

# MARYLAND'S

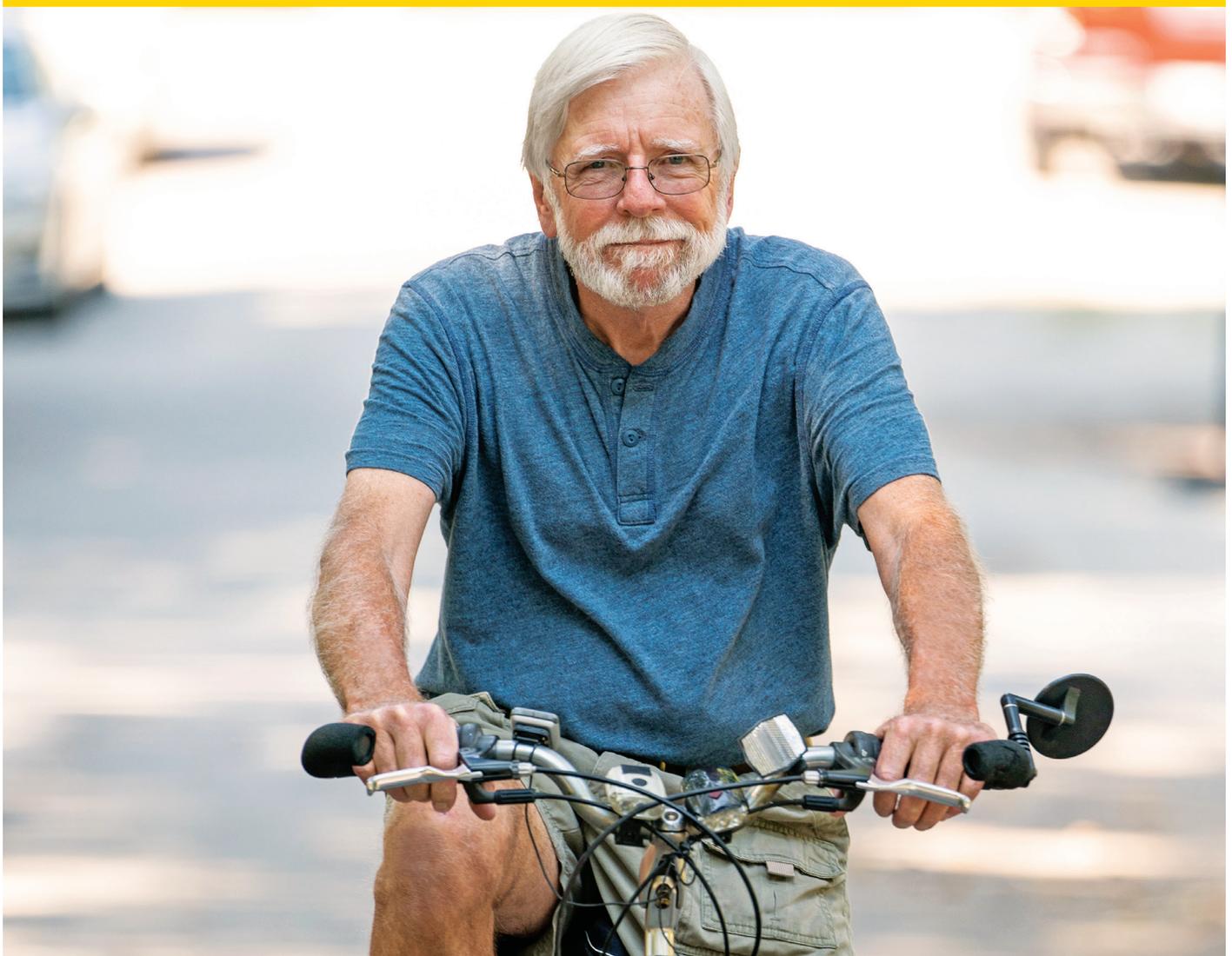
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## UNIVERSITY OF MARYLAND BALTIMORE WASHINGTON MEDICAL CENTER

**COVER STORY:**  
LIVING WELL  
WITH COPD  
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STOP THE CYCLE  
OF PAINFUL  
BROKEN BONES  
PAGE 4

INNOVATIONS IN  
PROSTATE CANCER  
TREATMENT  
PAGE 10

University of  
Maryland Medical System  
welcomes the new  
president and CEO of our  
academic health system.

Learn more at  
[umms.org/CEOVision](http://umms.org/CEOVision).

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With perseverance, and help from University of Maryland Baltimore Washington Medical Center, patients with COPD are loving life.



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.



**5** DIETARY CHANGES THAT WILL REDUCE YOUR CANCER RISK  
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**10** MAKING LEAPS AND BOUNDS  
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## MARYLAND'S HEALTH MATTERS

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Designed by MANIFEST LLC



## STAY CONNECTED WITH UM BWMC!



## 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**.

## LETTER FROM THE CEO

## PROUD CAREGIVERS



At University of Maryland Baltimore Washington Medical Center, we believe that great care starts with great people. Our talented and dedicated staff are the driving force behind our success in providing

outstanding care to our community, and it is what distinguishes our medical center.

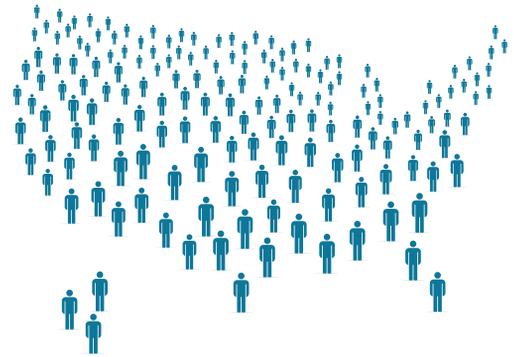
In recognition of our dynamic and committed workforce, the *Baltimore Sun* named UM BWMC a 2019 “Top Workplace” in the Baltimore region. The “Top Workplaces” list is based on employee feedback gathered through a third-party survey.

We are honored to be selected as one of the best organizations to work for in our region. As one of Anne Arundel County’s largest employers, we take great pride in investing in the people of our community. We have more than 3,200 dedicated professionals who come to work every day with one goal in mind—to deliver the highest quality health care to the communities we serve.

Our engaged and talented workforce makes our mission possible. At our core, we are neighbors serving neighbors, families serving families, and friends serving friends.

We are grateful for the trust you place in us and remain focused on our mission to serve you and your family. Thank you for your continued support.

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



## 5 Fast Facts About the 2020 U.S. Census

The U.S. Constitution requires that each decade we take a count—that is, a census—of the country’s population. The results of the census affect Maryland in several important ways. The 2020 census:

- **Determines how many representatives** each state gets in Congress.
- **Helps fund and support local decisions** regarding critical services, such as Medicaid, the Children’s Health Insurance Program (CHIP), school construction, and highway and transportation projects.
- **Can be completed online—for the first time.** Online forms will be available in multiple languages. You can also respond to the census by phone or mail.
- **Is safe and confidential.** The U.S. Census Bureau is required by law to keep all information confidential, including a resident’s citizenship, income and other sensitive personal data.

■ **Ensures that every Marylander counts.** Each resident not counted costs the state about \$18,250 over 10 years. This is equal to the state losing \$26.6 billion, based on historical U.S. Census underreporting.

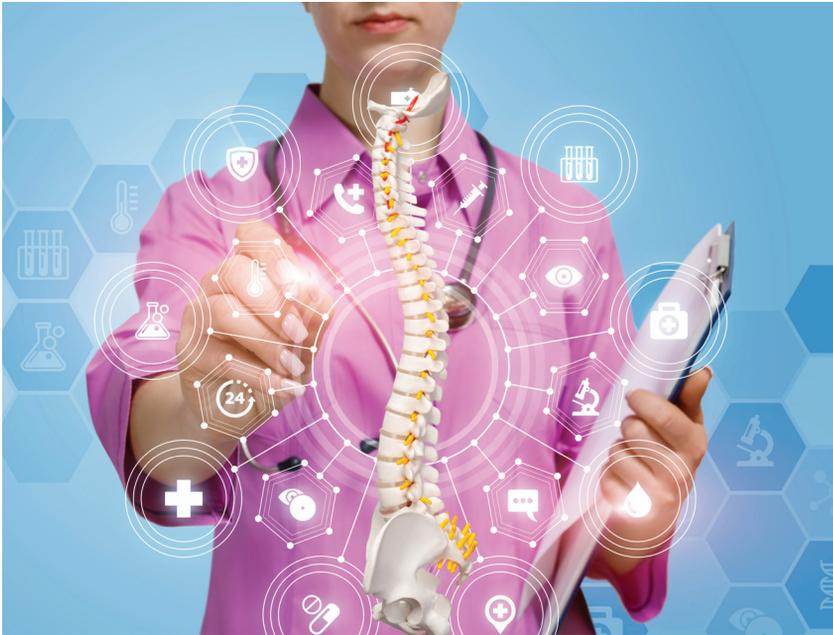
Completing your census form makes sure that Maryland families, neighbors and communities receive the support they need to live, work, play and grow.



### LEARN MORE

The census begins April 1. For more details, visit [census.maryland.gov](https://census.maryland.gov).

## A HEALTHY START



# Stop the Cycle of Painful Broken Bones

Osteoporosis is a disease in which bones become brittle and weak, making them easier to break. There are no symptoms until a bone breaks, so many adults with osteoporosis do not know that they have the condition.

Adults who have had a broken bone, also called a fracture,



### CALL TODAY

For more information or to make an appointment, call **410-553-8170**.

are at very high risk of additional fractures in the future—especially if they have osteoporosis. Thankfully, it is never too late to start treatment for osteoporosis.

The team at the Osteoporosis Clinic in Millersville sees patients two to three months after they have been treated for a fracture. The care provider meets with patients to determine whether they have osteoporosis and develop a strategy to help ensure that they don't suffer more fractures.

“Fractures can be a major life event, causing pain, hospital stays and lengthy recoveries, and preventing you from carrying on with daily activities,” says orthopaedic surgeon Natalie Chilaka, MD. “At the Osteoporosis Clinic, we provide comprehensive bone health evaluations and develop practical treatment plans to help you prevent future fractures.”



**Natalie Chilaka, MD**

## AWARD-WINNING CARE

University of Maryland Baltimore Washington Medical Center's mission is to provide the highest quality health care services to the communities we serve. We are proud to be recognized for our high quality care with the following national and regional awards:

- The American Heart Association recognized UM BWMC with the Mission: Lifeline® STEMI Receiving Center Gold Quality Achievement Award for implementing specific quality improvement measures for the treatment of patients who have severe heart attacks. UM BWMC has received the Mission: Lifeline award every year since its inception in 2010.
- The American Stroke Association recognized UM BWMC with the Get With The Guidelines® Target: Stroke Honor Roll Elite Plus Gold Plus Quality Achievement Award for its commitment to ensuring stroke

patients receive the highest quality care according to nationally recognized, research-based guidelines.

- *U.S. News & World Report* recognized UM BWMC as a top hospital in Maryland. The medical center was also ranked high performing in the categories of COPD treatment, heart failure treatment, colon cancer surgery and lung cancer surgery.
- UM BWMC was awarded an “A” Hospital Safety Grade from The Leapfrog Group, a national recognition of our overall performance in preventing harm and providing safer health care.
- UM BWMC was named a 2019 “Top Workplace” in the Baltimore area by the *Baltimore Sun*.



# 5 DIETARY CHANGES

## That Will Reduce Your Cancer Risk

Research points to diet as a useful tool for reducing your cancer risk, which is why registered dietitians are considered an important part of the University of Maryland Cancer Network's multidisciplinary approach to care and prevention. Brooke Sawicki, RD, at UM Baltimore Washington Medical Center's Tate Cancer Center, offers her tips for creating a diet that's optimized for cancer prevention.



### 1. WATCH YOUR PLANT-TO-MEAT RATIO

Research by the World Cancer Research Fund and the American Institute for Cancer Research says that plant foods should ideally make up two-thirds or more of your plate. Animal-based proteins should make up less than one-third of your plate.



### 2. CONSUME MEAT MINDFULLY

Limit your intake of red meat and consume fewer than three portions per week. Avoid processed meats when possible. "They contain compounds that can be carcinogenic," Sawicki says. Cooking meat at high temperatures can also produce carcinogens.



### 3. AVOID ALCOHOL

Drinking has many negative effects on the body. This includes altering the creation and repair of cells, increasing the number of carcinogens that enter cells and causing inflammation. "These effects are especially harmful when combined with smoking and tobacco use," Sawicki says.



### 4. GET A SIDE OF EXERCISE

According to Sawicki, regular exercise moderates the body in ways that prevent cancer, including strengthening the immune system, regulating hormones, aiding digestion and reducing inflammation. Physical activity also helps moderate your weight.



### 5. MAINTAIN A HEALTHY WEIGHT

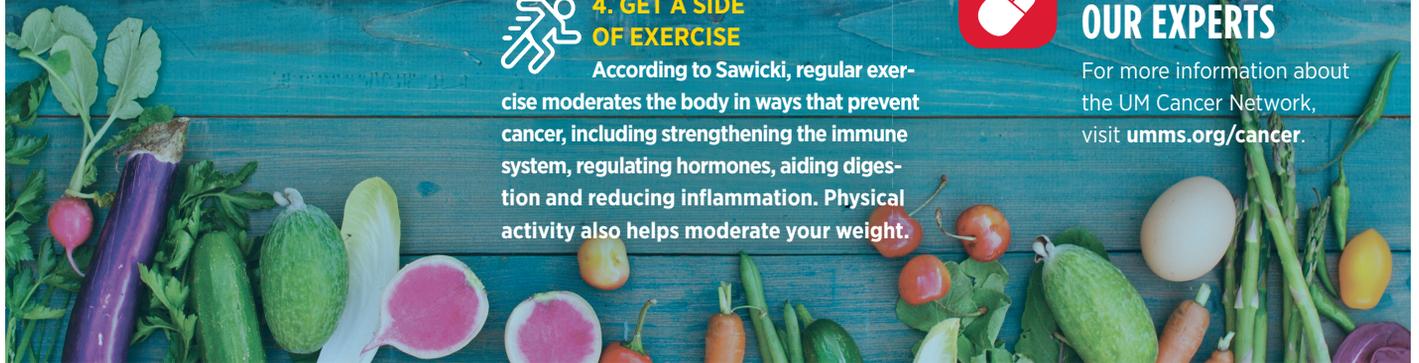
A nutritious diet helps you stay at an ideal weight. Being overweight changes the body in ways that increase your risk for cancer, such as altering delicate hormone balances, changing metabolism and creating chronic inflammation.

All of this expertise and more is available from our experts at the UM Cancer Network. Built around the UM Marlene and Stewart Greenebaum Comprehensive Cancer Center, the UM Cancer Network provides patients access to cutting-edge cancer treatments and technologies across Maryland.



### LEARN FROM OUR EXPERTS

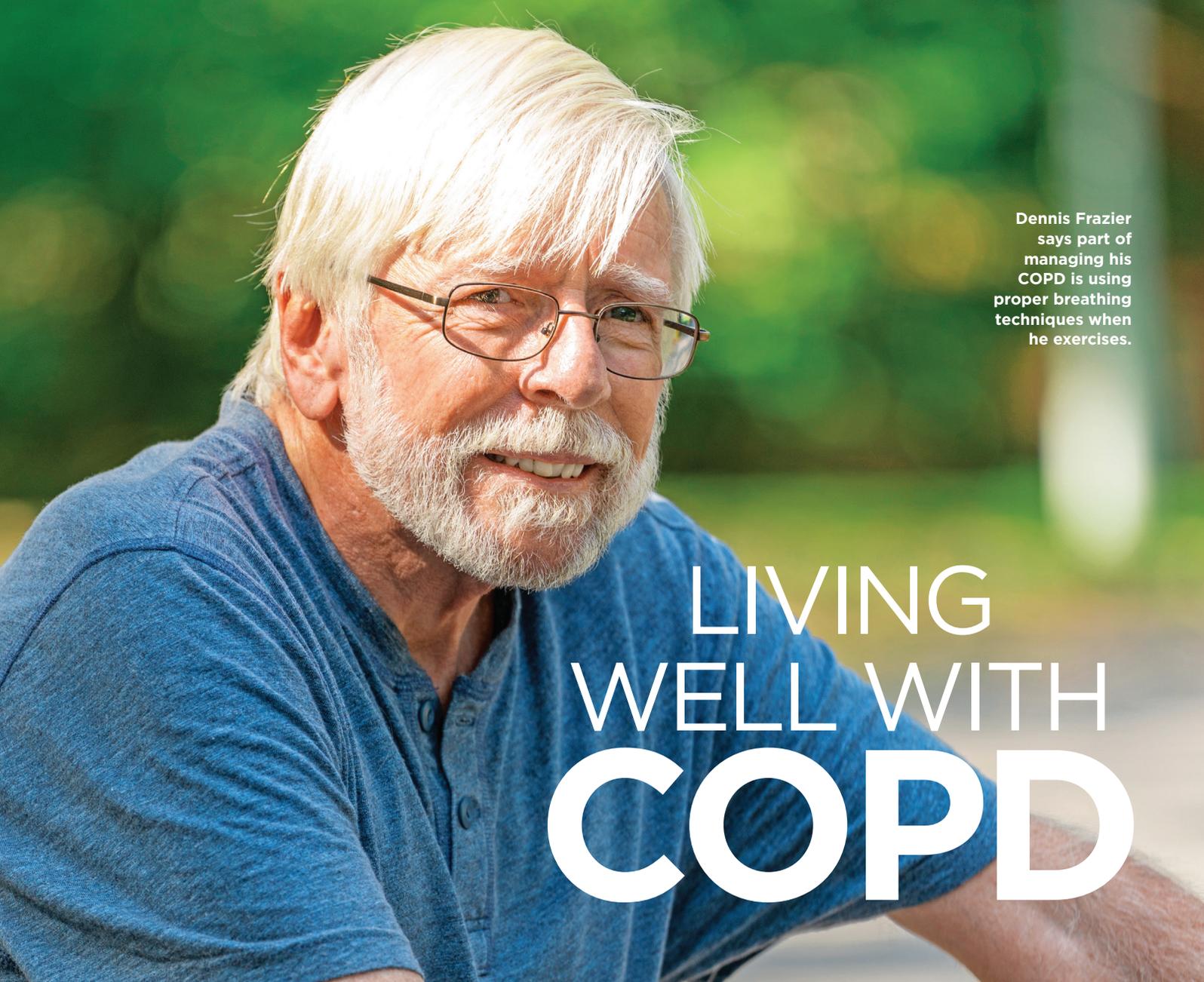
For more information about the UM Cancer Network, visit [umms.org/cancer](http://umms.org/cancer).



## Support for Cancer Survivors

At the Tate Cancer Center at the University of Maryland Baltimore Washington Medical Center, patients have access to a variety of support services to enhance their recovery and long-term wellness. The Tate Cancer Center, an affiliate of the University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center, is proud to offer a Cancer

Survivorship support group for patients and their caregivers. This self-care skills class and group discussion offers timely information and support for cancer patients and survivors. The group meets on the first Wednesday of every month from 5 to 6:30 p.m. in the Tate Cancer Center, first floor conference room. Reservations are not required.



Dennis Frazier says part of managing his COPD is using proper breathing techniques when he exercises.

# LIVING WELL WITH COPD

WITH PERSEVERANCE, AND HELP FROM UNIVERSITY OF MARYLAND BALTIMORE WASHINGTON MEDICAL CENTER TO MANAGE HIS COPD, DENNIS FRAZIER IS LIVING LIFE TO THE FULLEST



**A**lmost two decades after his emphysema diagnosis, longtime Pasadena resident Dennis Frazier is enjoying a hands-on, active lifestyle. When the former firefighter and retired teacher isn't traveling between his homes in Pasadena and Hoopers Island on the Eastern Shore, he fills his days with house projects, biking, kayaking, hiking, walking and fishing.

## WHAT IS COPD?

Chronic obstructive pulmonary disease, or COPD, is a group of lung

diseases that block airflow and make breathing difficult. Among them is emphysema, a form of COPD that occurs when the air sacs (alveoli) at the end of the smallest air passages (bronchioles) in the lungs are gradually destroyed.

Symptoms of COPD include chronic coughing, shortness of breath, wheezing, chest tightness, having to clear the throat, frequent respiratory infections and a lack of energy. People with COPD may also experience episodes called exacerbations, during which their symptoms worsen and may persist for days.

There is no cure for COPD, but it can be treated and managed to minimize further damage to the lungs. People with COPD can learn how to deal with the symptoms and still enjoy a high quality of life.

## TAKING CONTROL OF YOUR COPD

Frazier was diagnosed with emphysema 17 years ago. After experiencing ongoing breathing problems, he consulted a pulmonologist, who confirmed his diagnosis.

“When I was diagnosed with COPD, I realized I needed to change my lifestyle,” Frazier says. “I quit smoking and paid more attention to getting regular exercise. I was told my COPD would get worse as I get older, but I have found through daily activity and exercise, it has been quite manageable.”

Frazier works with John Wiley, MD, a pulmonologist with the University of Maryland Baltimore Washington Medical Group - Pulmonary Care, to manage his condition.



### WHAT OUR DOCTORS ARE SAYING

**“Patients should know that they can still live well. You don’t have to manage this alone. You and your doctor can come up with a plan to keep you active and doing the things you love.”**

— John Wiley, MD

“It’s important for patients with COPD to stay diligent about their health to prevent complications. This means quitting smoking, getting regular exercise and taking prescribed medications,” says Dr. Wiley, chair of pulmonology at UM BWMC. “Dennis has had great success staying healthy—he was able to quit smoking, he is very active and he is on the right medications.”



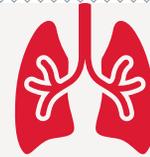
**John Wiley, MD**

At first, Frazier could do only a few minutes on the treadmill before losing his breath. But he kept at it and could do a little more each time. Now, he can take 45-minute walks without feeling the need to slow down.

“The key for emphysema is not to suck air in but to get it out,” Frazier explains.



**Frazier says daily activities and exercise have kept his COPD from getting worse.**



## Expert Care for Lungs

UM Baltimore Washington Medical Group - Pulmonary Care, formerly called the Lung Associates of Anne Arundel, provides quality care to patients with a wide range of pulmonary diseases and critical illnesses. The specialists treat problems of the lungs, airways and chest. They see patients in their physician office in addition to patients who are admitted to the hospital, offering the full spectrum of care. To make an appointment with the pulmonary specialists, call **410-768-3701**.

“When you’re not expelling the bad air, the good air cannot get into your lungs. Instead of gulping air in when doing strenuous activity, I concentrate on the exhaling. I trained myself to push the air out using my abdominals, which has really increased my efficiency.”

Managing a disease requires learning new techniques. Once you get those down, Frazier says, it becomes second nature and you can live your life comfortably. “You’ll never be 100 percent, but you can still live well.”

Working with a trusted physician is also essential in successfully managing a long-term condition like COPD.

“Patients should know that they can still live well,” Dr. Wiley says. “You don’t have to manage this alone. You and your doctor can come up with a plan to keep you active and doing the things you love.”

With regular checkups and self-management, Frazier is enjoying his retirement and doing what he loves with little limitation. ♦



### GET COPD WELLNESS TIPS

Visit [umbwmc.org/managecopd](http://umbwmc.org/managecopd) to sign up for a free monthly email with wellness tips to help you manage COPD.

## 5 TIPS TO MANAGE COPD | AND HOW WE CAN HELP



**1 If you smoke, quit.**  
UM BWMC offers free smoking cessation classes to people who live or work in Anne Arundel County.



**2 Try to do aerobic exercise for at least 20 minutes three times a week. This could include swimming, walking or using a stationary bike.**  
UM BWMC offers a pulmonary rehabilitation program to help you safely start and keep up an exercise program.



**3 Maintain proper nutrition. Try eating small, frequent meals as opposed to large meals to stay at a healthy weight. Eating too much or carrying extra weight may cause shortness of breath.**  
UM BWMC offers nutrition therapy appointments with a registered dietitian to help you develop a nutritional plan that supports your COPD treatment.



**4 Find an experienced pulmonologist to meet with for regular appointments and ongoing treatment.**  
UM Baltimore Washington Medical Group – Pulmonary Care is a team of pulmonologists and critical care specialists who treat diseases of the lungs, airways and chest. Their office is located on UM BWMC’s campus and is accepting new patients.



**5 Stay up to date with your recommended health screenings, including lung cancer screenings if you currently smoke or used to smoke.**  
The Tate Cancer Center at UM BWMC offers a lung screening program to evaluate patients considered at high risk for developing lung cancer from smoking. Medicare and most private insurance companies cover this procedure.



### WATCH A VIDEO

Visit [umbwmc.org/lung-health](http://umbwmc.org/lung-health) to learn more about how Dennis Frazier is managing his COPD symptoms.

# 4 QUESTIONS ABOUT THE HEART

WE PUMPED OUR CARDIOLOGY EXPERTS FOR INFORMATION ON THIS VITAL ORGAN



**Asghar Fakhri, MD**

## WHAT IS HEART FAILURE?

**Asghar Fakhri, MD:** The heart is a pump that helps circulate blood by pulling it from the lungs and pushing it to the rest of the body. There are two types of heart failure. The most common type of heart failure happens when the heart muscle becomes stiff. A stiff heart muscle cannot pull the blood from the lungs. The other type of heart failure is when the heart muscle is weak. A weak heart muscle cannot push blood to the rest of the body. The main problem with all types of heart failure is that patients feel fluid building up in the lungs, making it hard to breathe. They may also notice swelling in the legs or in the abdomen. There are many great treatments available for patients with heart failure, including diet and lifestyle changes, medications and occasionally procedures. These treatments can help people live long, productive and normal lives.



**Vasundhara Muthu, MD**

## HOW DOES A PACEMAKER WORK?

**Vasundhara Muthu, MD:** A pacemaker is a small electrical unit that is surgically implanted in the chest—or, rarely, in the abdomen—to send electrical impulses to the heart when needed. A pacemaker treats abnormal heart rhythms, called arrhythmias. In an arrhythmia, the heartbeat may be too slow, too fast or irregular. A pacemaker can relieve some arrhythmia



**Abid Fakhri, MD**

symptoms, such as fatigue and fainting. A pacemaker can also help a person who has abnormal heart rhythms resume a more active lifestyle.

## IS SALT REALLY THAT BAD FOR YOUR HEART?

**Abid Fakhri, MD:** High amounts of salt are in many prepared and packaged foods, especially processed foods such as hot dogs, cheeses, potato chips and fast food. Eating excessive salt can cause water retention and the hardening of blood vessels. Both of these factors can cause high blood pressure, which is a leading cause of heart disease. The American Heart Association recommends no more than 2,300 milligrams of salt a day, so be sure to read food labels and skip the saltshaker.



**Farrukh M. Jalisi, MD**

## IS CARDIOVASCULAR DISEASE THE SAME AS HEART DISEASE?

**Farrukh M. Jalisi, MD:** “Heart disease” is a lay term to describe problems of the heart. This could involve the coronary arteries, heart attack, the heart’s electrical system, heart valves or congestive heart failure. When we describe conditions beyond the heart that include the blood vessels, we use the term “cardiovascular disease.” Coronary arteries—which supply nutrition and oxygen to the heart—are an important part of the body’s vascular system. For example, when patients have plaque buildup, or atherosclerosis, in the coronary arteries, they often also have it in the aorta and in the arteries supplying blood to the limbs and major organs. I would think of heart disease as a subset of the larger problem of cardiovascular disease. ♦



## FIND A DOCTOR

Looking for a cardiologist? Visit [umbwheart.org](http://umbwheart.org) to find a heart specialist at UM BWMC.

# MAKING LEAPS AND BOUNDS

UMMC USES INNOVATIONS IN  
PROSTATE CARE TO REDUCE  
SIDE EFFECTS

**W**hen Gregory Sobon turned 60, his doctor recommended that he start getting a prostate-specific antigen (PSA) test annually. PSA is a protein produced by the prostate, and the test measures how much of it is in a person's blood. High PSA levels can indicate that something is wrong with the prostate, including cancer, enlargement or inflammation.

Though Sobon had no symptoms, he took his doctor's advice. The test revealed that Sobon had a PSA of 1.8—higher than usual but still in the “normal” range of 0 to 4.

He continued getting annual PSA tests, and each year the number climbed. Once Sobon's PSA reached 4.2, at age 64, he sought the help of a urologist, who performed a biopsy on his prostate. The results indicated that he had cancer.

Sobon was shaken by the diagnosis. “I felt invincible up until then,” says Sobon, of Catonsville, Maryland.

“Many men know someone who was treated for

prostate problems years ago, and they're often worried about side effects. But using the right approaches, the risk of side effects is much lower than it used to be,” says Michael J. Naslund, MD, professor of surgery at University of Maryland School of Medicine (UM SOM) and chief of the Division of Urology at the University of Maryland Medical Center.

## WEIGHING THE PROS AND CONS

Generally speaking, prostate cancer is slow-moving. This allows the patient to carefully consider all treatment options. In some cases, the cancer grows so slowly that doctors only monitor the cancer's progression and skip treatment altogether.

However, Sobon was eager to get treatment. “It wasn't the PSA level itself that was alarming. It was the speed at which it was increasing,” he says.

Deciding on treatment is challenging. Men must collaborate with their physicians to strike the balance between length of life and quality of life.

“Disturbing the nerves on each side of the prostate can cause sexual dysfunction. If we can treat the prostate without disturbing those nerves, the patient has less risk of side effects,” says Dr. Naslund. Urinary incontinence is also common. One



Gregory Sobon

of the muscles that control urine flow is compromised during some treatments.

Sobon spoke to many specialists about his options. He eventually chose to have minimally invasive robotic surgery performed by Mohummad M. Siddiqui, MD, and the UMMC urology team.

At UMMC, each member of the multidisciplinary team, from surgeons to oncologists, brings expertise to the table. This is bolstered by the team's connection to the UM Marlene and Stewart Greenebaum Comprehensive Cancer Center, a leader in cancer research and treatment and the hub of the UM Cancer Network.

"It's important to work with specialists who are familiar with the full range of options available so they understand what makes sense for the patient," says Dr. Siddiqui, an associate professor of surgery at UM SOM and a urologist at UMMC.

"Our team meets every week. Each specialist presents patient cases to the group for discussion, allowing us to bring a more holistic view of prostate diseases to our patients," Dr. Naslund says.

## PRECISE IMAGING AND TREATMENT

To remove all the cancer and reduce the risk of side effects, it's important to know the cancer's exact location within the prostate. But getting clear

images of the prostate can be difficult because of its location in the body.

"Our program focuses on image-guided management of prostate cancer using some of the newest, cutting-edge technologies. We work with radiologists who specialize in prostate MRI and have equipment that uses powerful magnets to produce high-quality images," Dr. Siddiqui says.

While high-power MRI is generally used for accurate diagnoses, in Sobon's case, Dr. Siddiqui used it during surgery to remove all of the cancer while avoiding the most delicate nerves.

## NEW HORIZONS IN IMAGING

While MRI imaging techniques have long been used to search for cancer, it can still be difficult to get clear images. One of the latest innovations in prostate care, MRI-ultrasound fusion technology, addresses this problem.

"We take the MRI that we're performing on the prostate

# Innovations Outside of Prostate Cancer

High PSA levels can indicate many different prostate problems. Benign prostatic hyperplasia (BPH), or an enlarged prostate, is the most common prostate problem for men over 50.

Many men manage BPH with medications and lifestyle changes, but more severe cases may require surgery or other minimally invasive treatments.

One minimally invasive treatment for BPH is prostate artery embolization (PAE), a procedure performed by interventional radiologists. "Using a small catheter through the arm or groin, we inject microscopic beads into the arteries that feed the prostate. This blocks blood flow and shrinks the prostate over time," says Adam S. Fang, MD, an assistant professor of diagnostic radiology and nuclear medicine at University of Maryland School of Medicine and an interventional radiologist at University of Maryland Medical Center. It's an ideal treatment for men who won't or can't undergo invasive surgery.

PAE has less risk of side effects that can occur with surgery, including urinary incontinence and sexual dysfunction. Patients can usually go home the same day.



## LEARN MORE

Call **667-214-1576** to schedule an evaluation.

and tie it to a specialized machine that combines it with ultrasound in real time," says Dr. Siddiqui. The technique produces detailed, three-dimensional images that have revolutionized the way urologists treat prostate cancer.

It is most commonly used for targeted biopsies, where doctors sample only the most concerning parts of the prostate for cancer. "Traditional prostate biopsies miss about a third of aggressive cancers. Now, we can take targeted

## WHEN SHOULD YOU BE WORRIED?

Many prostate diseases have similar symptoms, including:

- Difficulty urinating
- Weak or interrupted urine stream
- Frequent urination or frequently waking up at night to urinate
- Feeling of having to urinate, even if you've just gone to the bathroom
- Burning sensation while urinating
- Blood in urine or semen
- Painful ejaculation or sexual dysfunction

If you are experiencing these symptoms, see your doctor immediately.

samples and provide an accurate diagnosis,” says Dr. Siddiqui. Doctors can tailor their treatments to the patient’s condition, which increases survival rates, minimizes side effects and improves quality of life.

Dr. Siddiqui was involved with research that pioneered this technology. He and his colleagues from the National Cancer Institute published a landmark paper identifying MRI-ultrasound targeted biopsy’s superior ability to uncover hard-to-find, aggressive cancers.

MRI-ultrasound technology also better treats cancers that affect only part of the prostate. “Using the MRI-ultrasound, we know precisely where the cancer is and can remove only part of the prostate rather than the whole organ,” Dr. Naslund says. Targeted therapies typically have fewer side effects than treatments that remove the prostate.

In some cases, high-quality imagery isn’t enough to determine the best approach. “We can use the MRI-ultrasound images to develop 3D print models of the patient’s prostate,” Dr. Siddiqui says.

“The model shows you the prostate in detail. During surgery, when there’s bleeding and other factors that distort the anatomy, you can always reference the model,” Dr. Naslund says.

### LEADERS IN THE FIELD

Sobon recovered from his minimally invasive surgery within a few days. “My pain never rose above a 2 out of 10,” he says. Quick recovery time is one of the major benefits of robotic surgery.

While he experienced some urinary incontinence after surgery, he returned to normal after a few months of pelvic physical therapy.

Looking back, Sobon is happy with his choice. “I chose Dr. Siddiqui because of his connection with the academic medical center. The team was on the cutting edge of the science, especially in imaging,” Sobon says.

“I was lucky because my nerves were saved and I’m cancer-free. I didn’t have to choose between quantity of life and quality of life,” he says. ♦



## ADVANCED CANCER TREATMENTS CLOSE TO HOME

Urologists at the University of Maryland Baltimore Washington Medical Center’s Tate Cancer Center provide comprehensive care for patients with prostate, bladder and kidney cancers. When surgical treatment is necessary, urologists may use the da Vinci® Surgical System in the state-of-the-art surgery center.

As the first hospital in the state to install the latest model of the da Vinci Surgical System, UM BWMC offers the latest techniques to ensure safe and successful outcomes. “The da Vinci robot gives the surgeon improved visualization and more precise movements, so the patient benefits from decreased blood loss and a shorter hospital stay,” says Rian Dickstein, MD, chief of urology at UM BWMC and clinical assistant professor of surgery at the University of Maryland School of Medicine. “We use the robotic system to treat cancer by removing tumors and, if needed, removing the prostate, bladder or kidney, and we can use it for reconstructive procedures on the urinary system.”

After surgery, patients have access to a variety of support services at the Tate Cancer Center, an affiliate of the University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center. The center offers a survivorship program to help patients thrive during and after cancer, as well as services such as physical therapy, nutrition therapy, genetic counseling and clinical trials.

The Tate Cancer Center is accredited by the Commission on Cancer as an Academic Comprehensive Cancer Program, a designation that only 13 percent of cancer programs in the nation have achieved.



**Rian  
Dickstein, MD**



### MAKE AN APPOINTMENT

To schedule an appointment with UMMC’s urology team, call **410-328-6422**.



### LEARN MORE

For further information about cancer care at UM BWMC, visit [umbwmc.org/cancer-care](http://umbwmc.org/cancer-care).

# 5 Ways to Live a Longer, Healthier Life

The average life expectancy for a man in the U.S. is five years less than a woman's—mainly because men are more likely than women to smoke, drink too much alcohol, make other unhealthy or risky choices, and put off regular checkups and medical care. These steps can help men stay healthy as they age.

1

## If you smoke, quit

Smoking dramatically **raises your risk of heart disease, stroke and cancer**, and it harms nearly every organ of your body. When you quit, your body begins to heal within 20 minutes of your last cigarette.

2

## Go for checkups

One of the most important reasons to see a primary care provider is so you can **be screened for common diseases of aging**, including high blood pressure, high cholesterol and certain cancers such as colorectal and lung cancer.

3

## Eat a healthy diet

Choose vegetables, fruits, whole grains, high-fiber foods and lean sources of protein. **Limit processed foods** and especially foods high in refined sugar, sodium and saturated fat.

4

## Limit alcohol

Heavy drinking can lead to the development of a host of diseases including heart disease, stroke and certain cancers. If you choose to drink, **have no more than two drinks a day**.

5

## Be active

Regular physical activity can help you stay at a healthy weight and **lower your risk of heart disease, stroke and certain cancers**.

## 3 Common Reasons Men Give for Not Seeing a Doctor ... And What You Can Say in Return



### "I don't have a doctor."

Finding a doctor doesn't have to be hard. Start by asking friends and family members for recommendations. You can also look online at [umms.org/find-a-doctor](http://umms.org/find-a-doctor).



### "I feel fine. There's nothing wrong with me."

There are plenty of serious diseases that often have no symptoms, including high blood pressure, high cholesterol and diabetes. Finding a problem early can make a world of difference.



### "I'm too busy."

When something is important, we can always find the time. And even the busiest person can carve out two hours a year for an annual checkup.

SOURCES: AMERICAN HEART ASSOCIATION, AMERICAN PSYCHOLOGICAL ASSOCIATION, CENTERS FOR DISEASE CONTROL AND PREVENTION, U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

## NEWS AND EVENTS



### JOIN US AT **HEARTBEAT FOR HEALTH**

■ **10 a.m. to 1 p.m. Saturday, Feb. 22**  
**\*\*NEW LOCATION\*\***  
**Northeast High School in Pasadena**

Join us at our annual family-friendly health expo. This free event offers exercise and dance demonstrations, health screenings, obstacle courses, a kids' corner and wholesome snacks. Dance, learn simple ways to stay healthy and get motivated for the year ahead. For more information, visit [umbwmc.org/heartbeatforhealth](http://umbwmc.org/heartbeatforhealth).

### WORKSHOPS & CLINICS

#### BLOOD DRIVES

Feb. 28 and April 24 at 7 a.m. 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). Visit [umbwmc.org/calendar](http://umbwmc.org/calendar) to schedule an appointment.

#### CPR ANYTIME\*

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. For dates and times and to register, visit [umbwmc.org/calendar](http://umbwmc.org/calendar).

#### SAFE AT HOME

Free program for students in grades 4-6 to become prepared to safely stay home alone. For dates and times and to register, visit [umbwmc.org/calendar](http://umbwmc.org/calendar).

#### SAFE SITTER\*

Safe Sitter® 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. For dates and to register, call **410-553-8103**.

#### MILLS MILERS WALKING PROGRAM

Program co-sponsored by Arundel Mills. The mall is a ¾-mile indoor course and opens at 7 a.m. weekdays for walkers. Visit the Guest Services booth at Arundel Mills to pick up a waiver and registration card, or register at [umbwmc.org/calendar](http://umbwmc.org/calendar).

#### 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. To register, call **410-553-8103**.

#### PREVENTING DIABETES AND BUILDING HEALTHY HABITS CLASS

Diabetes educators lead one-hour classes to explore lifestyle changes to prevent diabetes and improve overall health. For dates and times and to register, call **410-787-4940**.

### 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
- Newborn Care Workshop with Infant CPR
- One-Day Childbirth Class
- Preparing to Be a Big Brother/Big Sister
- Preparing for Twins (or More!)
- Pumping: Making It Work

#### PASCAL WOMEN'S CENTER TOUR

Helps families get acquainted with UM BWMC and learn about the high quality care and services for growing families. For more information, visit [umbwmc.org/pascaltour](http://umbwmc.org/pascaltour).

#### 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. To register, please call **410-787-4366**.

### SUPPORT GROUPS

No reservations are needed. For more information, visit [umbwmc.org/support-groups](http://umbwmc.org/support-groups).

### Free Opioid Overdose Response Training + 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. For dates and times and to register, visit [umbwmc.org/savealife](http://umbwmc.org/savealife).



**BREASTFEEDING SUPPORT GROUP**

Meets at 2 p.m. the second and fourth Wednesdays of each month. At 301 Hospital Drive, Third Floor. For more information, call **410-595-1782**.

**CANCER SUPPORT GROUP**

Meets at 5 p.m. the first Wednesday of each month. At the Tate Center, 305 Hospital Drive. For more information, call **410-553-8179**.

**DIABETES SUPPORT GROUP**

Meets at 5:30 p.m. the third Wednesday of each month. At 300 Hospital Drive, Suite 223. For more information, call **410-787-4940**.

**MENTAL HEALTH SUPPORT GROUP**

Meets at 6:30 p.m. the second Wednesday of each month.

At 301 Hospital Drive, Second Floor. For more information, call **410-553-8070**.

**STROKE SUPPORT GROUP**

Meets at 6 p.m. the second Tuesday of each month starting in March. At 301 Hospital Drive, Third Floor. For more information, call **410-787-4138**.

**PARKINSON'S DISEASE SUPPORT GROUP**

Meets at 6:30 p.m. the third Tuesday of every other month. At 301 Hospital Drive. For more information, call **410-787-4433**.

**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. To register, call **410-553-8103**.

**THERAPEUTIC YOGA FOR PAIN RELIEF**

For people with conditions such as fibromyalgia, back and joint pain, osteoarthritis, rheumatoid arthritis and headaches. To register, call **410-553-8103**.

**BWELL SEMINAR SERIES**



**Caring for Caregivers**

Are you a caregiver to a loved one? Do you sometimes feel overwhelmed with medications, scheduling doctor appointments or knowing your legal rights? Join our experts for a panel discussion as they define what caregivers need to know and how to plan effectively when taking care of a loved one. A question-and-answer session will follow with leaders from UM BWMC's population health and care management departments and a senior care physician.

**6:30 p.m. Wednesday, April 1**  
 UM Baltimore Washington Medical Center  
 4 West Conference Center, Fourth Floor  
 301 Hospital Drive  
 Glen Burnie, MD 21061



**REGISTER TODAY!**

Registration is required by calling **410-787-4367** or visiting [umbwmc.org/caregivertalk2020](http://umbwmc.org/caregivertalk2020).

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