

MARYLAND'S

HEALTH MATTERS™

► BE A PART OF SOMETHING GREATER

WINTER 2020 • umstjoseph.org



UNIVERSITY OF MARYLAND ST. JOSEPH MEDICAL CENTER

COVER STORY:

THRIVING AFTER
CARDIAC ARREST

PAGE 6

MODERN REHAB
CENTER OFFERS
ADVANCED SERVICES

PAGE 4

INNOVATIONS IN
PROSTATE CANCER
TREATMENT

PAGE 10

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

Learn more at
umms.org/CEOVision.

IN THIS ISSUE

6 BACK TO LIFE

How one tennis player came back from cardiac arrest with the help of the Heart Institute at UM St. Joseph Medical Center.



COVER STORY

ON THE COVER: From left to right, Ben Vanlandingham, MD; Eric Siegel; Stephen Pollock, MD; and Henry Sun, MD.

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



President and CEO
Thomas B. Smyth, MD

Vice President of Business Development
Walter J. Furlong

Director of Marketing, Communications
and Community Health
Mary Ann Hodes

Designed by **MANIFEST**
MANIFEST is a registered trademark of Manifest Media, Inc.

5 DIETARY CHANGES THAT WILL REDUCE YOUR CANCER RISK



Modifying what you eat can help you lower your risk for a wide range of cancers.



10 MAKING LEAPS AND BOUNDS

University of Maryland Medical Center uses innovations in prostate care to reduce side effects.

DEPARTMENTS

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

BE A PART OF SOMETHING GREATER.

STAY CONNECTED WITH US



Visit our Facebook page to learn about the latest events and happenings at UM St. Joseph Medical Center.
[facebook.com/StJosephMedicalCenter](https://www.facebook.com/StJosephMedicalCenter)



Watch our doctors discuss prenatal care, joint replacement surgeries and more.
[youtube.com/SJMCTowson](https://www.youtube.com/SJMCTowson)



Get daily, real-time health information and updates from our experts.
twitter.com/SJMCTowson

WE WOULD LIKE TO HEAR FROM YOU

Please send us your comments, questions, and change of address or opt-out requests to umsjmakers@umm.edu or 7601 Osler Drive, Jordan Center, Suite 158, Towson, MD 21204. Or call **410-337-1700**.

Integrative, Holistic Services Enhance Cancer Care

The Barbara L. Posner Wellness & Support Center at the UM SJMC Cancer Institute provides evidence-based therapies and programs

To enhance quality of life for patients going through cancer treatment, the Barbara L. Posner Wellness & Support Center at University of Maryland St. Joseph Medical Center focuses on integrative, holistic treatment. Located on the third floor of the Cancer Institute, the center provides an array of evidence-based therapies and programs.

"It's an amazing center," says nurse practitioner Ginny Jump, CRNP, one of two nurses who practice at the center. "The decor is calm and serene. Patients feel supported here. They relax and appreciate our services." Jump has certifications in yoga and Healing Touch, a form of energy therapy. Her staff partner, Kathy Fritze, RN, is an integrative and holistic nurse.

Jump and Fritze provide individual assessments for all patients who visit the center and help them plan which services could best meet their needs and complement their cancer treatment.

"We take our time to sit down with each patient and outline their risk factors, review their follow-up cancer care, discuss their general physical health and examine factors such as side effects to their heart health as a result of chemotherapy," Jump says. "We use screening tools to assess the emotional impact of cancer, for instance to identify depression or anxiety. We have experts to refer patients to, including mental health providers, financial counselors, dietitians for nutrition counseling and spiritual care professionals."



Services at the Barbara L. Posner Wellness & Support Center include yoga classes (top) and therapies such as Healing Touch (right).

Healing therapies offered include aromatherapy, guided imagery and Healing Touch, which Jump describes as "similar to massage, but more of a balancing therapy that helps the body heal itself." Healing Touch can also decrease nausea. Two types of acupuncture are available: private acupuncture in treatment rooms and community acupuncture in a group setting, including MENS (microamperage electrical neuromuscular stimulator) with massage. Classes include yoga, journaling and Healing Journey health lectures and workshops.



LEARN MORE

If you're coping with cancer, talk to your physician about a referral to the Barbara L. Posner Wellness & Support Center at the UM SJMC Cancer Institute. For more information, call the center at **410-427-2598**.

A Modern Rehab Center with Advanced Services for Injury and Illness

Specialty therapists provide expertise with a personal touch

UM St. Joseph Rehabilitation Services physical, occupational and speech therapists have a wide range of specialties and certifications and are beloved by their patients. They are so beloved, in fact, that when they moved to a large, new, enhanced space, they knew they needed to offer patients some reassurance about the move and put forth the slogan “Same team, different location.” This assurance was a must because, according to rehabilitation manager Claire McMillan, MS, “patients love our team.”

The beautiful, modern facility with a fresh look is located on the third floor of the Cancer Institute and was carefully designed with comforting colors, a large main gym with new equipment, a bright

green walking path to guide patients during movement disorder therapy, and quiet private rooms for occupational and speech therapy treatment.

Regaining Levels of Independence

Most importantly, the services are provided by a team of specialists who employ advanced methods to assist people in regaining their highest possible level of independence. The UM St. Joseph Rehabilitation Services team is part of the UM Rehabilitation Network, a system of providers who collaborate to help people recover from illness or injury.

Parkinson’s disease patients receive an incredible level of expertise through the Parkinson’s treatment program. Staff are certified in the BIG/LOUD program and Allied Team Training for Parkinson’s (ATTP) for movement disorders. McMillan explains: “Parkinson’s patients speak very softly and lose loudness. Their physical movements also become small and tight. The BIG/LOUD program works with them to restore better speech and movement.”

Relieving Lymphedema with Special Treatment

Certified lymphedema specialists, skilled in treating head and neck,



▲ UM St. Joseph's new rehab center has a large main gym with new equipment.

breast, and upper and lower extremity lymphedema, treat patients in a separate wing with private treatment rooms. “We encourage breast cancer patients to see us early in their treatment so they can be assessed for lymphedema risk before surgery, and we can plan the best possible approach for them,” McMillan says.

Recovering Stamina and Strength

Physical therapists can also help cancer patients overcome the fatigue or overwhelming tiredness associated with cancer treatment. “We help patients regain strength and stamina so they can manage their energy following treatment and return to work and everyday life. We start them on an exercise program and teach them how to protect their surgical site,” McMillan says.

The staff also includes certified neurodevelopmental treatment therapists and bilingual therapists.



LEARN MORE

For more information or to make an appointment with UM SJMC Rehabilitation Services, call **410-337-1349**.

5 DIETARY CHANGES

That Will Reduce Your Cancer Risk

Research points to diet as a useful tool for reducing your cancer risk, which is why registered dietitians are considered an important part of the University of Maryland Cancer Network's multidisciplinary approach to care and prevention. Aurielle James-Sarpong, RD, of UM St. Joseph Medical Center's Cancer Institute, 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 plant foods should ideally make up two-thirds or more of your plate. Animal-based proteins should make up less than one-third of your plate.



2. CONSUME MEAT MINDFULLY

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



3. AVOID ALCOHOL

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



4. GET A SIDE OF EXERCISE

According to James-Sarpong, 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

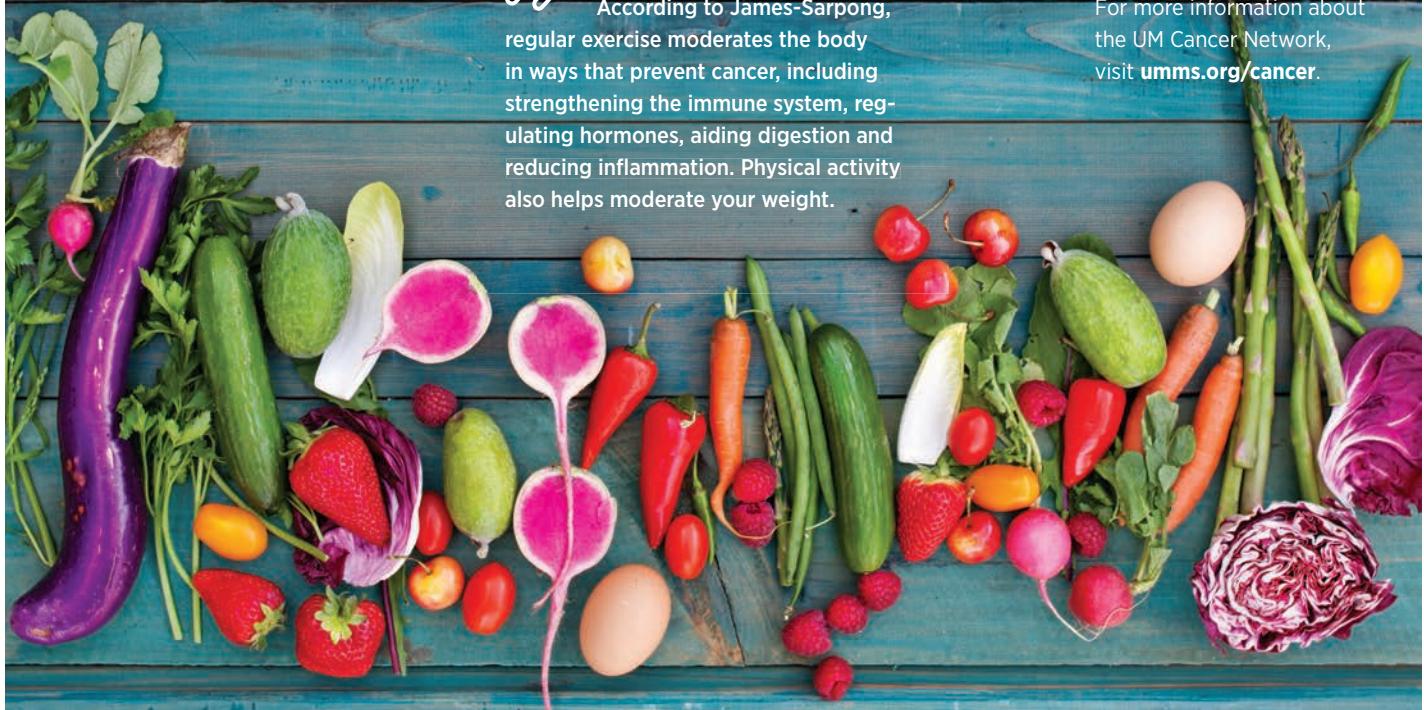
A nutritious diet helps you stay at an ideal weight. Being overweight changes the body in ways that increase your risk for cancer, such as altering delicate hormone balances, changing metabolism and creating chronic inflammation.

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 leading-edge cancer treatments and technologies across Maryland.



LEARN FROM OUR EXPERTS

For more information about the UM Cancer Network, visit umms.org/cancer.



BACK TO LIFE

HOW ONE TENNIS PLAYER CAME BACK
FROM SUDDEN CARDIAC ARREST

Super Bowl Sunday 2019 will forever be in Eric Siegel's memory, but not because the team he was cheering for lost. That was the day Siegel—a healthy 69-year-old competitive tennis player with normal blood pressure and good cholesterol—collapsed after a friendly game of tennis at the Orchard Tennis Club in Towson.

The cause? Cardiac arrest, otherwise known as sudden cardiac death. Though it may sound unbelievable,

that's exactly what happened to Siegel, now 70, whose life was saved by a fortuitous series of events.

"The only good thing about my heart attack is that I missed seeing the New England Patriots win," Siegel jokes. His cardiologist, Stephen Pollock, MD, of the University of Maryland St. Joseph Medical Center, emphasizes, "Like many people, Eric's first symptom was sudden death. This is what happens to one-third of patients who suffer a heart attack."

Thanks to the first responders at the club and those at UM St. Joseph Medical Center, Siegel would be competing just four months later at the Senior Olympics, where he won a tennis championship.

GOT AN AED?

As luck would have it, all the elements needed for this emergency rescue were present at the tennis club the day Siegel went into cardiac arrest: an off-duty policeman whose child was having



Last summer, Eric Siegel (center right) and doubles partner Jim Zylberberg (center left) won the Seniors 70 and Over tennis competition at the Senior Olympics in Albuquerque, New Mexico, following Siegel's close brush with sudden death.



Being an avid athlete enabled Siegel to fast-track his cardiac rehab program.

a tennis lesson rushed to Siegel's side and began performing CPR. He wasn't breathing, had no pulse and was turning blue. A staff member grabbed the automated external defibrillator (AED) from behind the club's front desk, and a nurse whose child was also having a lesson shocked Siegel twice and brought his heart back to life.

An AED is a lightweight, portable device that delivers an electric shock through the chest to the heart. In the majority of cases, the shock can restart the heart after a sudden cardiac arrest. Formal training is not required to use an AED.

"His life could not have been saved without CPR and the AED at the tennis court," says Dr. Pollock, a board-certified cardiologist. "Once Eric was brought to UM St. Joseph Medical

Center by ambulance, our coordinated team approach immediately took over to save his life."

AVALANCHE IN AN ARTERY

At UM SJMC's Emergency Department, Siegel was seen by the chief of emergency medicine, Ben Vanlandingham, MD, a board-certified emergency physician, and Jeremy Pollock, MD, a board-certified cardiologist on call that day. They collaborated on extensive testing to determine Siegel's condition and decide on next steps. Siegel's diagnosis was a total blockage of the front artery of his heart, known as the left anterior descending artery. The LAD supplies more than 40 percent of the blood supply to the heart muscle and is the most commonly blocked artery in

cases involving sudden cardiac death.

"He was very lucky," says board-certified cardiologist Henry Sun, MD, co-director of the Cardiac Catheterization Lab, who performed a cardiac catheterization to open Siegel's blocked artery. "When he arrived at the ED, his EKG and vital signs were stable. Although he did not have chest pain at that time, there was high suspicion that his cardiac arrest was due to a critical heart artery blockage. When we performed the cardiac catheterization, his LAD was indeed critically blocked and filled with clot. This was treated with a coronary stent to restore blood flow and improve heart muscle recovery."

Siegel's case was similar to patients who suffer a type of heart attack called ST-elevation myocardial infarction, Dr. Sun says. Although Siegel did not experience typical symptoms or EKG changes, he still suffered sudden death.

A plaque rupture caused Siegel's blockage. "It's like an avalanche," Dr. Sun says. "Platelets and other cells in the bloodstream collect when heart artery plaque becomes unstable and ruptures, and the artery gets filled with clot and closes off during the heart attack."

ON CALL 24/7

In cases like Siegel's, UM SJMC's cardiac catheterization team works closely with the EMS and ED to provide fast treatment, says Dr. Sun, one of two interventional cardiologists on call 24/7 at the Cardiac Catheterization Lab.

"A patient whose EKG indicates ongoing heart muscle damage and who meets criteria for ST elevation requires emergency cardiac catheterization and angioplasty with a stent right away to

GET HEARTAWARE

UM SJMC's heart disease detection program can help identify:

- Your risk factors for developing heart disease
- Next steps you should take based on those factors
- Lifestyle changes that could lower your chances of heart disease

You'll receive a personalized report that details your risk profile with steps to reduce your risk. Go to stjosephheartaware.com.



stop and possibly reverse damage to the heart muscle from the heart attack," Dr. Sun says.

Because of this quick, carefully orchestrated response and high quality of care, UM SJMC's Heart Institute received the 2018 Platinum Performance Achievement Award from the American College of Cardiology's Chest Pain-MI Registry.

WAKING UP IN THE ICU

Siegel, a retired journalist, remembers nothing about his heart attack or arrival at the ED. "I remember waking up in the ICU asking, 'Why am I here? What happened?' Cardiac arrest was the furthest thing from my mind. I was in great health, and I'd been in the competitive tennis system most of my life. Dr. [Stephen] Pollock said my only risk factor was being male and over age 55."

Just one week after his heart attack, Siegel returned to Orchard Tennis Club to thank the staff members and the first responders who rescued him. His large network of tennis friends were shocked—so shocked

that they took action. "They ran to their tennis clubs to make sure they have AEDs," Siegel says.

FAST-TRACK REHAB

After a period of rest, Siegel was prescribed outpatient cardiac rehabilitation, which provides monitored exercise, education and counseling in risk factor reduction. Participants learn how to make healthy changes in diet, activity level and daily living that contribute to a heart-healthy lifestyle. Exercise is individualized, progressive, specific to each participant and supervised by trained cardiac rehab personnel, all of whom are exercise physiologists or registered nurses.

Although most patients attend sessions two to three times a week for up to 12 weeks, the program varies based on medical status. Because of Siegel's overall excellent health, he was fast-tracked. "Fast-tracking is for patients like Eric Siegel with a strong heart and strong exercise history," says Michael Wainwright, manager of cardiovascular fitness at UM SJMC.

"We push the patient to their maximum ability, which allows them to recover faster."

"At cardiac rehab, we create a safe, comfortable environment that emphasizes well-being and follows specific guidelines. We monitor each patient's blood pressure, heart rates and response to exercise. It's all about comfort level."

"Patients are worried about exercising after a heart event. It's normal to be depressed, too. We assess depression before and after the program and get very positive results," Wainwright says.

RETURN TO FORM

Although Siegel turned 70 shortly after his heart attack, he didn't stop doing what he loved. With heart medication and Dr. Pollock's care, he returned to the tennis court in the spring, playing with his doubles partner, Jim Zylberberg. Last summer, the two won the Seniors 70 and Over Doubles competition at the Senior Olympics in Albuquerque, New Mexico.

Dr. Pollock is proud of his patient and wishes more people had the same outcome. "Coronary artery disease is the No. 1 cause of death in this country," he says. "The only way to tell whether someone is at risk is through a coronary calcium score, which is a CT scan of the heart that identifies the presence of obstructed arteries. If every patient would have a coronary CT scan, sudden death could be prevented."

To find out if a coronary calcium CT scan is the right thing for you, Dr. Pollock recommends taking UM SJMC's free HeartAware online risk assessment. ♦



LEARN MORE

For more information about heart care and the UM SJMC Heart Institute, visit stjosephheartaware.com.

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



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 Mohammad M. Siddiqui, MD, and the UMMC urology team.

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

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

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

PRECISE IMAGING AND TREATMENT

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

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

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

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

NEW HORIZONS IN IMAGING

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

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

Innovations Outside of Prostate Cancer

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

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

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

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



LEARN MORE

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

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

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

WHEN SHOULD YOU BE WORRIED?

Many prostate diseases have similar symptoms, including:

- Difficulty urinating
- Weak or interrupted urine stream
- Frequent urination or frequently waking up at night to urinate

- Feeling of having to urinate, even if you've just gone to the bathroom
- Burning sensation while urinating
- Blood in urine or semen
- Painful ejaculation or sexual dysfunction

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



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

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

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

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

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

LEADERS IN THE FIELD

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

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

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

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



MAKE AN APPOINTMENT

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

Prostate cancer

UM SJMC ROBOTIC PROSTATE SURGERY ON THE CUTTING EDGE

University of Maryland St. Joseph Medical Center is one of the region's leaders in robotic prostate cancer surgery and offers the largest program in the area. Now in its 16th year of working with the da Vinci robotic surgical system, the team at UM SJMC performed the first da Vinci prostatectomy at a community hospital in Maryland.

"In some ways, the local medical community is catching up with the advancements that we implemented," says Marc Siegelbaum, MD, chief of urology at UM SJMC. "Additionally, we are staying up to date by acquiring the newest da Vinci Xi unit. Thanks to our vision and technology, we continuously perfect our techniques for treating localized prostate cancer."

The quest to stay on the cutting edge is more vital than ever. "We are seeing more aggressive prostate cancers in younger men," Dr. Siegelbaum says. He adds that a growing number of men are being diagnosed with prostate cancer at a later stage because previous screening recommendations had been relaxed.

The good news is that more frequent screening is now recommended and, thanks to advanced techniques, doctors have increased their ability to treat more aggressive and complex cancers, Dr. Siegelbaum says. "Even for high-grade cancers, we are having good results," he says. "Thanks to more sophisticated MRI-guided biopsies, urologists can now target hot spots and suspicious areas of the prostate for more accurate diagnoses."

Dr. Siegelbaum reminds low-risk men to start screening at age 55 and yearly afterward. African American men and men with a family history should begin screening at age 40, followed by a screening at 45, another at 50 and annually after that.

► To learn more, please visit stjoseph.org/prostate.

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

Winter of Wellness

Unless designated otherwise, visit umstjoseph.org/healthy or call **410-337-1479** to register.

All events are FREE unless designated otherwise.

HEALTH SCREENINGS AND CLASSES

BONE DENSITY SCREENING

Suitable for adults who want to know how their lifestyle is affecting their bone density and for those with certain risk factors (family history, small body frame, inactivity, smoking, excessive caffeine or alcohol consumption, low calcium and vitamin D intake). Consists of a quick, painless ultrasound test of the heel bone (not diagnostic). For those who have not had a DEXA scan or ultrasound bone test in the past year.

Appointment required.

Call **410-337-1337**.

■ **Friday, Feb. 7, 1 to 3 p.m.**

■ **Friday, April 10,**

11 a.m. to 1 p.m.

■ **Friday, June 5,**

10 a.m. to noon

CV Fitness Classroom, first floor main hospital next to gift shop



BODY COMPOSITION ANALYSIS

To identify your unique body makeup and associated health risks. The Tanita DC-4300 professional scale uses bio-electric impedance analysis to determine weight, body fat, body mass index, total body water, muscle mass, metabolic rate and more. **Appointment required.** Call **410-337-1337**.

■ **Tuesday, March 10,**

1 to 3 p.m.

■ **Friday, May 1, 10 a.m. to noon**

■ **Tuesday, June 23, 4 to 6 p.m.**

CV Fitness Classroom, first floor main hospital next to gift shop

HEART HEALTH EVENT

Includes free body composition analysis, cholesterol and blood

pressure screenings, educational counseling and healthy snacks.

Donations of new and gently used books will be accepted to benefit Baltimore County Public Schools. No registration required.

■ **Friday, Feb. 14, 11 a.m. to 2 p.m.**

Canticle Room, inside the cafeteria

CERVICAL CANCER SCREENING

For women ages 21-65 who do not have a history of cervical cancer and have not had a Pap test within the past year. Screening includes pelvic exam, Pap test and education.

Appointment required.

■ **Saturday, March 21, 8:30 a.m. to noon**

Women's Health Associates

SKIN CANCER SCREENING

For detection of melanoma and other serious skin cancers. Screening includes full-body visual examination.

Appointment required.

■ **Wednesday, May 6, 4 to 7 p.m.**

Cancer Institute

CROHN'S DISEASE & COLITIS SUPPORT GROUP

This free adult support group provides patients with their families and friends an opportunity to meet and talk with others who have had similar experiences with Crohn's disease and ulcerative colitis. Call **410-337-1537** to register.

■ **Tuesdays, Jan. 14, March 10, May 12, 7 p.m.**

Noppenberger Auditorium

pressure and want to learn how to manage their condition. Call **410-337-1337**.

■ **Tuesday, Feb. 25, 1 to 3:30 p.m.**

Irwin Center

TAI JI QUAN: MOVING FOR BETTER BALANCE

Reduce your risk of falls! Improve balance, strength and physical performance. This class will meet twice a week for 12 weeks. Registration required.

■ **Mondays and Fridays, March 23 through June 11, 12:30 to 1:30 p.m.**

Irwin Center

STEPPING UP YOUR NUTRITION

A session for older adults who are interested in improving their nutrition and strength to help reduce their risk for falls. Registration required, call **410-337-1337**.

■ **Thursday, March 26, 2 to 4 p.m.**

Irwin Center

STEPPING ON

A seven-week, evidence-based fall-prevention program.

Participants will increase overall strength, achieve better balance, gain more confidence and have a greater sense of independence and a reduced risk of falling. **Registration required.** Call **410-337-1337.**
■ Thursdays, June 4 through July 16, 2 to 4 p.m.
Irwin Center



CHILDBIRTH PREPARATION CLASSES
Classes include baby care, breastfeeding, grandparents update and infant massage classes for parents and baby. Call **410-337-1880** to register.
Fees apply.

SAVE THE DATE: WOMEN'S HEALTH CONFERENCE
Topics include cancer, fall prevention, and holistic health and healing.
■ Saturday, April 25, 9 a.m. to 1 p.m.
Visit umstjoseph.org/womensconference to register.

CLASSES AND SUPPORT GROUPS

STROKE SURVIVOR SUPPORT GROUP
Our free stroke support group encourages participants to share their experiences and offer comfort and empowerment to others. A team of stroke professionals will provide useful information about healthy living, stroke management and support after experiencing a stroke. Call **410-427-2175** to register.

■ Third Tuesday of the month, 2 to 3:30 p.m.

The Orokawa Y in Towson

BETTER BREATHERS CLUB

Sponsored through the American Lung Association, this is a support group for people living with chronic lung conditions, such as chronic obstructive pulmonary disease. Meetings are free. Call **410-337-1302** to register.

■ Fridays, March 20 and May 15, 2 to 3:30 p.m.

CV Fitness Classroom, first floor main hospital next to gift shop

DIABETES INFO EXCHANGE

Designed to encourage an exchange of information and support between presenters and attendees. For questions, call **410-337-1382.**

■ First Monday of the month, 1 to 2 p.m.

CV Fitness Classroom, first floor main hospital next to gift shop

BEYOND INTENSIVE CARE: SURVIVING & THRIVING

A free support group for current and past ICU patients and family members to help them connect with others who may have had similar experiences. Food and drinks will be provided. For more information, please email beyondintensivecare@umm.edu or call **410-427-5540.**

■ First and third Wednesdays, 5 to 6:30 p.m.

CV Fitness Classroom, first floor main hospital next to gift shop

BLOOD DRIVES

AMERICAN RED CROSS BLOOD DRIVE

For medical and eligibility questions, please call **866-236-3276** before scheduling your appointment.

■ Friday, Jan. 31, 8 a.m. to 1 p.m.

■ Thursday, April 2, 12 to 4:30 p.m.

Canticle Room



MOTHERING MATTERS

A free networking support group for new moms and their babies. Call **410-337-1880** to register.

■ Thursdays, 10:30 a.m. to noon

Towson United Methodist Church

Make your health a priority



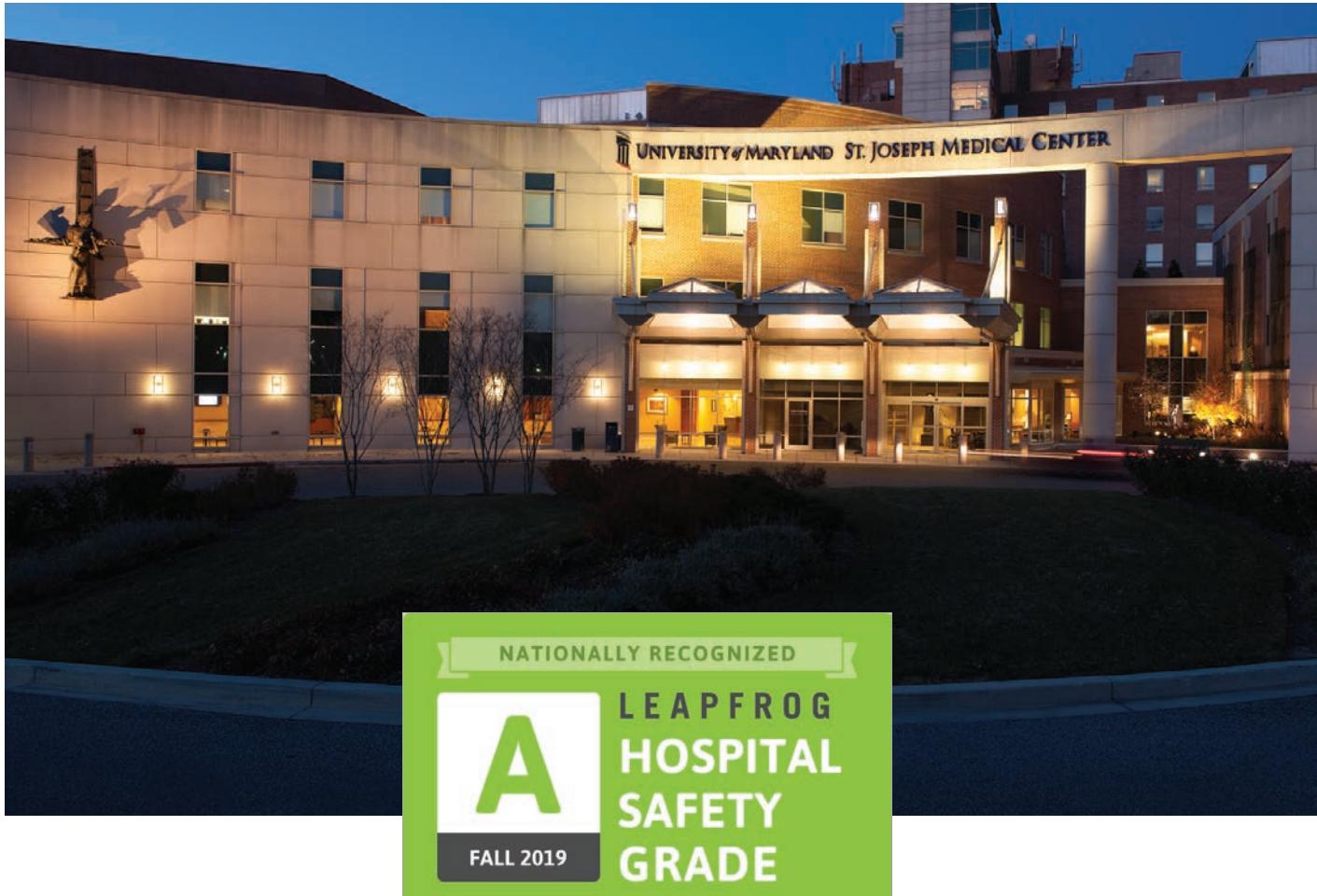
Subscribe today for a better tomorrow





UNIVERSITY of MARYLAND
ST. JOSEPH MEDICAL CENTER
7601 Osler Drive
Towson, MD 21204-7700

Nonprofit Org
US Postage
PAID
Columbus WI
Permit No. 62



Better never stops. The Leapfrog Hospital Safety Grade measures a hospital's overall performance in keeping patients safe from preventable harm and medical errors.

This designation, received a third consecutive time, recognizes UM St. Joseph Medical Center's efforts in protecting patients from harm and meeting the highest safety standards in the United States.



UNIVERSITY of MARYLAND
ST. JOSEPH MEDICAL CENTER

Learn more at umstjoseph.org/leapfrog