

MARYLAND'S

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UNIVERSITY OF MARYLAND MEDICAL CENTER MIDTOWN CAMPUS

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

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umms.org/CEOVision.

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Maryland's Health Matters is published by the Corporate Communications & Marketing office at University of Maryland Medical Center Midtown Campus. 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, requests for more information or change of address to ummidtown@umm.edu; or University of Maryland Medical Center Midtown Campus, c/o Marketing, 827 Linden Ave., Baltimore, MD 21201; or call **410-225-8000**.



Keep Your Heart Healthy

Maintaining a healthy lifestyle is the key to a healthy heart.

Reyaz Haque, MD, clinical associate professor of medicine at the University of Maryland School of Medicine and a cardiologist at UMMC Midtown Campus, offers a few key lifestyle tips that can help keep your heart in good shape.

1 Stop Smoking: Quitting smoking is the single best thing you can do for heart health. Smoking is one of the main causes of coronary heart disease, which is the single leading cause of death.

2 Laugh! According to a study led by cardiologists at the University of Maryland Medical Center, laughter, along with an active sense of humor, helps lower your stress levels and may actively improve the lining of your blood vessels.

3 Drink Black or Green Tea: Black and green tea are loaded with antioxidants that help fight harmful substances that enter the body. Drinking

tea after a high-fat meal may help reduce potentially harmful constriction of blood vessels.

4 Know Your Risk: If you have a family history of heart disease or have been diagnosed with diabetes, high blood pressure, high cholesterol or hardening of the arteries, you may be at risk for a heart attack or other cardiac condition. Make sure your physician is aware of your personal and family history.

Physicians at the Division of Cardiology at UMMC Midtown Campus conduct thorough consultations and comprehensive testing to identify the best treatment plan tailored to meet patients' individualized needs.



LEARN MORE

For more information about heart health or to schedule an appointment with the Midtown Cardiology Team, call **410-225-8452** or visit ummidtown.org/heart.

BREATHE EASY. DETECT LUNG CANCER EARLY.

Often, people with lung cancer aren't diagnosed until they have symptoms, such as a new lingering cough, coughing up blood, unintentional weight loss or chest pain. By that point, the cancer is usually advanced.

UMMC Midtown Campus offers a lung cancer screening program that includes a visit with the nurse practitioner and a CT scan of the chest. During the non-invasive testing, a CT scan uses a series of X-rays to provide detailed images of the lung and identify lesions that might be cancerous. The test takes just a few seconds. According to the American Lung Association, lung cancer has an 88 percent survival rate when caught early and treated.



FOR MORE INFORMATION

The University of Maryland Center for Pulmonary Health, located on the first floor of UMMC Midtown Campus, is open Monday to Friday, 8 a.m. to 4:30 p.m. To make an appointment, call **410-328-8138**.

Health Care and Technology

Check out these innovative technologies that physicians and patients are using to increase patient convenience, save time and improve the overall patient experience.

WOUND HEALING SUPPORT

Experts at the Wound Healing Center on the UMMC Midtown Campus use Clinical Optimization Support to develop personalized treatment plans for hard-to-heal wounds. It provides physicians accurate measurements of wounds over time, while giving them a vision to recommend the best treatment plan. The application uses simple data points and updated pictures, so patients can better understand their wound healing progress.



To learn how our wound healing experts can help you, visit ummidtown.edu/woundcare or call **410-225-8600**.

MYPORTFOLIO:

The *MyPortfolio* Patient Portal is a convenient and secure health-management tool that is available 24 hours a day, seven days a week. With *MyPortfolio*, patients can access portions of their health information online and on a smartphone. From the palm of their hands, patients can view

their medical history, lab and radiology results, keep track of doctor appointments and get reminders to take medications. Visit myportfolio.umm.edu.



CONTINUOUS GLUCOSE MONITORS:

Continuous glucose monitoring (CGM) systems eliminate the need for finger-pricking and allow instant access to your blood sugar levels right from your smart device. “CGM has revolutionized glucose monitoring,” says Kashif Munir, MD, associate professor of medicine at the University of Maryland School of Medicine and medical director of the University of Maryland Center for Diabetes and Endocrinology. To make an appointment, call **443-682-6800** or visit ummidtown.org/CGM.



Kashif Munir, MD

PHYSICIAN SPOTLIGHT

KOFI OWUSU-ANTWI, MD



Kofi Owusu-Antwi, MD, is an assistant professor of medicine at the University of Maryland School of Medicine and manager of inpatient chemical dependency services at the UMMC Midtown Campus. Dr. Owusu-Antwi earned his medical degree from American University of the Caribbean School of Medicine and completed his

residency at the UMMC Midtown Campus.

“Addiction is considered a brain disease because drugs change the brain—they change its structure and how it works. Helping all to understand that addiction is a brain disease, not a choice, is my ultimate goal,” says Dr. Owusu-Antwi.

GET TO KNOW DR. OWUSU-ANTWI

Q: What is your favorite part of the job?

Having a positive impact on a patient’s recovery. I also have an insatiable passion for teaching and mentoring residents and medical students in conjunction with providing quality patient care.

Q: What is your best health tip for patients?

Never give up on your recovery goals.

Q: What is your favorite thing to do outside of work? I enjoy spending time with my family and traveling.



5 DIETARY CHANGES

That Will Reduce Your Cancer Risk

Research points to diet as a useful tool for reducing your cancer risk. Angela Ginn-Meadow, RD, a registered dietitian at University of Maryland Medical Center Midtown Campus, 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 potentially be cancerous," says Ginn-Meadow.



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," she says.



4. GET A SIDE OF EXERCISE

According to Ginn-Meadow, 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

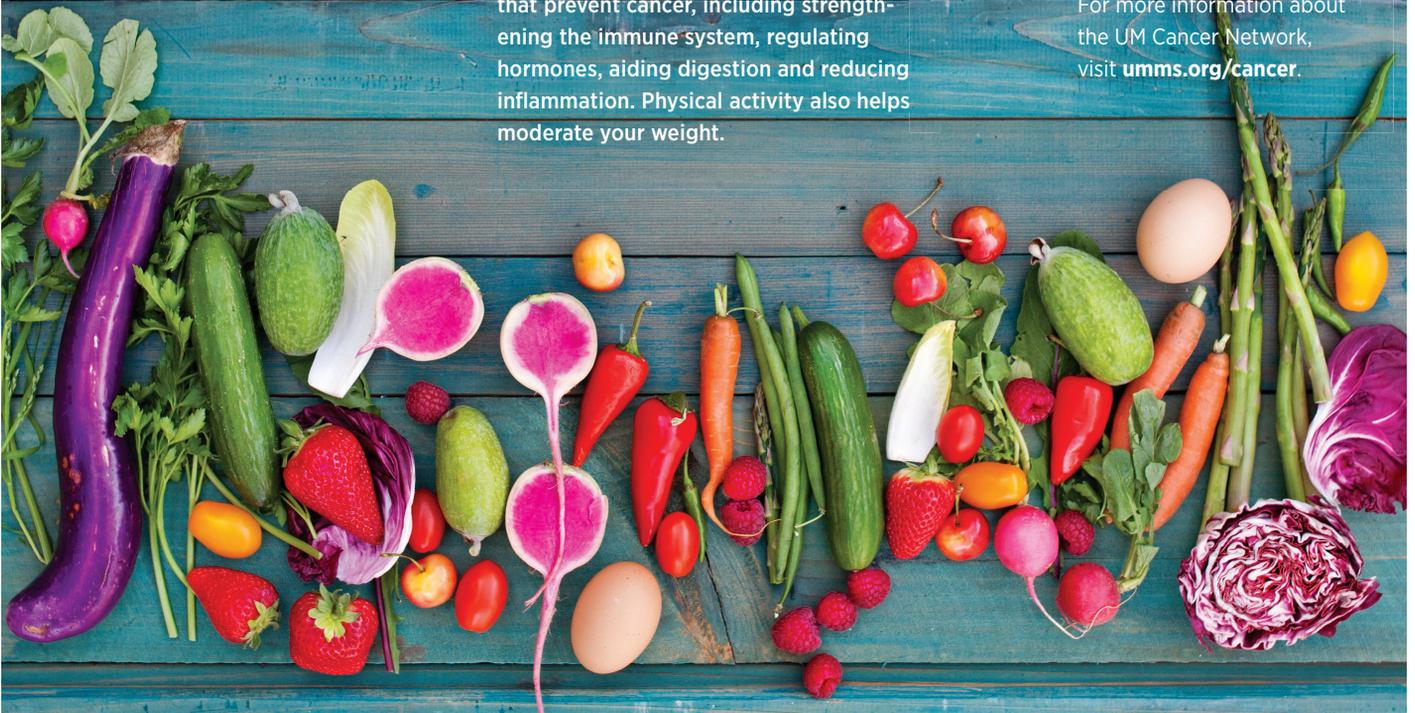
A nutritious diet helps you stay at an ideal weight. Being overweight changes the body in ways that increase your risk for cancer, such as altering delicate hormone balances, changing metabolism and creating chronic inflammation.

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.



**Colethia Everett
says care at the
UMMC Midtown
Campus Vascular
Center saved
her from being a
double amputee.**



STEPPING TOWARD BETTER HEALTH

THANKS TO TREATMENT AT THE VASCULAR CENTER AT THE
UNIVERSITY OF MARYLAND MEDICAL CENTER MIDTOWN CAMPUS,
COLETHIA EVERETT IS WALKING TALL

When Colethia Everett first came to the Vascular Center at the University of Maryland Medical Center (UMMC) Midtown Campus, she had trouble walking even very short distances due to severe leg and foot pain. “At one time I couldn’t even walk a half-block,” says Everett, 41. “Now I am able to do at least three blocks before I have to stop and catch my breath and take a break. But the best thing is, I am walking again.”

A TOE INJURY THAT WOULDN'T HEAL

It all started in 2013, when a toe injury in her right foot had caused Everett a great deal of pain. After weeks of the wound showing no signs of healing, she was taken to the UMMC Midtown Campus. Everett was told that gangrene, a condition where the body tissue dies due to a loss of blood supply, had set in and that the toe would have to be amputated. That’s when she was referred to Michael Lilly, MD, professor of surgery at the University of Maryland School of Medicine and

chief of surgery at the Vascular Center at UMMC Midtown Campus.

Dr. Lilly performed a test called an ankle-brachial index (ABI), which evaluates your pulse and blood pressure to determine if there is an artery blockage, and discovered that Everett was suffering from a condition known as peripheral artery disease (PAD). A hardening of the arteries due to buildup or blockage in any area of the body other than the heart, PAD most commonly affects the legs. These blockages keep the limbs and organs from receiving oxygen and can lead to

heart attack, stroke or loss of limbs.

The job of your arteries is to take oxygen-filled blood from the heart out to the rest of your body. Healthy peripheral arteries allow the blood from your heart to flow smoothly to your legs. As we age, peripheral arteries build up plaque, a sticky substance made up of mostly fat and cholesterol. Vascular disease is caused when the plaque builds up and blocks the arteries, causing them to become stiff and reduce blood flow.

“Many who suffer from PAD are never diagnosed or treated because the symptoms of PAD are mistaken for general signs of aging,” says Dr. Lilly.

COMPREHENSIVE CARE IN ONE LOCATION

The University of Maryland Medical Center Midtown Campus has an on-site, non-invasive vascular laboratory that



“I credit the vascular team here for saving my leg, as well as saving my life,” says Everett.

DISEASES WE TREAT

In addition to PAD, the Vascular Center at University of Maryland Medical Center Midtown Campus also treats the following vascular diseases:

- **Deep venous thrombosis:** Blood clots in the veins that can migrate to the lungs
- **Varicose veins, leg swelling, phlebitis and venous insufficiency**
- **Thoracic aortic aneurysms and aortic dissections:** A ballooning of the major artery that can cause fatal rupture
- **Cerebrovascular (carotid) disease:** Blockages in the arteries to the brain or holes in the heart that may increase the risk of stroke
- **Renal artery disease:** Circulatory disorders of the kidneys that cause hypertension (high blood pressure) or kidney failure
- **Mesenteric arterial disease:** Disorders of circulation to the gut



LEARN MORE

To speak with a vascular expert, call **443-552-2900** or visit **ummidtown.org/vascular** to learn more.



WHO IS AT RISK FOR PAD?

Approximately 8.5 million people in the United States have PAD, including roughly 10 percent of individuals older than the age of 60. While some hardening of the arteries is normal as you grow older, these risk factors can lead you to develop PAD sooner.

SMOKING

People who smoke or have a history of smoking have up to four times greater risk of PAD.

DIABETES

One in every three people with diabetes over the age of 50 has PAD.

HIGH BLOOD PRESSURE

Over time, high blood pressure raises the risk of developing plaque in the arteries.

HIGH CHOLESTEROL

Cholesterol is a fatty substance that builds up in your bloodstream, causing your arteries to narrow and limiting blood flow.

FAMILY HISTORY

People with a family history of PAD are 83 percent more likely to develop the condition than those without.

offers a variety of sophisticated ultrasound techniques that allow physicians to visualize blood vessels and evaluate blood flow to provide an accurate diagnosis with minimal risk and discomfort. “We find out what’s wrong with patients’ vascular conditions by talking with them,” says Dr. Lilly. “Most times we get the information from the patient’s history, but we supplement that with non-invasive ultrasound testing.” The Vascular Center’s Non-Invasive Vascular Laboratory is fully accredited by the Intersocietal Accreditation Commission (IAC) in all areas of vascular testing and is one of only 15 percent of fully accredited vascular labs in the United States.



“Many who suffer from PAD are never diagnosed or treated because the symptoms of PAD are mistaken for general signs of aging.”

—Michael Lilly, MD



If surgery is necessary, the vascular team members are experts in the performance of minimally invasive vascular surgery and are committed to giving patients the least invasive procedure possible. Blocked arteries that would otherwise require long bypass surgery and a weeklong stay at the hospital can often be fixed with endovascular surgery, leaving only a small bandage at the hip and a single night stay in the hospital.

Physicians from the Vascular Center work closely with each patient’s primary care physician, cardiologist,

podiatrist or nephrologist to provide individualized comprehensive care. The vascular team is also made up of certified wound specialists, diabetes and endocrinology experts, and nurse practitioners to provide the highest quality of care.

Patients have access to other specialty services such as the UM Center for Diabetes and Endocrinology, the UMMC Wound Healing Center, and the Friedenwald Eye Institute, all of which are conveniently located on the University of Maryland Medical Center Midtown Campus.

SURGERY SPARES A LEG

In 2014, Everett’s PAD worsened, and she needed to have her right leg amputated below the knee. From that point on, she was closely followed by Dr. Lilly and his team. Four years later, Everett developed a similar problem in her left leg, but Dr. Lilly was able to perform a bypass surgery, which saved her from having it amputated.

Besides her regular checkups with Dr. Lilly and the vascular team, Everett sees other physicians at the UMMC Midtown Campus as well.

It has been a constant battle, but today Everett walks on a fully functional right prosthetic leg that has allowed her to keep up with her day-to-day activities. “If I hadn’t found the team here, I don’t think I would have my left leg. I would have been a double amputee,” says Everett. ♦



LEARN MORE

To download the Peripheral Artery Disease Patient Guide, visit umm.edu/PAD.

MAKING LEAPS AND BOUNDS

UMMC USES INNOVATIONS IN
PROSTATE CARE TO REDUCE
SIDE EFFECTS

When 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.



YOUR PARTNER FOR BETTER HEALTH

By now, you've likely been asked, perhaps by friends or family looking for a new provider themselves, or by a health care professional, "Who is your primary care provider?" If you have one, great! If you don't, it's important that you find a primary care provider so that you can build a relationship that will help you stay healthy now and into the future.

Your primary care provider is the first point of contact for all your health issues and concerns. While routine screenings may find certain indicators of a health issue before it becomes a bigger problem, your primary care doctor also knows your health history and you well enough to ask the right questions and detect other health issues in their early stages.

Additionally, they can treat common health problems, helping to ensure that your journey back to health will be as quick as possible.

The **University of Maryland Midtown Health Center** primary care physicians are your partners for better health. The primary care team at UM Midtown provides a complete range of primary care services, including:

- Preventive care, such as checkups, flu shots and other immunizations
- Care for minor illnesses and injuries
- Health screenings
- Ongoing management of chronic health issues, such as heart disease and asthma

Through care coordination and communication, UM Midtown Health Center primary care physicians ensure that every care provider on your team is involved in your treatment.



MAKE AN APPOINTMENT

To schedule an appointment with a primary care specialist at the UM Midtown Health Center, call **410-856-3660**.

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. ♦



MAKE AN APPOINTMENT

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

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.



"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



HARLEM PARK RECREATION CENTER REOPENS

UMMC partnered with Baltimore City and the Harlem Park community to restore and reopen the Harlem Park Recreation Center in West Baltimore. The newly renovated center offers a variety of social, health and education programs, youth and adult programs, volunteer opportunities, sports leagues and out-of-school learning. The UMMC Community Health and Improvement team offers free blood pressure screenings on the first Wednesday of every month from 11 a.m. to 1 p.m. In the spring, classes will also be offered covering such topics as diabetes prevention and self-management, and fall prevention.

■ **Harlem Park Recreation Center is located at 700 North Calhoun Street and is open from 10 a.m. to 9 p.m. on Mondays, Wednesdays and Fridays, and from 5 p.m. to 9 p.m. on Tuesdays and Thursdays.**



BACK TO SCHOOL DRIVE

UMMC raised more than \$5,000 for the students and teachers of Dorothy I. Height Elementary School, located in West Baltimore. One of the school's greatest concerns was the lack of supplies available to students. Each student will now have access to school essentials, appropriate for their grade level, throughout the school year. In addition to the more than 9,000 supplies donated, students also received school polo shirts and other necessities for their uniform closet.



DIABETES SELF-LOVE SUMMIT

Thank you to all of those who came to the Diabetes Self-Love Summit on November 16. It was a fun, interactive day of education, physical activity and food demonstrations. Here are some key takeaways from the event:

- Your recipe for success is making dietary changes and increasing physical activity.
- Diabetes cannot be cured, but it can be successfully managed.
- What you eat and drink, how you are

feeling that day, and your activity levels can all affect your blood sugar levels.

- Stay away from fad diets and develop healthy eating habits that will become a permanent part of your lifestyle.
- Keeping a detailed glucose log can be incredibly helpful for both you and your provider in managing your diabetes.

Didn't make it to the event?

To learn more about the comprehensive team and resources available to help prevent or manage your diabetes, call **443-682-6800** or visit umm.edu/diabetes.



HOWARD STREET MURAL

The University of Maryland Center Midtown Campus partnered with the Downtown Partnership of Baltimore to create and install a mural on the Howard Street side of the hospital. The mural reads “We Heal. We Teach. We Discover. We Care.”



BLACK HISTORY MONTH ART CONTEST AND CAREER FAIR

In recognition of Black History Month, UMMC Downtown and Midtown campuses will host fifth-grade students from Samuel Coleridge-Taylor Elementary School and Harlem Park Elementary/Middle School to introduce them to careers in health care and medicine. As part of the program, the students are working hard to create artwork and short biographies to be displayed at UMMC focusing on prominent African Americans in health care, medicine and science.

- **Artwork & Essay Exhibition: February 3 to February 28**
- **Career Fair: Friday, February 28, 11 a.m. to 1 p.m., University of Maryland Midtown and Downtown campuses**



SPRING INTO FITNESS

Spring back into fitness with free health screenings, fitness and food demonstrations, SAFE Kids activities and more!

- **Saturday, April 25, 10 a.m. to 2 p.m.**
- **Mondawmin Mall, 2401 Liberty Heights Ave., Baltimore**

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