kept her in the hospital for four weeks. Luckily, she had a lot of support along the way. “My family and friends would come to visit me every day. I also got close to all of the doctors. It felt homey,” she says.

Through all the procedures, Doug and Jody Greenstein,



**“I don’t think I would have had the same recovery with any other team caring for me,” says Danielle, with her parents, Doug and Jody Greenstein.**

**“UMMC treats the most patients for limb-salvaging microvascular tissue transfers in the state.”  
— Raymond Pensy, MD**

Danielle’s parents, never left her side. The couple took turns sleeping in a chair at her bedside.

After being released from the hospital, Danielle began her recovery. She spent the next month at home in bed, her arm elevated and attached to an IV. She received infused anti-biotics four times a day.

While she required a few follow-up surgeries for a bone graft in her hip, much of her time was spent on rehabilitation efforts. Three days a week, she went to occupational therapy at UM Orthopaedics at Camden Yards.

When Danielle and her family had questions about her recovery outside of doctor visits, they could always rely on Dr. Pensy for guidance.

“Dr. Pensy was the best doctor I’ve ever had. We could shoot him an email, and he would respond almost instantly. He puts his patients before anyone,” Danielle says.

Danielle, who has always loved playing sports, has regained almost full range of motion in her arm and hand. Although she can no longer play competitive sports, she can perform most daily activities. She has even returned to working out with a trainer at her gym and performing activities that require some arm strength, such as kayaking.

Danielle’s awe-inspiring recovery is the result of hard work, a positive attitude and the first-class care she received at UMMC.

“I don’t think I would have had the same recovery with any other team caring for me. If I had stayed at the other hospital, I might have lost my arm. Now, I’m easing back into doing things I love,” Danielle says. ♦

## SIX WAYS TO STAY AHEAD OF JOINT INJURIES

Accidents happen, sports injuries strike unexpectedly and aging can take its toll on joints. But there are many steps you can take to reduce your odds of needing orthopaedic care. Try these tips below:

### Take It Easy

A lot of preventable injuries stem from doing too much too soon. If you haven’t worked out recently, it is important to ease in and let your body adjust instead of jumping right into intensive exercises.

### Stay Flexible

Warming up before you exercise and building your flexibility can help prevent injury.

### Build Strength

Work strength training into your exercise routine. Strong muscles can help protect your joints, and building overall core strength can get your body ready for more advanced workouts.

### Gear Up

Wear recommended protective gear when you play sports. Remember that injuries that happen when you’re young can set the stage for arthritis when you’re older.

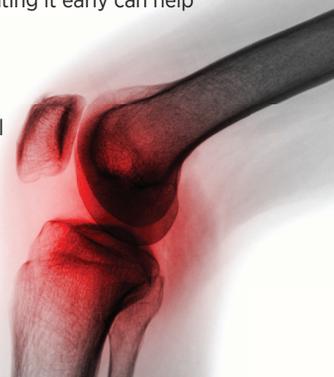
### Lighten Your Load

Excess body weight adds stress to your hips, knees, ankles and feet with every step you take. Dropping some weight will help take extra pounds of force off your joints.

### Ask an Expert

If your pain lasts more than six weeks or limits your range of motion, see your doctor. If the pain stems from arthritis, treating it early can help preserve your joint.

Our orthopaedic team has the same goal as you: achieving a successful surgery that helps you get back on your feet, so you can live life to the fullest.



### MAKE AN APPOINTMENT

To schedule an in-person or virtual consultation with our hand and upper extremity surgeons, call **410-448-6400** or visit [umortho.org](http://umortho.org).



### FIND AN ORTHOPAEDIC EXPERT

Visit [umbwmc.org/findadoc](http://umbwmc.org/findadoc) to find an orthopaedic surgeon near you.

## AT A GLANCE

# 5 Ways to Safely Enjoy the Summer

Summer brings ample opportunities for kids and adults to have warm-weather fun in the great outdoors. But it's also important to stay safe and healthy while taking part in your favorite activities. Follow these tips to ensure you and your family get the most out of the season.



### 1. Avoid Sunburn

Reduce your risk of skin cancer by putting on sunscreen at least 15 minutes before going outside, and reapply every two hours. Wearing a hat, sunglasses and loose-fitting clothing offers further sun protection.



### 5. Practice Pool and Beach Smarts

Children and adults should not swim alone. Pay attention at all times when children are in the water. Young children, inexperienced swimmers and all passengers on boats should wear life jackets. At the beach, swim only in areas with a lifeguard.



### 2. Fend Off Bugs

Mosquitoes and ticks are not only annoying, they can also carry disease. Use insect repellent on exposed skin. Check for ticks after spending time outside in grassy or wooded areas.



### 3. Stay Hydrated

Adequate hydration is essential. Bring water along whenever you go out. Avoid alcohol and sugary, caffeinated energy drinks that make you more dehydrated.



### 4. Eat Food Safely

At picnics and cookouts, keep raw meat, poultry and seafood in a separate cooler away from salads and fruit. Be sure to cook food thoroughly.

## DID YOU KNOW?



**Ultraviolet rays** from the sun can harm your skin in just 15 minutes.

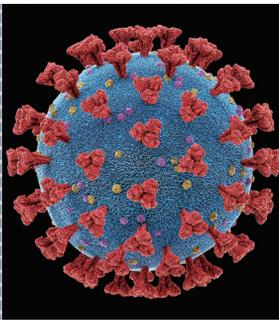


**Foodborne illnesses** increase during summer because bacteria multiply faster when it's warm out.



**Signs of dehydration** in adults include extreme thirst, fatigue, confusion and dizziness. In infants and children, look for dry or cracked lips, fewer wet diapers and low energy levels.

SOURCES: AMERICAN RED CROSS, CENTERS FOR DISEASE CONTROL AND PREVENTION, ENVIRONMENTAL PROTECTION AGENCY, FOOD AND DRUG ADMINISTRATION, NATIONAL INSTITUTES OF HEALTH



## UPDATE

Because of COVID-19 precautions, all on-campus support groups, information sessions and classes have been canceled for the time being. Please call 410-553-8103 or visit [umbwmc.org/calendar](http://umbwmc.org/calendar) for any exceptions and more information. As always, the health and safety of our patients, visitors and community remains our priority. Below is a list of offerings that will resume once COVID-19 cancellations lift.

A COMMUNITY CONVERSATION

LET'S TALK ABOUT HEALTH

### NEW HEALTH EDUCATIONAL WEBINAR SERIES LAUNCHING THIS SUMMER

Taking care of your health is an important part of everyday life. Being knowledgeable about health can prevent problems and knowing how to find, understand and use health information and services can help you better manage unexpected situations when they occur.

Join us each month as we offer a 30-minute lunchtime presentation on a specific health topic such as diabetes, asthma, advanced directives and cancer. Our clinical experts will use the Ask Me 3<sup>®</sup> approach that encourages patients and families to ask three specific questions of their health care providers to better understand health conditions and what is needed to stay healthy.

- What is my main problem?
- What do I need to do?
- Why is this important for me to do this?

Visit [www.umms.org/community](http://www.umms.org/community) for more information and to register for an upcoming webinar.

## WORKSHOPS & CLINICS

### BLOOD DRIVES

Participate in an American Red Cross blood drive at UM BWMC. A single blood donation can help save up to three lives. To review eligibility guidelines, visit [redcrossblood.org](http://redcrossblood.org).

### CPR ANYTIME<sup>®</sup>

Learn basic adult and infant CPR, defibrillator skills and choking relief with hands-on practice. This class is free, but space is limited. Class does not provide CPR certification.

### SAFE AT HOME

Free program for students in grades 4-6 to become prepared to safely stay home alone.

### SAFE SITTER<sup>®</sup>

Safe Sitter<sup>®</sup> prepares students in grades 6-8 to be safe in emergency and nonemergency situations when they're home alone, watching younger siblings or babysitting. The one-day class is \$50.

### SMOKING CESSATION

Free classes to help adults quit smoking. Nicotine patches and nicotine gum will also be available to smokers who participate in all of the classes.

### PREVENTING DIABETES AND BUILDING HEALTHY HABITS CLASS

Diabetes educators lead one-hour classes to explore lifestyle changes to prevent diabetes and improve overall health.

### FREE OPIOID RESPONSE TRAINING AND NARCAN KIT

A free training to help the community learn the signs and symptoms of an opioid overdose and how to administer naloxone (Narcan), the FDA-approved emergency nasal spray treatment. Participants receive a Narcan kit to take home.

## CLASSES FOR PARENTS & GROWING FAMILIES

To view class descriptions, dates and times and to register, visit [umbwmc.org/obclass](http://umbwmc.org/obclass).

- Cesarean Birth Preparation
- Childbirth Express/ Refresher Class
- Comfort Techniques for Natural Birth
- Essentials of Breastfeeding and Milk Expression
- Newborn Care Workshop with Infant CPR
- One-Day Childbirth Class
- Preparing to Be a Big Brother/Big Sister
- Preparing for Twins (or More!)

### PASCAL WOMEN'S CENTER TOUR

Helps families get acquainted with UM BWMC and learn about the high quality care and services for growing families. Visit [umbwmc.org/obtour](http://umbwmc.org/obtour) for a virtual tour.



**STORK'S NEST**

A program for expecting mothers that helps prevent premature births, low birth-weight babies and infant mortality. Classes are offered in English and Spanish and are available to teenagers. This incentive-based program provides participants with baby care and nursery items.

**SUPPORT GROUPS**

No reservations are needed. For dates, times and locations, visit [umbwmc.org/support-groups](http://umbwmc.org/support-groups).

**BREASTFEEDING SUPPORT GROUP**

Connect and learn with mothers in the community about the challenges and successes of breastfeeding.

**CANCER SUPPORT GROUP**

Open to all cancer patients, survivors, support persons and their family members. In addition to networking and peer support, the group will discuss timely topics related to treatment and care with monthly guest speakers.

**DIABETES SUPPORT GROUP**

Open to all people with diabetes and their family members. The group will discuss topics and find answers to patient questions relating to the illness. Some of these could include maintaining a healthy lifestyle, managing daily challenges and sharing health tips.

**MENTAL HEALTH SUPPORT GROUP**

Covers mental health topics such as depression, anxiety, addiction and bipolar disorder. Community resources and

services available for patients and their families will also be discussed.

**STROKE SUPPORT GROUP**

Anyone interested in learning more about stroke recovery and prevention is welcome to join the stroke support group. The program covers topics that include driving after a stroke, mental health and understanding the medications.

**PARKINSON'S DISEASE SUPPORT GROUP**

The Parkinson's support group is hosted by the UM BWMC Rehabilitation Services Department and is open to people with Parkinson's disease, their caregivers, family members, friends and anyone interested in learning more about the disease. Discussions include managing symptoms, maintaining an active and high quality life, and sharing experiences and support.

**HEALING YOGA CLASSES**

For more details and pricing, visit [umbwmc.org/calendar](http://umbwmc.org/calendar).

**YOGA FOR STROKE PATIENTS**

For stroke survivors who have completed rehabilitation, regardless of level or ability. Physician consent is required.

**THERAPEUTIC YOGA FOR PAIN RELIEF**

For people with conditions such as fibromyalgia, back and joint pain, osteoarthritis, rheumatoid arthritis and headaches.

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# NOT JUST **OUR DUTY** *but our life's work*

We are on the front line with you – all 28,000 employees in our medical system – with an unwavering commitment to your health and well-being. But we are bigger than that, because protecting the health of Maryland is a team effort. During these unprecedented times it takes everyone, across all industries in our state, to tackle the challenge before us. Each day brings uncertainty to us all. **We can do this together.**