

# MARYLAND'S

H E A L T H



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## UNIVERSITY OF MARYLAND BALTIMORE WASHINGTON MEDICAL CENTER

### COVER STORY:

THRIVING IN THE  
NEXT STAGE OF LIFE

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DO YOU KNOW  
WHAT TO DO TO  
STOP THE BLEED?

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YOGA  
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### SPOTLIGHT ON UNIVERSITY OF MARYLAND MEDICAL CENTER

#### Fighting the Opioid Epidemic

Using innovative approaches to prevent and treat addiction to opiates, UMMC providers are leading the way in Maryland. See page 10.

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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.

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## 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**.

## LETTER FROM THE CEO

SERVING OUR  
COMMUNITY

UM BWMC recognizes that in order to provide high quality health care services, we must support community members outside the hospital walls.

That is why we work with partners throughout Anne Arundel County every three years to conduct a community health

needs assessment. This helps us understand and fulfill the health needs and concerns of our residents. It guides our program development and outreach efforts to improve the long-term health and well-being of our community.

Behavioral health, maternal and child health, and chronic health conditions remain top concerns for our community. UM BWMC has many programs dedicated to these focus areas, including our expanded inpatient mental health unit, opioid overdose response workshops, prenatal care and parenting classes, and our Transitional Care Center. We continuously develop new programs and enhance our services to provide the resources you need the most.

We also remain vigilant about delivering the right care in the right setting at the right time. Through our many primary care and specialty offices, we offer accessible, efficient care designed to keep you well. We are committed to helping families build healthy habits, manage chronic conditions and make informed health care decisions.

We know you have a choice in your health care provider, and we are privileged and proud to serve and care for you. Best wishes for a happy and healthy summer.

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

Remedies  
for **Spring  
Allergies**

According to the Allergy and Asthma Foundation of America, 8.2 percent of adults are diagnosed with allergic rhinitis, which is caused by sensitivity to pollen from trees, grasses or weeds or to airborne mold spores.

Try these tips to help prevent the sneezy and itchy sensations that come with the allergy season:

- Take allergy medication such as nasal and oral antihistamines about two weeks before the symptoms are likely to appear. Once your nasal passages and airways are inflamed, the medication is less effective.
- Limit your exposure to pollen to avoid inflammation. Pollen levels are higher midday in the warmer seasons, so it's best to stay indoors as much as possible around that time.
- Keep your windows and doors closed at home. If you decide to go outdoors, shower and change your clothes afterward to avoid spreading pollen around your living space.
- Perform some spring cleaning to get rid of dust mites, mold, pet dander or any pollen in your living space that could stimulate allergies. Make it a habit to vacuum regularly, keep



pets off the bed and use a humidifier.

If you implement these tips and your symptoms become unmanageable, you should visit an allergist. An allergist can run a series of tests to identify your allergy triggers and provide treatment options. The earlier you take action, the better.

**LOOKING FOR AN ALLERGIST?**

Visit [umbwmc.org/healthy](http://umbwmc.org/healthy) to find one near you.

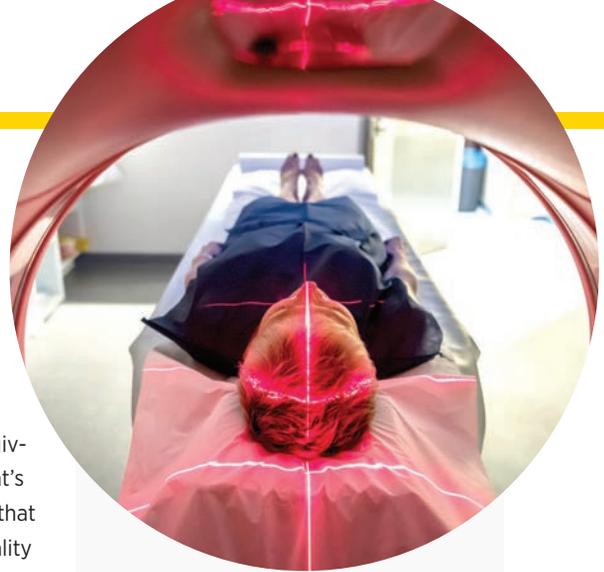
# Brain Surgery Experts in Your Community

Medical conditions in the brain can be debilitating or life-threatening. If your physician tells you that neurosurgery is the best treatment option, it can be frightening. Fortunately, you don't have to travel far to find highly skilled physicians who use the most innovative technologies. They are available close to home.

"While neurosurgery is routine for us, we understand it can be intimidating for patients," says Amiel Bethel, MD, clinical assistant professor of neurosurgery at the University of Maryland School of Medicine (UM SOM) and chair of neurosurgery at UM Baltimore Washington Medical Center (UM BWMC). "Our job as neurosurgeons is to

alleviate any fears the patient may have by giving them a thorough background on what's going on with them, and to assure them that they are going to receive the highest quality care at UM BWMC."

"We treat a wide range of brain disorders and trauma at UM BWMC using the latest technology and the most minimally invasive techniques," says Danny Liang, MD, clinical assistant professor of neurosurgery at UM SOM and director of neurosurgical oncology at UM BWMC. "We perform complex, delicate, sophisticated brain surgery on a routine basis. We are proud to offer our community the most advanced neurosurgical care, right here locally."



## Common reasons people need brain surgery include:

- Blood clots on the brain, which can occur from trauma, blood-thinning medications or spontaneous bleeds because of high blood pressure.
- Brain hemorrhage, which happens when a blood vessel in the brain ruptures. Hemorrhages can develop with age or from malformations of the brain's blood vessels.
- Brain tumors, which can be malignant (cancerous) or benign (noncancerous).



## INCREASED ACCURACY AND PRECISION

Visit [umbwmc.org/healthy](http://umbwmc.org/healthy) to see how neurosurgeons at UM BWMC use a state-of-the-art mobile intraoperative CT to quickly confirm that they have achieved their surgical goals.

# ADULT VACCINES: What They Are and Who Should Get Them

Vaccinations keep your immune system strong by helping your body fight off bacteria that cause infections and potentially life-threatening diseases. It is still important to get immunizations as an adult because immunity from childhood vaccinations can wear off over time. Use these guidelines from the Centers for Disease Control and Prevention to stay on schedule with adult immunizations:

**INFLUENZA:** Every person should get the flu vaccine each year. Influenza can cause serious harm to people with chronic conditions such as asthma, diabetes and heart disease. The best way to protect yourself and others around you is to get vaccinated yearly.

**TD/TDAP/TETANUS:** Tetanus is an infection caused by a bacteria found in soil, dust or manure. The tetanus vaccine is available with the diphtheria (Td) vaccine or the diphtheria and pertussis

(Tdap) vaccine. Adults should receive the Tdap if they did not receive it as a child, and every adult should receive a Td booster every 10 years.

**SHINGLES ZOSTER:** Contrary to popular belief, if you had chicken pox during childhood, you can still get shingles in adulthood because they are caused by the same virus. It may be inactive in the body, but it can reactivate years later, causing shingles. Doctors recommend all healthy

adults ages 50 and older get this vaccination, even if you have had shingles. There are two types: RZV for adults at 50 and ZVL for those 60 and older.

**PNEUMOCOCCAL:** Pneumococcal disease is an infection that causes pneumonia, sepsis and meningitis. The bacteria could cause lifelong complications or even death. There are two variations of this vaccine. You may need one or both, depending on your age and health condition.

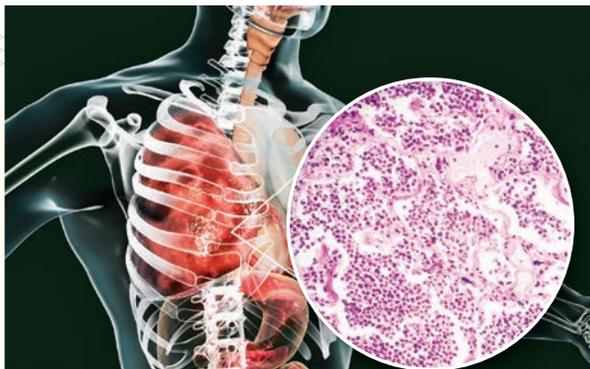
# Facts You Need to Know ABOUT CHOLESTEROL

- Cholesterol is a substance that is attached to the fats in our bloodstream and is present in the cells of our body. It is an important regulator in the bloodstream, helping to control the formation of many cells and hormones. However, a high blood cholesterol count can be dangerous and may lead to a heart attack or stroke.
- There are two main types of cholesterol: LDL (bad) cholesterol and HDL (good) cholesterol.
- Most of the cholesterol in our bodies comes from the foods we eat. Foods high in fats, particularly saturated and trans fats, contribute to high levels of LDL cholesterol. Meat and dairy products are the main sources of LDL cholesterol, while leafy vegetables, fruits and nuts have higher levels of HDL cholesterol.
- Although genetics play a role, a change in diet and regular aerobic exercise are the most effective ways to lower cholesterol levels and reduce your risk of heart disease and associated health problems.
- Ask your primary care provider to check your cholesterol levels at your annual physical.



## LEARN MORE

View our heart smart videos at [umbwmc.org/healthy](http://umbwmc.org/healthy).



### MENINGOCOCCAL:

Meningococcal disease is common among college students, international travelers and military personnel. The meningococcal bacteria can cause brain damage, limb loss and deafness. There are two types of

meningococcal vaccines. You may need one or both, depending on your health condition.

Check with your physician to stay on schedule for all your recommended immunizations.



Uncontrolled bleeding can cause death in under 10 minutes. If you identify someone suffering from massive bleeding, take the following steps to control the bleed before professional help arrives:



ME

### BE AWARE OF YOUR OWN SAFETY

Be sure the scene is safe to approach.



A

### ALERT 9-1-1

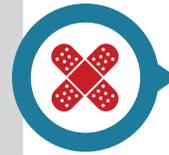
Call 9-1-1 or designate someone to call. Be sure they confirm that they are calling (closed-loop communication).



B

### BLEEDING

Find the source of the bleeding and recognize if it's life-threatening.



C

### COMPRESS

Stop the bleeding by compressing the wound. Use direct pressure with both hands and any cloth available, pack the wound and compress, or apply a tourniquet.



### Know the Signs of Life-Threatening Bleeding:

- » Blood that is spurting out of a wound
- » Blood-soaked clothing or gauze
- » Loss of part or all of an extremity
- » Confusion or loss of consciousness
- » Blood that is pooling on the ground
- » Blood that won't stop coming out



R ADAMS COWLEY  
SHOCK TRAUMA CENTER  
UNIVERSITY OF MARYLAND

**REGISTER for a Stop the Bleed training class today at [bleedingcontrol.org](http://bleedingcontrol.org).** The R Adams Cowley Shock Trauma Center bleeding control training is performed by trained medical professionals and includes hands-on instruction and visual presentations.



**“Good health means everything, and adults should look ahead to the future and be prepared.”**

— Cecilia Rose Hall

# THRIVING

## IN THE LATER STAGES OF LIFE

MAINTAINING GOOD HEALTH WITH THE HELP OF ADULT AND SENIOR CARE

**C**ecilia Rose Hall, 73, of Linthicum, lives an active lifestyle that keeps her busy and entertained. She enjoys gardening, cooking, exercising, spending time with her husband and their dog, and traveling. She is active in her community, attending church, volunteering and belonging to social clubs. On top of it all, she began her acting career 25 years ago and continues to act today in small television and movie roles.

“I love acting and being out and about, and staying healthy makes it all possible,” Hall says. “It doesn’t matter how much money you have or where you live; if you don’t have your health, you can’t enjoy what you’ve worked for.”

More than a decade ago, Hall and her husband, Allen, were looking for a new primary care provider and turned to the University of Maryland Community Medical Group (UM CMG) — Adult and Senior Care, a partner of the University of Maryland Baltimore Washington Medical Center (UM BWMC).

### PERSONALIZED ATTENTION

UM CMG — Adult and Senior Care offers primary medical care to adults ages 49 and older. The practice comprises five providers and has locations in Millersville and Pasadena. They are trained in caring for older adults and seniors, helping patients stay well as they age.

“Dr. Mohit Negi and the team at UM CMG — Adult and Senior Care could not be more personable,” Hall says. “He is interested in your entire life, not just your medical history, and understands how mental health and finding activities you enjoy are

important to your well-being. They take their time with you.”

Hall sees Dr. Negi every year for a routine wellness checkup. In addition, she has appointments every three months to monitor her prediabetes, a condition she has managed since she was 16.

“Dr. Negi helps me manage my prediabetes so I can prevent complications,” Hall says. “He is knowledgeable and refers you to specialists when needed to make sure you get specific care for more serious health issues. He helps me navigate all my health concerns.”



**▲ Mohit Negi, MD, helps Cecilia Rose Hall manage her prediabetes and stay on top of preventive screenings.**

In addition to helping Hall manage her prediabetes, throughout the past 12 years, UM CMG — Adult and Senior Care has helped her overcome mental health challenges and stay on top of preventive screenings. They have connected her with a dietitian to manage her weight, a cardiologist when she had breathing troubles and a vascular specialist when she experienced dizziness. After Hall saw the vascular specialist, a carotid screening revealed a 45 percent blockage in an artery, which she now takes medicine for to prevent stroke.

## SPECIALIZED CARE

“Our clinical providers are uniquely qualified to evaluate and manage the health care needs of middle age and older adults,” says Dr. Negi, an internist and geriatrician at UM CMG — Adult and Senior Care and medical director of senior care at UM BWMC.

“We help our patients lead a healthy life through education, counseling, risk factor modification and preventive care. In addition, we manage complex conditions that are common with aging. Our goal is to provide high quality care to our patients during their midlife and beyond years,” says Dr. Negi.

Since Hall transitioned to UM CMG — Adult and Senior Care, she feels confident with her care and

can enjoy this active chapter of her life. She recently acted in her first movie role and looks forward to more projects.

“We’re not getting any younger! Good health means everything, and adults should look ahead to the future and be prepared,” Hall says. “When you do face medical conditions that affect most adults, you will already have a trusted health provider you can call.” ♦



## MAKE AN APPOINTMENT

To schedule an appointment with UM CMG — Adult and Senior Care, call **410-553-2900**.



**Anuj Bhatnagar, MD**



**Kim Merchant, CRNP**



**Gladys Akanoh, CRNP**



**Lakesha Addison-Harris, CRNP**

# WHY SHOULD YOU SEE AN ADULT AND SENIOR CARE SPECIALIST?

As you age into your senior years, you may notice gradual increases in medical problems, prescriptions and the time needed at doctor visits. It may be time to transition to an adult and senior care specialist.

Adult and senior care doctors provide primary care and geriatric assessments, and they specialize in treating adults with complex medical and psychosocial issues. They allow plenty of time to get to know you and review a variety of conditions and illnesses that are specific to your generation.

**In addition to performing general primary care, adult and senior care providers diagnose, treat and manage conditions including:**

- Incontinence
- Dementia
- Sensory impairment
- Diabetes
- Depression
- Hypertension
- Heart disease
- Parkinson’s disease
- Falls
- Other changes that occur with aging

**Men and women experience unique health challenges as they enter the later stages of life. Adult and senior care providers can:**

- Develop a personalized care plan, including preventive care and screenings
- Answer questions about a diagnosis
- Help evaluate a patient’s living situation and advise on home care options
- Complete advance directives
- Provide information on local resources beneficial to you and your family
- Explain different health care options, such as palliative care, clinical trials and holistic therapies
- Help you identify symptoms to look out for that might signal a health change

As you age and your health care needs change, what you require from your health care provider may also change. Working with an adult and senior care specialist can help you live an active and healthy life well into your later years.

## 1 CONTACT INFORMATION FOR HEALTH CARE PROVIDERS:

Keep the names and phone numbers of doctors and specialists on hand. If a parent is hospitalized, contact his or her primary care provider for a detailed health history.

## 2 CURRENT MEDICATIONS:

Having a list of current medications helps doctors avoid the risk of adverse drug interactions. Ask about prescriptions, over-the-counter medications and vitamins.

## 3 INSURANCE INFORMATION:

Know your parents' insurance providers and their policy numbers to coordinate additional care and help them file claims, if needed, after surgery or hospitalization.

## 4 MEDICAL HISTORIES:

Keep a list of medical conditions, past surgeries and major medical procedures. Doctors use this information to make decisions about medical procedures and treatment options.

## 5 KNOWN ALLERGIES:

Providing information to doctors about allergies your parents have to drugs or materials, such as latex, can be lifesaving.

## 6 LIFESTYLE AND HABITS:

Know about your parents' tobacco and alcohol use, exercise habits and diet. These details give doctors a better picture of their overall health.



# 10 TIPS FOR CAREGIVERS

Caregivers and family members are a vital part of the health care team for an aging loved one. Caregivers help to advocate for their loved ones, assist them with doctor visits, ensure they are following their care plans and support them during health emergencies. Having the right information about your loved ones' or parents' health could save their lives. Use this list to make sure you have the necessary information should an emergency arise.

### University of Maryland Community Medical Group – Adult and Senior Care

- 8601 Veterans Highway, Suite 200, Millersville, MD 21108
  - 3708 Mountain Road, Pasadena, MD 21122
- 410-553-2900

## 7 PRIVACY INFORMATION:

Find out whether your parents have signed a form that allows their doctors and insurance companies to release their medical information to you. If not, ask them to sign privacy agreements to allow you access in emergencies.

## 8 CONTACT INFORMATION FOR NEIGHBORS:

Ask mom and dad for the name and number of a trusted neighbor who can be called to check in on them and alert you if there is a problem.

## 9 DETAILS OF ADVANCED DIRECTIVES:

Get the details of your parents' living wills and who is authorized to make health care decisions on their behalf. Have this conversation now, rather than in the midst of a medical emergency.

## 10 END-OF-LIFE WISHES:

It's a difficult topic, but the information is essential. Knowing their wishes will help you advocate on their behalf.



### FOR MORE INFORMATION

Learn how UM CMG – Adult and Senior Care can help you and your aging loved one at [umbwmc.org/healthy](http://umbwmc.org/healthy).

# FIGHTING THE OPIOID EPIDEMIC

HOW UNIVERSITY OF MARYLAND MEDICAL CENTER IS BATTLING  
MARYLAND'S DEADLY PUBLIC HEALTH CRISIS

Jane Smith,\* 39, struggled with opioid addiction after being prescribed Percocet for chronic pain that arose after major surgery.

"My prescription made me feel better emotionally," Smith says. "I felt that I wasn't doing drugs because I wasn't touching the street stuff. It was just the medication that the doctors gave me."

Over time, Smith needed more Percocet to function normally. "If I didn't have four to six Percocet every four hours, I'd feel so sick that I couldn't get out of bed," she says. As a mother of seven, Smith needed to be able to take care of her kids—even if it meant taking more Percocet.

After building up a tolerance to her prescription, she began buying opioids off the street and was eventually arrested and incarcerated. "My children were separated. My marriage suffered. I lost my house. I lost everything," she says.

While incarcerated, Smith committed herself to entering treatment for her addiction disease. When she was released from incarceration and returned to her family,



she enrolled in a program at the Center for Addiction Medicine (UM CAM) at the University of Maryland Medical Center (UMMC) Midtown Campus. She currently takes buprenorphine, a medication that blocks opioid cravings, and attends counseling.

"I'm finally going back to the person that I used to be," Smith says. She has been in recovery since entering UM CAM's program in 2017.

Smith's story is familiar to many Marylanders. The opioid crisis touches every part of the state. Harford County saw a 173 percent increase in opioid-related deaths from 2013 to 2017, and Baltimore City saw a 69 percent increase. Similar statistics are found in counties across Maryland. Opioid overdose is among the state's top four causes of death.

UMMC has taken many steps to combat Maryland's opioid epidemic.

## LOOKING INWARD

For many people, addiction begins in the doctor's office. UMMC's Opioid Stewardship Task Force was established in 2017 with this in mind. One of the task force's top priorities is to educate physicians on how to responsibly prescribe opiates.

"We produce a monthly report that shows providers what medications they're prescribing. If someone utilizes opiates more than their colleagues, we address their prescribing practices and work to cut down on their opiate prescribing," says Christopher J. Welsh, MD, associate professor of psychiatry at the University of Maryland School of Medicine (UM SOM) and medical director of Outpatient Addiction Treatment Services. "We're increasing our training of all clinicians across the board," he says. To bolster this effort, the task force has streamlined processes so doctors can better understand patients' opioid histories.

The task force has also created processes within the emergency department (ED) at both campuses to address opioid abuse.

**Drs. Christopher J. Welsh (left) and Eric Weintraub are using innovative approaches to both prevent and treat opioid addiction.**



“We screen all ED patients for their risk of opioid abuse disorder,” says Janine L. Good, MD, associate professor of neurology at the UM SOM and chief medical officer at UMMC Midtown Campus, who established the task force. “If they come into the ED with an opioid overdose, we engage a trained ‘peer recovery coach’ to intervene and guide them to treatment. These are people in recovery themselves who engage with patients in the ED and, based on the patient’s risk, encourage them to enter a treatment program.”

The peer recovery program has seen great success. By December, UMMC’s

campuses had referred 4,480 patients to treatment.

The pipeline from the ED to treatment engages patients when they need help the most. Unlike many other U.S. hospitals, UMMC’s doctors can prescribe buprenorphine in the ED.

The task force also makes an effort to influence state policy. “We are at the table advocating on behalf of the complex pain patients we treat at our hospitals and on behalf of our doctors caring for patients,” Dr. Good says.

Additionally, the task force collaborated with the Baltimore City Health Department’s formation of a ranking system to measure each hospital’s capability

and resources to combat the opioid epidemic. UMMC’s campuses are the only two hospitals in the city that were awarded top ranking. “We are leaders in the state for dealing with opioids,” Dr. Welsh says.

## A MEDICAL APPROACH TO ADDICTION

Maryland has one of the five highest opioid-related death rates in the U.S. Despite this, the stigma surrounding addiction continues to be an obstacle to treatment. “People are ashamed. Sometimes they refuse evidence-based treatments because they are pressured by people in their lives to avoid taking the medications that can help,” says Eric Weintraub, MD, associate professor of psychiatry and director of the division of addiction research and treatment at the UM SOM.

To combat this stigma, UMMC offers addiction

treatment centers that take a medical approach. A combination of counseling, detoxing or taking medications that curb opioid cravings helps patients recover.

“The medical model that we follow affords more respect for our patients’ medical issues and diminishes some of the stigma,” says Marian Currens, CRNP, director of UM CAM.

Each clinic works to treat the entire patient, not just the addiction. Aside from counseling services, some clinics offer additional health services. One clinic partners with the Institute of Human Virology to treat infectious diseases such as hepatitis C and HIV, which are more common among people with an addiction disorder. They have recently expanded the practice to offer primary care services. They also established a drop-in center that provides

## ALTERNATIVES FOR CHILDREN IN PAIN

Research shows that nearly 1 in 4 high school seniors have been exposed to prescription opioids. Unfortunately, even legitimate opioid prescriptions increase a child’s risk of future misuse. In fact, 80 percent of high school seniors who reported recreational opioid use once had legitimate prescriptions.

Orthopaedic surgeons frequently prescribe opiates to treat painful conditions. Joshua M. Abzug, MD, associate professor of orthopaedics and pediatrics at the University of Maryland School of Medicine and a pediatric orthopaedic surgeon at University of Maryland

Children’s Hospital, worked with his colleagues at the Pediatric Orthopaedic Society of North America on groundbreaking research to explore the opioid crisis’s role in pediatric orthopaedics.

To limit opioid prescribing, Dr. Abzug and his colleagues looked at alternative pain relief methods. For example, providing the non-opioid pain medication gabapentin before surgery lowered children’s overall narcotic consumption afterward. Often over-the-counter pain relievers, such as acetaminophen (Tylenol), were enough to relieve pain.



**Joshua M. Abzug, MD**

This study and others like it help providers take new approaches to pain management and provide patients with safer alternatives for pain relief, which is particularly important

when treating children and teenagers.

To combat the opioid crisis, physicians need to better understand their prescribing habits and any safer alternatives. University of Maryland Medical Center dedicates academic resources to exploring these problems to curb opioid use while improving quality of care.



**Janine L.  
Good, MD**



**Marian  
Currens, CRNP**



**Anne D.  
Williams, DNP**

## OPIOID TASK FORCE AND SCREENING PROGRAM AT UM BWMC



**Kurt  
Haspert, CRNP**

a safe place for clients to relax with snacks and games.

Another UMMC clinic focuses on female patients and pregnant women with opioid use disorders. “The clinic has a play center where women can leave their children while they’re in counseling. It removes a barrier to treatment,” Dr. Welsh says.

### FOSTERING AWARENESS

Public awareness is essential for fighting the opioid epidemic. UMMC’s Community Health Improvement Team fulfills this need by circulating information about opioids at community events throughout West Baltimore.

“We have a handout that helps the general community understand the types of drugs that are out there, how they can identify if their loved one has an addiction problem and where they can go for help,” says Anne D. Williams,

DNP, director of community health improvement.

“One of the main things people can do to get drugs off the street is to remove old medications from their homes and dispose of them appropriately,” Williams says. To facilitate this, the team provides information about drug takeback locations across Maryland. UMMC pharmacies have their own drug takeback bins.

“This problem has so many facets, and the community should take this seriously,” Williams says. “They should try to get themselves or their loved ones help. Dispose of your medications properly, and if you’re actively using pain medications, make sure they are locked up.”

“This is a deadly epidemic. It cuts across all segments of society. We all need to pull together to combat this disease,” Dr. Weintraub says. ♦

In the ongoing fight against opioid addiction in Anne Arundel County, University of Maryland Baltimore Washington Medical Center (UM BWMC) has created an Opioid Task Force and Screening Program to help people suffering from addiction. Kurt Haspert, CRNP, clinical director of addiction

services, leads the task force, which includes physicians, pharmacists and nurses. The team meets monthly to identify prescribing patterns, stay on top of community needs and monitor any new state laws that would affect opioid-related mandates. The task force oversees two programs that directly benefit the community.

UM BWMC’s Opioid Overdose Response Program provides free naloxone training classes to the public at various times each month. Attendees receive CPR training and learn how to administer naloxone (also known as Narcan) to someone they think is suffering from an opioid overdose. Attendees receive a free Narcan kit at the completion of the training.

Last year, UM BWMC received a \$203,000 grant from the Maryland Department of Health to provide Screening, Brief Intervention and Referral to Treatment (SBIRT) for people seeking treatment through the medical center’s emergency department.

“This will allow us to provide more resources to our community members who are either suffering from addiction or know someone who is,” Haspert says. “This will help to save lives.”



### CONTACT US

If you or a loved one has an opioid addiction, please call:  
UM Center for Addiction Medicine: **410-225-8240**,

UMMC’s Outpatient Addiction Treatment Services: **410-328-6600**,  
or UMMC’s Women’s Mental Health Program: **410-328-6091**.



### LEARN MORE

For more information about the free Opioid Overdose Response training classes, call **410-787-4490** or visit [umbwmc.org/healthy](http://umbwmc.org/healthy).

# Drug-Free Ways to **Relieve Pain**

SEEKING ALTERNATIVES TO POTENTIALLY ADDICTIVE PRESCRIPTION PAIN MEDICATIONS, PAIN MANAGEMENT SPECIALISTS TODAY ARE USING A RANGE OF NONDRUG STRATEGIES TO EASE PAIN AND IMPROVE QUALITY OF LIFE.

## Relaxation Techniques

Meditation, biofeedback and guided imagery have been shown to **reduce pain** and **anxiety**.



## Physical Therapy and Exercise

These activities can help **relieve muscle pain** and help patients **recover from joint injuries**.



## Hot and Cold Therapy

Heat **relaxes muscles**, and cold **numbs pain** and **reduces inflammation**.



## Massage

Studies show that massage may help relieve **lower back, neck** and **shoulder pain**.

## Cognitive Behavioral Therapy

Counseling can help people **cope with the depression** and **anxiety** that can accompany chronic pain.



## Acupuncture

Acupuncture is often used to treat chronic pain of the **lower back, neck** and **knees**.

Chronic pain is a multifaceted syndrome that can affect a person's physical, emotional, socioeconomic and spiritual well-being.

## Did you know?

- More than 25 million Americans suffer from daily chronic pain.
- Pain affects more Americans than diabetes, heart disease and cancer combined.
- Chronic pain is the most common cause of long-term disability.

## NEWS AND EVENTS

### WORKSHOPS AND CLINICS

#### BLOOD DRIVES

9 a.m. to 2:30 p.m., Friday, July 19. Participate in an American Red Cross blood drive at UM BWMC. A single blood donation can help save up to three lives. To review donor eligibility guidelines, visit [redcrossblood.org](http://redcrossblood.org). To schedule a donation appointment, visit [umbwmc.org/healthy](http://umbwmc.org/healthy).

#### BLOOD PRESSURE SCREENINGS

Screenings are held the second and fourth Wednesdays of every month (except July and August) from 8:30 a.m. to noon at Harundale Presbyterian Church, at Eastway and Guilford Road in Glen Burnie. No reservations are needed.

#### 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/healthy](http://umbwmc.org/healthy).

#### 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/healthy](http://umbwmc.org/healthy).

#### 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**.

#### 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**.

#### SURGICAL WEIGHT-LOSS SEMINAR

Educational seminar offered by the University of Maryland Center for Weight Management and Wellness that explores a comprehensive medical and surgical approach to weight loss. Classes are at 6 p.m. the second Tuesday of each month. Call **410-328-8940** to register.

#### 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/healthy](http://umbwmc.org/healthy).

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

#### PASCAL WOMEN'S CENTER TOUR

Helps families get acquainted with UM BWMC. Tour the center and learn about the high quality care and services for growing families.

#### 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 is an incentive-based program that 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/healthy](http://umbwmc.org/healthy).

#### 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. At 301 Hospital Drive, Third Floor. For more information, call **410-787-4138**.

#### WEIGHT-LOSS SURGERY SUPPORT GROUP

Meets at 7 p.m. the first Wednesday of each month. At 305 Hospital Drive, First Floor. To register, call **410-328-8940**.

### OPIOID OVERDOSE RESPONSE TRAINING CLASSES

A free training to help the community learn the signs and symptoms of an opiate overdose, how to administer naloxone (Narcan)—the FDA-approved emergency nasal spray treatment—and Family & Friends CPR. For dates and times and to register, visit [umbwmc.org/healthy](http://umbwmc.org/healthy).



## HEALING YOGA CLASSES

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

### YOGA FOR STROKE PATIENTS

Class designed 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

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

## SAVE THE DATE

The Baltimore Washington Medical Center Foundation invites you to:

### CORKS FOR A CAUSE

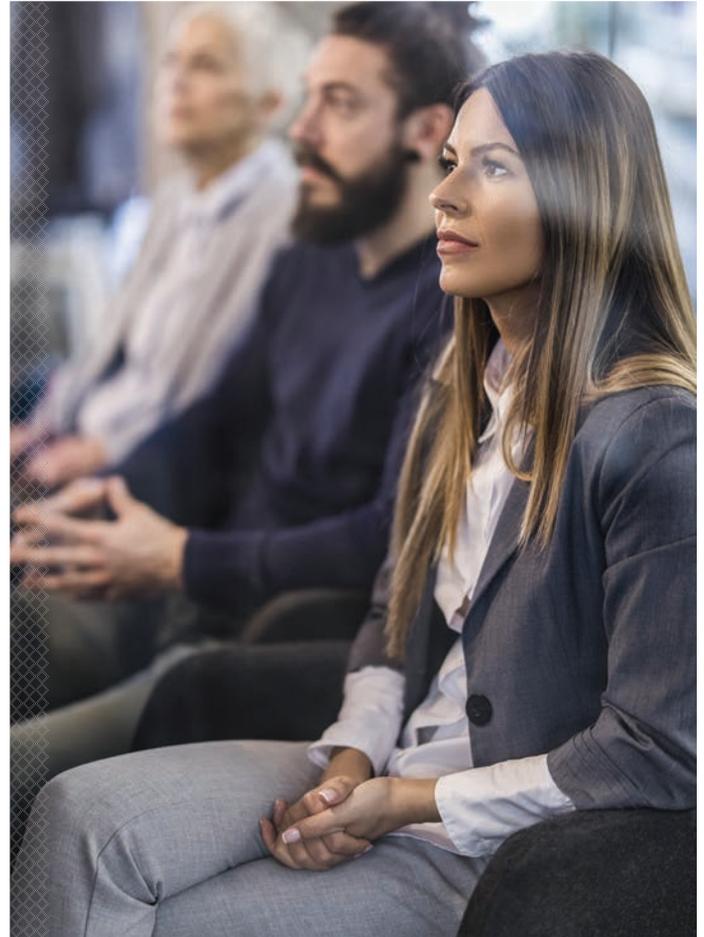
Wednesday, June 12  
5:30 to 8:30 p.m.  
Homestead Gardens in  
Severna Park

### UM BWMC CRAB FEAST

Thursday, July 18  
6 to 10 p.m.  
Kurtz's Beach in Pasadena

### UM BWMC GALA

Saturday, November 2  
Live! Casino & Hotel in  
Hanover. For details or to  
purchase tickets, visit  
[bwmcfoundation.org](http://bwmcfoundation.org) or  
call **410-553-8560**.



## NOT ALL WOUNDS ARE VISIBLE

A COMMUNITY CONVERSATION:  
LET'S TALK ABOUT HOW ADVERSE  
CHILDHOOD EXPERIENCES (ACEs)  
IMPACT WHO WE ARE

■ **9 a.m. to 4 p.m., Wednesday, June 19**  
**UMB Campus Center**  
**621 W. Lombard St., Baltimore**

Join the University of Maryland Medical System and the University of Maryland, Baltimore for a FREE community conversation about the impact of adverse childhood experiences (ACEs)—stressful or traumatic events that strongly impact health outcomes throughout a person's life. Trauma survivor Tonier Cain-Muldrow will share lessons learned about the consequences that untreated trauma has on individuals and society at large, including mental health problems, addiction, homelessness and incarceration. For more information or to RSVP, visit [umbwmc.org/healthy](http://umbwmc.org/healthy).



## CANCER SURVIVORS DAY

UM BWMC will host its annual Cancer Survivors Day event for current and former patients, their families and caregivers on Wednesday, June 5. The event will be held from 3:30 to 5:30 p.m. on the side parking lot adjacent to the Tate Cancer Center. For more information and to RSVP, visit [umbwmc.org/healthy](http://umbwmc.org/healthy).



## You don't have to live with neck and back pain.

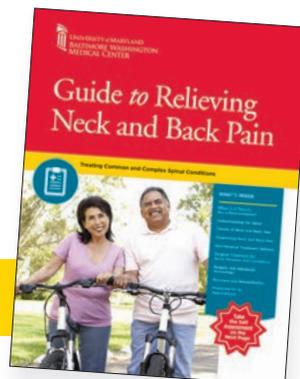
If neck, back or spine problems have kept you from doing activities you love, it's time to see the specialists at the Spine and Neuroscience Center at **UM Baltimore Washington Medical Center**. With the most advanced technology in the region, our team of experts offer careful evaluations, proper diagnosis and a range of non-invasive and surgical treatment options. It's personalized care that means safer techniques, greater outcomes and faster recovery for our patients.

### FREE DOWNLOAD!

Take the first step by downloading your free **Guide to Relieving Neck and Back Pain** to help you:

- Understand when it's time to see a doctor
- Know what symptoms to watch out for
- Learn how spine conditions are diagnosed and treated

Download your **FREE** health guide at [umbwmc.org/spineguide](http://umbwmc.org/spineguide).



A proud partner of University of Maryland Community Medical Group.

**Make an appointment  
at the Spine and  
Neuroscience Center  
at UM BWMC today.**

**Call 410-553-8160.**

 UNIVERSITY of MARYLAND  
BALTIMORE WASHINGTON  
MEDICAL CENTER

SPINE & NEUROSCIENCE CENTER

Be a part of something greater [umbwmc.org](http://umbwmc.org).