

# MARYLAND'S

## HEALTH MATTERS

COVER STORY

### LIFE IS SWEET

DIABETES MANAGEMENT TIPS  
TO STAY HEALTHY ON YOUR  
LIFELONG JOURNEY

PAGE 6

### WINTER 2025

**ALL ABOUT YOU**  
PERSONALIZED  
HEALTH CARE FOR  
WOMEN, SUPPORTING  
INDIVIDUAL GOALS  
FOR BETTER HEALTH

PAGE 8

### ACADEMIC MEDICINE AT WORK

THE ADEPT CENTER:  
OFFERING HOPE FOR  
DIFFICULT-TO-TREAT  
DEPRESSION

PAGE 10



UNIVERSITY  
of MARYLAND  
MEDICAL  
SYSTEM





## LIFE IS SWEET

Master diabetes management to stay healthy on your lifelong journey.



# 8

## ALL ABOUT YOU

All women deserve personalized health care dedicated to supporting individual goals for better health.

# 10

## ACADEMIC MEDICINE AT WORK:

ADepT at Offering Hope—A new collaborative clinic helps people with difficult-to-treat depression move forward.



## STAY CONNECTED WITH UMMC MIDTOWN CAMPUS

### BERT O'MALLEY, MD

President and CEO  
University of Maryland Medical Center

*Maryland's Health Matters* is published by the Corporate Communications & Marketing office at UMMC Midtown Campus. This publication is not intended to provide professional medical advice. It is to provide general health and wellness information.



facebook.com/  
ummidtown



YouTube:  
UMMCMidtown



instagram.com/  
umdmedcenter



x.com  
/ummc

## WE WOULD LIKE TO HEAR FROM YOU

Please send us your comments, information requests or change of address to:

**midtown\_communications@umm.edu**; or  
UMMC Midtown Campus, c/o Marketing,

827 Linden Ave., Baltimore, MD 21201; or call **410-225-8000**.

# Grace

## UNDER PRESSURE

IF YOU HAVE GLAUCOMA, TRY THESE FOUR EXPERT TIPS FOR MANAGING YOUR CONDITION.

**GLAUCOMA IS DAMAGE** to the optic nerve, usually due to high eye pressure. Regular care helps prevent glaucoma from progressing and causing additional damage to your eye.

“Glaucoma is a chronic condition,” said Teresa Horan, MD, ophthalmology and glaucoma specialist at University of Maryland Eye Associates and assistant professor of Ophthalmology and Visual Sciences at University of Maryland School of Medicine. “I tell my patients we should approach the treatment like a marathon, not a sprint.”

Dr. Horan recommends following these tips to help prevent glaucoma from worsening:

- 1. Find a routine that works.** If taking eye drops is part of your treatment, leave the bottle on your nightstand or by your toothbrush to ensure you don't forget to use them. Aiming for the inner corner of the eye helps the medicine go in more easily.
- 2. Be active.** Regular aerobic exercise can improve blood flow to the brain and eyes.
- 3. Manage stress.** Meditation can lower eye pressure. However, if you practice yoga, avoid headstands and the “downward dog” position.
- 4. Watch your caffeine intake.** Although caffeine can increase eye pressure, for most people, a cup of coffee in the morning is fine.

Dr. Horan added that glaucoma should not be a secret. Glaucoma can be a genetic disease, so it is important for family members to be screened.



For more information about glaucoma, visit [umm.edu/glaucoma](http://umm.edu/glaucoma).

## MANAGING CARE DECISIONS FOR A LOVED ONE? YOU'RE NOT ALONE.

PALLIATIVE CARE IS SUPPORT AND COMFORT THROUGH EVERY STEP OF SERIOUS ILLNESS.

**CARING FOR AGING** parents with serious or chronic illnesses such as cancer or lung disease can be overwhelming. The endless decisions and unanswered questions often leave families wondering, “Where do we even begin?”

At its heart, palliative care is about living well in the face of serious illness. It focuses on relieving physical symptoms like pain, nausea and fatigue while addressing emotional, social and spiritual concerns. While palliative teams ensure good communication and emotional support, they leave referrals for services like home health aides to disciplines such as social work or case management, focusing instead on recommending resources to empower families in their caregiving journey.

Palliative care is often covered by Medicare, Medicaid and other types of insurance products. Palliative care clinics have a medical billing department that coordinates payment authorization.

### MORE THAN MEDICAL CARE—A PARTNER FOR YOUR JOURNEY

Palliative care doesn't just support patients—it supports families, too. From coordinating medical care to managing complex symptoms, palliative care teams ensure that no one feels alone in their caregiving journey. They provide access to resources like counseling, empowering families to make informed decisions and focus on what truly matters: moments of connection and love.

University of Maryland Medical Center Midtown Campus has a dedicated nurse practitioner and registered nurse specializing in palliative services to provide compassionate care tailored to your needs.

With palliative care, you don't have to face serious illness alone. It's not just care—it's comfort, guidance and hope for good days ahead.

For more information about the palliative medicine team at UMMC, visit [umm.edu/palliative](http://umm.edu/palliative). For information about palliative care for cancer patients, visit [umgcc.org/palliative-care](http://umgcc.org/palliative-care).

# Cancer's EARLY START

## AMERICANS INCREASINGLY RECEIVE CANCER DIAGNOSES BEFORE AGE 50.

**IN THE FIGHT** against cancer, there is good news and bad news. The good news is that there has been a 30-year decline in the risk of dying from cancer due to advanced treatments, early detection and better patient education, according to the American Cancer Society (ACS). The bad news is that the rates of several common cancers are rising, and many of these are cancers that occur in people younger than age 50, called early-onset cancers.

According to the ACS, from 1995 to 2020, new cancer cases in people younger than 50 increased, but Americans older than 50 didn't see a rise in new diagnoses. Increasing obesity, inactive lifestyles and high consumption of ultra-processed foods—foods you wouldn't be able to make in your own kitchen—may contribute to the growing numbers of early-onset cancers.

## 3 REASONS TO CONSIDER CANCER GENETIC TESTING

Genetic tests are available for many types of cancer, including breast, colorectal and prostate—all of which are rising among people younger than age 50. Testing may make sense for you for several reasons, including:

- 1. Clarity about your risk:** If your family has a history of certain cancers, knowing whether you have a cancer-causing gene mutation can help you and your relatives better understand your cancer risk.
- 2. Informed medical decision-making:** If testing reveals a cancer-related gene mutation, you can take steps to reduce your risk, such as making lifestyle changes.
- 3. Treatment planning:** If you've been diagnosed with cancer, learning whether you have a related gene mutation can help guide your treatment.



## TREND STOPPERS

Follow these tips to help reduce your risk of early-onset cancer and improve the chances of successful treatment.



### Stay up to date with screenings.

Screening tests are available for breast, cervical, colorectal and prostate cancers, all of which are increasing. Detecting these cancers early can lead to more options for treatment and a better chance of beating the disease. Many tests are minimally invasive.



### Stop smoking.

If you smoke, quitting can reduce your risk for 12 types of cancer, according to the Centers for Disease Control and Prevention. One of these, colorectal cancer, is now the leading cause of cancer death in men younger than 50 and the second-leading cause of cancer death in women younger than 50, according to the ACS.



### Watch your weight.

What do breast, colorectal, endometrial, kidney, liver and pancreatic cancers have in common? Each is on the rise and linked to excess body weight, the ACS reports. You can get to and maintain a healthy weight by exercising regularly and eating more whole foods, such as fresh vegetables and fruit, rather than ultra-processed foods.

To find a primary care provider who can help you understand your cancer risk and stay up to date with screenings, visit [umms.org/primarycare](https://www.umms.org/primarycare).



## A HEALTHY CHOICE

PRIMARY CARE CAN MAKE A BIG DIFFERENCE IN YOUR QUALITY OF LIFE.

**YOUR PRIMARY CARE** provider (PCP) helps keep you comfortable through life's minor illnesses—while preventing small concerns from becoming big ones. When you have cold and flu symptoms, such as a persistent cough, chills or a fever that lasts more than 72 hours while taking acetaminophen or ibuprofen, it's time to see a PCP.

“Seeking treatment for concerning symptoms and communicating with your doctor is very important any time but especially during the winter months,” said Yolanda Jones, DNP, FNP-BC, family nurse practitioner at University of Maryland Medical Center Midtown Campus. “When you see your doctor, they can provide a treatment plan, address complications and make recommendations to keep your health on track.”

Your PCP knows your entire health history and will help you navigate small to complex health issues. They can:

- **Ensure prescriptions are up to date.**
- **Order additional tests.**
- **Prescribe any necessary medication**, such as antibiotics or antivirals.

Current patients can schedule same-day appointments with primary care providers at UMMC Midtown Campus. Visit [ummidtown.org/primarycare](http://ummidtown.org/primarycare) to locate a primary care provider near you.

# GOING VIRAL

HELP YOUR LITTLE ONES AVOID COLDS, FLU AND RSV.

**PARENTS KNOW THAT** during the winter months, colds and the flu often run rampant in schools and daycare centers. Along with respiratory syncytial virus (RSV), which has surged in recent years, these illnesses lead to many missed school days and foiled plans. In severe cases, flu and RSV can even cause hospitalizations.

What can you do to help protect your kids from germs and stay healthy? Encourage them to avoid sharing drinking glasses, towels or eating utensils with others and steer clear of anyone who has cold or flu symptoms. They can also help stop the spread of germs by sneezing into their elbow or a tissue and washing their hands often, especially after blowing their nose.

### POWER UP IMMUNE SYSTEMS

In addition to avoiding germs, you can help keep your kids' immune system strong by following these tips:

- Feed them a healthy diet with lots of veggies and fruit.
- Help them manage stress by taking time to do things that make them happy.
- Keep them active for at least an hour a day.
- Make sure they get plenty of sleep.
- Stay up to date on their vaccinations.



For more information on pediatric primary care, visit [umchildrens.org/pediatrics](http://umchildrens.org/pediatrics).



Visit [umms.com/HealthTipsWebinar1](http://umms.com/HealthTipsWebinar1) to hear UMMS physicians discuss common respiratory diseases on our Radio One webinar.

# LIFE IS Sweet

MASTER DIABETES  
MANAGEMENT TO STAY  
HEALTHY ON YOUR  
LIFELONG JOURNEY.



**FOR MANY PEOPLE** living with diabetes, managing their condition involves monitoring blood sugar, sticking to medication schedules and making smart dietary choices. Without proper management, diabetes can lead to severe complications.



Kiya Rivera, RD

“Making diabetes management as simple as possible is key to preventing hospitalizations,” said Kiya Rivera, RD, CDCES, certified diabetes educator at UM Center of Diabetes and Endocrinology at Midtown. “When we address barriers and simplify diabetes care, we empower individuals to take charge of their health.”

The right strategies and support can help people with diabetes maintain long-term health and reduce hospital visits.

## ELIMINATING THE GUESSWORK

Blood sugar fluctuates for many reasons beyond food, including hormonal changes and dehydration.

“Our program focuses on helping individuals understand their blood sugar trends,” Rivera said. “The more data you collect, the better equipped you are to make informed decisions.”

Rivera recommended that people taking oral medications for diabetes check their blood sugar at least once daily, particularly before meals. People using insulin should test three times a day. Continuous glucose monitors (CGMs) are available for those who struggle with frequent testing.

“These devices offer real-time readings, eliminating guesswork in managing diabetes,” she noted.

## STAYING CONSISTENT WITH MEDICATION

Rivera suggested using phone reminders or CGMs to prompt medication times. Many types of insulin can remain at room temperature for up to 28 days, making it easier to stick to routines while traveling or at work. Still, preparation is key.

“Create a kit with essentials—glucose tablets, insulin and testing supplies—so you’re ready wherever you are,” Rivera advised. “This simple step can dramatically improve adherence to prescribed therapies at home or on the go.”

## OVERCOMING BARRIERS TO CARE

Managing diabetes can be especially challenging for people facing barriers like unstable housing, mental health concerns or financial struggles, which can lead to frequent hospital visits. The UM Center for Diabetes and Endocrinology at Midtown provides support that goes beyond medical care to help address these challenges.



“We have social workers who help with issues, such as coordinating transportation and reducing medication costs through programs like Lilly Cares,” Rivera explained. “For people without transportation, telehealth visits are also an option.”

### RECOGNIZING WARNING SIGNS

Recognizing early warning signs of complications can help prevent emergency visits for people with diabetes. Symptoms including frequent urination, excessive thirst, dizziness, blurry vision and unexplained weight loss may indicate high blood sugar levels.

For individuals with Type 1 diabetes, high ketones can cause diabetic ketoacidosis, a serious complication.

“If blood sugar levels are above 250 before a meal, it’s time to check for ketones and stay hydrated,” Rivera said.

### EATING FOR STABILITY

Nutrition plays a key role in diabetes management. Rivera recommended high-fiber foods to help stabilize blood sugar. High-fiber options include:

- Whole grains (brown rice, quinoa)
- Legumes (beans, lentils)
- Fruits (berries, apples with skin)
- Vegetables (broccoli, carrots)
- Nuts and seeds (almonds, chia seeds)

The MyPlate method simplifies meal planning, encouraging people to fill half their plate with vegetables and fruit, one-quarter with lean protein, and one-quarter with whole grains or starchy vegetables. Reducing barriers to healthy eating is essential.

“Microwaveable veggie packs and preprepared meals and snacks can make healthy choices easier for people with busy schedules,” Rivera said. “University of Maryland Medical Center Midtown Campus also partners with local food banks to provide fresh produce for those in need.”



## FREE DIABETES SCREENING

The Community Health Education Center (CHEC), located on the lower level of the UMMC Midtown Campus Outpatient Tower, offers free diabetes screenings Monday–Friday 8am–4:30pm. The U.S. Preventive Services Task Force recommends all adults 35 and older get screened for prediabetes and Type 2 diabetes. Talk to your doctor about getting screened earlier if you have other risk factors, such as:

- Being overweight
- Having a parent or sibling with Type 2 diabetes
- Exercising fewer than three times per week
- Being African American, Hispanic or Latino, American Indian or Alaska Native

### AVOIDING COMMON MISTAKES

One of the biggest mistakes people make is not checking their blood sugar frequently enough.

“Without regular monitoring, it’s hard to know how your body is responding,” Rivera warned. “Medication adherence is also crucial. Small changes—like adjusting insulin timing or using convenient delivery methods—can make a big difference.”



For more information about the Healthier2Gether diabetes prevention program, call **410-328-4024** or visit [ummidtown.org/healthier2gether](http://ummidtown.org/healthier2gether).



# All About You

ALL WOMEN DESERVE  
PERSONALIZED HEALTH  
CARE DEDICATED TO  
SUPPORTING  
INDIVIDUAL GOALS FOR  
BETTER HEALTH.

**THE WOMEN'S HEALTH** providers at University of Maryland Medical Center (UMMC) are committed to providing individualized care that meets their patients' needs while putting them at ease.

"Going to the doctor for women's care can be intimidating, and patients might be nervous about seeing a gynecologist or obstetrician," said May Blanchard, MD, professor and vice chair of obstetrics, gynecology and reproductive sciences at University of Maryland School of Medicine (UMSOM) and women's health provider at UMMC. "Coming to a welcoming environment to see people who truly care helps to diminish some of that anxiety, whether you have a concern or are getting routine care."





May Blanchard, MD

## PRIORITIZING YOUR HEALTH AT UMMC

Women will find a range of advanced treatment options for many conditions at UMMC in addition to personalized care.

“Often, women are the primary caregivers of their family, and they may put their health on the back burner,” Dr. Blanchard said. “I tell

patients they can be the best caregiver by making sure they first care for themselves. If you don’t do routine care and maintenance, minor problems can become major issues.”

Annual well-woman visits help establish a relationship with a provider who can obtain a baseline to manage long-term health. These visits are essential whether you are experiencing concerning symptoms or going for a routine exam.

“Our team is there to help support you through every step of your care,” Dr. Blanchard said. “We want to help you be the most effective and healthy person you can be.”

## WHEN THINGS GET COMPLICATED

Yvonne Yemoson knows well the value of a welcoming environment and a provider who truly cares. Before becoming pregnant with her first child, Yemoson learned she had uterine fibroids, noncancerous tumors that grow in the uterine wall. Although the condition didn’t affect her fertility, she began having complications during her sixth month of pregnancy.

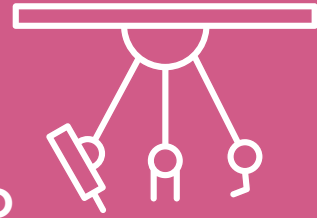
“I wasn’t sure if my pregnancy complications were related to the fibroids,” said Yemoson, 38, a cybersecurity expert and entrepreneur. “My first child was delivered safely, but before I got pregnant again, I wanted to have the fibroids removed.”

Yemoson met with Dr. Blanchard, who listened to her concerns and agreed to perform the surgery.

“Dr. Blanchard has been wonderful,” Yemoson said. “She’s very attentive and tells you everything you need to know while keeping a smile on her face.”

For Yemoson, Dr. Blanchard initially recommended a minimally invasive surgery called a laparoscopic myomectomy to remove the fibroids. However, when she learned how large Yemoson’s fibroids were, she proceeded with an open surgery using an innovative approach that allowed her to use Yemoson’s cesarean section scar to avoid additional scarring.

“I was back on my feet within a couple of weeks,” Yemoson said. “The recovery went beautifully, and I wasn’t expecting that after an open surgery.”



## ADVANCED SURGICAL PRACTICES

University of Maryland Medical Center (UMMC) has been designated as a Center of Excellence in Minimally Invasive Gynecology by the American Association of Gynecologic Laparoscopists and Surgical Review Corporation. This means patients have access to the most advanced and effective surgical procedures for many benign and malignant conditions.

“We provide a broad range of minimally invasive surgical options, including laparoscopic and robotic techniques, designed to address complex cases such as multiple prior surgeries, endometriosis or an enlarged uterus caused by fibroids, using small incisions for enhanced recovery,” said Farinaz Seifi, MD, FACOG, associate professor of minimally invasive gynecology surgery and vice chair of gynecology subspecialty at UMSOM and women’s health provider at UMMC. “Procedures that would be open surgeries in other places can be done minimally invasively in our center.”

“Even major surgeries like hysterectomies can be done as an outpatient procedure,” Dr. Seifi continued. “We are an academic medical center that’s available 24/7 for our patients to ensure quality care is delivered to all our patients with equity.”

## COMPASSIONATE, COMPREHENSIVE CARE FOR LIFE

After her fibroid removal surgery, Yemoson knew she had found a doctor she wanted to build a relationship with.

“The first thing Dr. Blanchard did after my surgery was make sure I was OK and that my spouse was OK,” Yemoson said. “The next morning, she came straight to my bedside to check on me.”

Dr. Blanchard advised Yemoson to wait a year before getting pregnant again. Almost exactly a year later, Yemoson found out she was expecting her second child.

“I always try to make my appointments with her,” she said. “I will continue to see her not just for my prenatal care but also for gynecological care.”



For more information about women’s health services at UMMC, visit [umm.edu/obgyn](http://umm.edu/obgyn).

# ADEPT AT *Offering Hope*

A NEW COLLABORATIVE CLINIC HELPS  
PEOPLE WITH DIFFICULT-TO-TREAT  
DEPRESSION MOVE FORWARD.



**LAUREN TERRILL, 41**, of Baltimore, is one of an estimated 30% of people with depression who have treatment-resistant depression (TRD), which is diagnosed when depressive symptoms do not improve with typical first-line treatments, such as at least two different courses of antidepressants. For those individuals, hope can be found at the outpatient Advanced Depression Treatment (ADepT) Center that serves patients across Maryland.

The ADepT Center is a joint initiative between the University of Maryland School of Medicine and University of Maryland Medical Center (UMMC), the academic medical center of University of Maryland Medical System. This collaboration, which offers the highest level of care for behavioral health disorders, helps Terrill and others with TRD get the help they need.

Open since 2023, the ADepT Center is the only one of its kind in Maryland. There, patients and their psychiatrist or primary care provider can access second opinions and find more effective treatments for TRD. Jack Vaeth, MD, clinical assistant professor in the Department of Psychiatry at the University of Maryland School of Medicine, is one of the psychiatrists who treats patients at the center.

“Previously, we called TRD ‘refractory depression,’ but we now like to refer to it with our patients as ‘difficult-to-treat depression,’” Dr. Vaeth said. “‘Refractory’ and ‘resistant’ suggest red flags with this condition when, instead, the challenges of difficult-to-treat depression might only require a yellow flag of caution. We have hope.”

So does Terrill. She walked a long road to find it.

## FRUSTRATING JOURNEY

Terrill views her mother’s 2008 death from cancer as a turning point for her mental health.

“Prior to my mom’s passing, I dealt with periods of being depressed because of issues with her health, among other things going on in my life, but the depression wasn’t chronic,” she said. “My mom’s passing was a major blow because of how close I was with her.”

Two years later, Terrill was diagnosed with major depressive disorder and generalized anxiety. At various times over the next decade, she experienced feelings of hopelessness, struggled to get out of bed and had suicidal thoughts.

Over the years, Terrill took medications for depression, worked with psychiatrists, attended inpatient and outpatient treatment programs, and tried transcranial magnetic stimulation (TMS), a noninvasive treatment that activates areas of the brain involved in depression. Still, the disorder maintained a firm grip.

“Even before finishing TMS, I hit a low point because it hadn’t helped in a significant way,” Terrill said. “When my psychiatrist brought up the ADepT Center, I felt like she was proactively trying to help me. Now, since I’ve been going to the center, I know I have a group of mental health professionals around me who care.”

For Terrill, her personalized treatment plan and the unwavering attention she receives from the entire team is what sets the ADepT Center apart.

“From the front desk staff to the nurses to the physicians, everyone is invested in seeing me get better,” Terrill said. “I love being able to meet with the physicians regularly. It’s one more indication that I’m not alone. A team of experts is working together and with my psychiatrist to do everything they can to help me.”

## ALL TOGETHER NOW

Dr. Vaeth believes the ADepT Center’s unique design helps both patients and their medical providers.

“With our consultation and follow-up, we provide another set of eyes with a different angle and a fresh perspective,” he said. “This second opinion can be an invaluable resource during times when hope and optimism wear thin.”

The process at ADepT begins with an initial patient evaluation and consultation with their referring provider to agree on a treatment approach. Next, the ADepT team puts the treatment into action. Options include brain stimulation therapies, such as TMS and electroconvulsive therapy, individual or group talk therapy, and advanced medications for depression.

Terrill began using one of those medications, esketamine nasal spray, in May at the direction of ADepT Center psychiatrist Gustavo Costa Medeiros, MD. She receives the medication once weekly under the supervision of ADepT Center staff and meets with Dr. Medeiros during every appointment.

## SMALL AND MEANINGFUL VICTORIES

All patients respond differently to treatment, another reason for the ADepT Center’s personalized treatment approach, with some seeing dramatic improvement as high as 80%. Esketamine helped Terrill feel better—progress she hopes to build on.

## COULD YOU SPOT THE SIGNS OF DEPRESSION?



Some depression symptoms are subtle and easy to miss. Others are more obvious. Not all involve mood.

You may have depression if you experience symptoms most of the time for at least two weeks. Symptoms to watch for include:

- A hopeless or negative outlook on life
- Avoidance of favorite activities
- Changes to your appetite
- Difficulty remembering information, focusing on tasks or making decisions
- Feelings of frustration or irritation that occur for seemingly no reason
- Feelings of guilt or worthlessness
- Feelings of sadness or emptiness that won’t go away
- Lack of energy
- Physical symptoms, such as headaches or stomach discomfort
- Suicidal thoughts
- Trouble falling asleep or sleeping too much or not enough
- Unexpected weight gain or loss

“I hope that as I continue these treatments, I see incremental change,” she said. “It’s been a while since I’ve worked full time. I won’t be able to jump into a full-time job right away, but working part time is a near-term goal.”

In addition to esketamine treatment, Terrill continues to take an antidepressant and see her UMMC psychiatrist, Marissa Flaherty, MD, both of which she finds valuable.

“We encourage patients to continue to follow up with their referring medical provider,” Dr. Vaeth said. “As a result of our consultative process, we form a new care team: the patient, their referring medical provider and the ADepT team.”

As she works to get life back into a routine, Terrill urges others to be proactive about seeking mental health care.

“I know how difficult it is when you’ve tried various medications and are still struggling,” she said. “If a treatment you haven’t attempted is available and may be able to help you, it’s worth it to try.”



If you are working with a health care provider to treat your depression but it hasn’t improved, ask about a referral to the ADepT Center or call **410-328-8415** to schedule a consultation. If you need mental health support, primary care is a great place to start. Find a provider at [umms.org/primarycare](https://umms.org/primarycare).



# PROVIDER SPOTLIGHT

MEET JOEL PATRICK HARDING, DO,  
VASCULAR AND TRAUMA SURGEON  
AT UNIVERSITY OF MARYLAND  
MEDICAL CENTER.



Joel Patrick Harding, DO

## WHAT INSPIRES YOU AS A SURGEON?

I specialize in vascular surgery and assist in trauma surgery when injuries involve blood vessels. The broad anatomical scope, from the neck to the toes, keeps things interesting. I enjoy using diverse tools—from minimally invasive catheterizations to open surgeries like bypasses and aneurysm repairs.

## WHAT DO YOU TYPICALLY TREAT?

I primarily treat peripheral artery disease (PAD), where blood vessels slowly get blocked over time, causing foot pain and possible tissue loss. Treatment includes stenting or bypassing blocked segments.

PAD is often caused by modifiable factors like smoking, obesity, high blood pressure, high cholesterol and diabetes. Quitting smoking and managing these conditions are key to preventing disease progression.

## HOW DO YOU MAINTAIN BALANCE IN YOUR LIFE?

I work out early and spend time with my wife and kids on weekends. I feel busier now than during surgical training, but my wife says I'm home more often.

## WHAT DO YOU FIND MOST REWARDING ABOUT YOUR WORK?

I love interacting with patients and solving problems in the operating room, saving lives and limbs.

## SELF-CARE STEPS



For Lauren Terrill, and many other people with depression, managing the disorder involves more than one form of medical treatment. Self-care also plays an important role.

If you have depression, you can complement your treatment by adopting healthy habits at home, including:

- **Eat whole (not processed) foods** rich in vitamins, minerals and fiber, which can promote good mental health.
- **Move your body**, which can release endorphins—chemicals that improve your mood—and prompt the release of proteins that fuel brain-boosting nerve connections.
- **Prioritize tasks**, complete the most important ones first and let the others wait until you feel like getting to them.
- **Resume a favorite activity or two**—it may be tough at first, but your mood will benefit.
- **Set a sleep schedule**—go to bed and get up at the same times each day.
- **Talk regularly with close family and friends** and be open about your feelings.



To schedule an appointment with a specialist at the University of Maryland Medical Center Midtown Campus Vascular Center, call **443-552-2900**.

*Dr. Harding is an active duty Air Force surgeon. The views expressed in this article are those of the author and do not necessarily reflect the official policy or position of the Air Force, the Department of Defense or the U.S. Government.*

Stop the

# STIGMA

DO YOUR PART TO NORMALIZE THE CONVERSATION AROUND MENTAL HEALTH.

1 in 5:

the number of American adults who experience mental illness each year

- **LEARN THE FACTS**  
Educate yourself about mental health and share what you learn with others.
- **LIVE EMPOWERED**  
Only you have the right to define how you feel about yourself and how you talk about your mental health.
- **GET PERSONAL**  
Opening up about your own mental health journey (as much as you're comfortable with) may inspire others to do the same or get help.
- **PRACTICE COMPASSION**  
Whether they're loved ones, acquaintances, coworkers or strangers, treat all people with kindness and respect.
- **PUSH FOR PARITY**  
Speak up about mental health being just as important as physical health—because it is.
- **WATCH YOUR WORDS**  
When talking about mental health, use language that is accurate and descriptive and avoid stereotypes.
- **WALK THE WALK**  
Extend the same compassion you show others to yourself and seek help if you're facing a mental health challenge.



Scan the code to read more and listen to the podcast on mental health stigma.



Have questions about mental health? Your primary care provider can help you find answers. If you need a primary care provider, visit [umms.org/primarycare](https://umms.org/primarycare).



## UPCOMING

# Events

### DIABETES PREVENTION PROGRAM

Are you been at risk for prediabetes or Type 2 diabetes? The good news is diabetes can still be prevented.

Our Diabetes Prevention Program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). In these sessions, you will learn how to:

- Eat healthy and lose weight
- Get active and keep moving
- Transform unhealthy habits into healthy ones
- Support each other and discover tips for staying on track

We offer classes at various times, call **410-328-4024**, or visit [ummidtown.org/healthier2gether](http://ummidtown.org/healthier2gether).

### FREE EXERCISE CLASSES

The Community Health Education Center (CHEC) offers classes the second Tuesday and fourth Thursday of each month from 5-6pm. All fitness levels are welcome.

**Location:** CHEC

Midtown Outpatient Tower, Lower Level  
800 Linden Ave., Baltimore, Maryland 21201

**Registration:** Please register early, as spots fill up quickly. Call **443-552-2432**.

### FREE BLOOD PRESSURE SCREENING

UMMC offers monthly blood pressure screenings every first and third Thursday from 9am-12pm in the Midtown Outpatient Center Lobby.



## SENIOR UNIVERSITY CLASSES

Discover Senior University: Free lunchtime workshops designed exclusively for seniors (ages 60+)! Enjoy health screenings, expert guest speakers and presentations on fall prevention, diabetes, medication safety and more to support a healthy senior lifestyle.

Classes start Tuesday, Feb. 25. Seats are limited. Registration is required by calling **443-552-2432**.

## FREEDOM FROM SMOKING PROGRAM

Join our Freedom from Smoking program designed by the American Lung Association to help individuals quit smoking. Our 2025 theme is *New Year, New Goals, New Me!*

### Program details:

#### Two Sessions (Feb. 19 and Feb. 26) on

- Maintaining a smoke-free lifestyle
- Understanding nicotine's effects on the brain and strategies to overcome addiction

#### Additional Perks:

- We provide light snacks and refreshments
- Stress and smoking survival quit kits supplied

**Location:** Community Health Education Center (CHEC), Midtown Outpatient Tower

**Registration:** Everyone is welcome—smokers and nonsmokers. Registration is required, but walk-ins are welcome. Please contact CHEC at **443-552-2432** or email [quianna.howell@umm.edu](mailto:quianna.howell@umm.edu) for more information.

## THE BIG ASK: THE BIG GIVE

On Sunday, April 6, 2025, The National Kidney Foundation of Maryland and Delaware will host a two-part panel discussion for The Big Ask: The Big Give, an initiative part of their Finding a Living Donor Program.

Finding a Living Donor is a program for kidney patients and their loved ones that teaches the best, most-effective strategies and provides tips to share your story and find a living donor.

**Location:** SMC Campus Center, University of Maryland, Third Floor, 621 W. Lombard Street, Baltimore, Maryland 21201

### Time:

- Check-in opens at 11:30am
- Lunch 12-12:30pm
- First Steps to Transplant 12:30-3pm
- Finding a Living Donor 3-5pm

**Registration:** Scan to register.



## B'MORE HEALTHY EXPO

Meet us at the B'More Healthy Expo Saturday, March 8, from 10am-4pm at the Baltimore Convention Center. Stop by for a blood pressure screening, tips on diabetes prevention and learn how to live a healthy lifestyle.

University of Maryland Medical Center  
Midtown Campus  
827 Linden Ave.  
Baltimore, MD 21201-4606

# Nationally-ranked cancer care for all.

**University of Maryland Greenebaum Comprehensive Cancer Center** (UMGCCC) leads the nation in cancer treatment and research.

- Recognized as a National Cancer Institute (NCI)-designated comprehensive cancer center
- Ranked among the Top 50 Best Hospitals for Cancer by *U.S. News & World Report*

Our experts collaborate with community cancer centers across UMMS to provide access to treatments not widely available in the region.

Learn more at [umgcc.org](https://umgcc.org).



**Complete cancer care to the communities we serve.**

**Greenebaum Comprehensive Cancer Center** University of Maryland Medical Center – affiliation with:  
**Tate Cancer Center** UM Baltimore Washington Medical Center | **The Cancer Center** UM Capital Region Health  
**The Cancer Institute** UM St. Joseph Medical Center | **The Cancer Center** UM Shore Regional Health  
**Kaufman Cancer Center** UM Upper Chesapeake Health