

MARYLAND'S

HEALTH  MATTERS™

UM ST. JOSEPH MEDICAL CENTER

Exceptional Cancer Care, Close to Home

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KEEP YOUR FAMILY SAFE FROM THE FLU

Everyone 6 months and older should get a flu shot. For details, see p. 18.

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An athlete's father is alive today thanks to the quick action of two athletic trainers.



COVER STORY

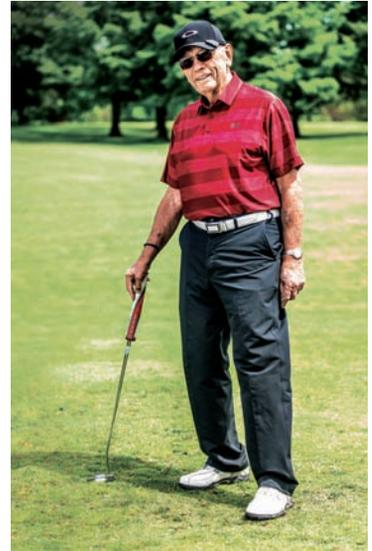
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The Cancer Institute at University of Maryland St. Joseph Medical Center combines advanced diagnostic and treatment services with compassionate care.

ON THE COVER: Personal trainer and nurse Donna Rae Smith shares her “new normal” post breast cancer surgery with Dr. Michael Schultz.

10 STEADY HANDS AT LAST

The University of Maryland Medical Center now offers a new, nonsurgical procedure for essential tremor—a common movement disorder that affects an estimated 10 million Americans.



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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.

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youtube.com/SJMCTowson



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WE WOULD LIKE TO HEAR FROM YOU

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



New Physicians to Care for You

University of Maryland St. Joseph Medical Center is pleased to have these new physicians join our staff

JEREMY S. POLLOCK, MD, CARDIOLOGIST



Jeremy S. Pollock, MD

Dr. Pollock, a board-certified internist and board-eligible cardiologist, joins UM St. Joseph Cardiovascular Associates following his fellowship at the University of Maryland Department of Cardiology. He received his medical degree from University of Maryland School of Medicine and completed his internal medicine residency at Vanderbilt University. He is also board certified in echocardiography and nuclear medicine.

Dr. Pollock has served as an intensive care physician at Montgomery General Hospital, as a hospitalist at Good Samaritan Hospital and as a medical consultant at both GIC Informatics and Access Medicine. He has a research background, serving as a research assistant in several laboratories at University of Maryland studying biomarkers, myocardial stem cells, heart failure outcomes and interventions for severe coronary artery disease.

Dr. Pollock's office is in the O'Dea Medical Arts Building on the UM St. Joseph campus in Towson. To make an appointment, call **410-427-2580**.

KENNETH M. CRANDALL, MD, NEUROSURGEON



Kenneth M. Crandall, MD

Dr. Crandall is a board-eligible neurosurgeon. Most recently, he completed a complex and minimally invasive spine surgery fellowship at the University of Miami Department of Neurosurgery. Before that, he served as chief resident in neurosurgery at both the University of Maryland Medical Center and the VA hospital in Baltimore.

Dr. Crandall received his medical degree from the University of Miami Miller School of Medicine and completed a neurosurgery residency at University of Maryland Medical Center. His awards include the Alpha Omega Alpha honor society, an American Cancer Society summer research fellowship and a U.S. Congressional Award. He served in the Civil Air Patrol of the U.S. Air Force Auxiliary.

Dr. Crandall also serves as an assistant professor of neurosurgery at University of Maryland School of Medicine.

Dr. Crandall's office is in the O'Dea Medical Arts Building on the UM St. Joseph campus in Towson. To make an appointment, call **410-337-8888**.

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A HEALTHY START

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SARAH HOBART, MD **ORTHOPAEDIC SURGEON**



Dr. Hobart joins Towson Orthopaedic Associates of UM St. Joseph Medical Center. Dr. Hobart completed her orthopaedic sports fellowship at the Kerlan-Jobe

Sarah Hobart, MD

Institute: Santa Monica Orthopaedic Group and her orthopaedic residency at Lenox Hill Hospital in New York City. She had additional training in trauma orthopaedics at the R Adams Cowley Shock Trauma Center at University of Maryland Medical Center, pediatric orthopaedics at Boston Children's Hospital and oncologic orthopaedics at Memorial Sloan-Kettering Cancer Center. Dr. Hobart received her medical degree from University of Maryland School of Medicine and is board-eligible in orthopaedics.

An athlete, Dr. Hobart played soccer at Davidson College and was an assistant coach of the Columbia University women's soccer team. She has served as a sports physician covering the USA Men's and Women's National Soccer Teams, Los Angeles Galaxy, Pepperdine University, Long Island University and numerous high school teams. An avid cyclist, she has also covered such cycling events as the Amgen Tour of California and the Colorado Classic.

TIFFANY TSAY, MD **PHYSIATRIST AND SPORTS MEDICINE SPECIALIST**



Dr. Tsay joins Towson Orthopaedic Associates of UM St. Joseph Medical Center. She completed her fellowship in primary

Tiffany Tsay, MD

care sports medicine at the Geisinger Health System, where she taught family medicine residents and medical students. She completed her residency in physical medicine and rehabilitation at the University of Pennsylvania Health System, where she was an educational chief resident. Dr. Tsay received her medical degree from the State University of New York Downstate Medical Center in Brooklyn. Her extensive experience providing athletic medical coverage to sports teams, universities and marathons includes the Wilkes-Barre/Scranton Penguins, Misericordia University, Wilkes University, University of Pennsylvania Women's Soccer and the Philadelphia TriRock Triathlon.

Dr. Tsay belongs to the American Academy of Physical Medicine and Rehabilitation and to the American Medical Society for Sports Medicine.

BRIAN SHIU, MD **ORTHOPAEDIC SURGEON**



Dr. Shiu joins Towson Orthopaedic Associates of UM St. Joseph Medical Center. He recently completed a fellowship at the Center for

Brian Shiu, MD

Shoulder, Elbow and Sports Medicine at Columbia University Medical Center. During his orthopaedic training, he has assisted in the medical care of athletes from Columbia University, the New York Yankees, the Rockland Boulders baseball team and local high school teams in Maryland.

Dr. Shiu received his medical degree from the University of Maryland School of Medicine, where he was awarded the Thomas E. Gillespie Award for Excellence in Orthopaedics. He completed his residency training at the University of Maryland Medical Center.

Dr. Shiu has co-authored numerous scientific articles and has presented his work nationally and internationally. His academic accomplishments include the Ulrich Research Award at the University of Maryland, a basic science research award from the Maryland Orthopaedic Association and a Top 10 Paper designation at the American Academy of Orthopaedic Surgeons Annual Meeting.

Drs. Hobart, Tsay and Shiu are located in the Towson Orthopaedics Associates office at 8322 Bellona Ave., Towson. To make an appointment, call **410-337-7900**.

Miracle by the Lacrosse Field

Athletic trainers save a spectator's life



 Samantha Smith, ATC, of Towson Sports Medicine of UM SJMC for Towson High School, and Steve Kinsey, ATC, of Hereford High School.

You never know when and where the medical professionals of UM St. Joseph Medical Center (UM SJMC) will need to spring into action. In this case, it was a lacrosse field at Hereford High School last May.

A Towson High School father went into cardiac arrest while watching his son's game. Two athletic trainers at the game—Samantha Smith, ATC, of Towson Sports Medicine of UM SJMC for Towson High School, and Steve Kinsey, ATC, of Hereford High School—immediately ran to his rescue.

"They administered CPR and re-established the father's heartbeat using an AED [automated external defibrillator]," explains Brian Perez, MS, ATC, head athletic trainer and executive director of Towson Sports Medicine. An AED is a portable electronic device used to administer an electric shock to the heart and restore the heart's normal rhythm during sudden cardiac arrest.

"The patient was transported by ambulance in stable condition to the nearest hospital in York, where he was treated," says Perez. "Although caring for student athletes is the primary reason that Towson Sports Medicine was at the field, sometimes there are emergencies among spectators. I'm glad that Steve and Sam were there."

Adds Thomas Smyth, MD, president and CEO of UM SJMC, "This story proves that our people make the difference—miracles can happen outside of the physical boundaries of St. Joseph." ♦

Breast cancer survivor
Donna Rae Smith and
her nurse navigator,
Rose Wolfe, RN.



EXCEPTIONAL CANCER CARE, CLOSE TO HOME

At the UM SJMC Cancer Institute, patients benefit from advanced treatment therapies, extraordinary support services and compassionate care

Let's start with the good news about cancer: Death rates have dropped by 25 percent from their peak in 1991, when some people were still afraid to even utter the word "cancer."

Today, there are more than 15.5 million cancer survivors in the U.S.

"This dramatic improvement in cancer survival is due, in large part, to state-of-the-art treatment facilities, such as the Cancer Institute at the University of Maryland St. Joseph Medical Center (UM SJMC), a University of Maryland Greenebaum Comprehensive Cancer Center affiliate," says Nader Hanna, MD, medical director of the UM SJMC Cancer Institute and professor of surgery at University of Maryland School of Medicine. The Cancer Institute is setting new standards in excellence for both early cancer diagnosis and comprehensive cancer treatment, says Dr. Hanna. "Our cancer care brings new hope to patients through the application of advanced

diagnostic and treatment services, including a broad array of survivorship support services and a range of national clinical trials,” he adds.

The cautionary news is that cancer is all around us. The lifetime risk of developing cancer in the U.S. has increased to 1 in 2 men and 1 in 3 women. This year in Maryland, more than 10,200 people will be newly diagnosed with cancer.

Cancer may touch almost every family, whether it is your diagnosis or a friend’s diagnosis. So it is comforting to know there’s exemplary care right here in your backyard. UM SJMC has a comprehensive oncology center, staffed by multidisciplinary teams of highly skilled professionals who combine cutting-edge technologies with compassionate care—treating the whole patient, not just the cancer. The result is holistic patient care at its finest.

ONE CENTER TREATS A SPECTRUM OF CANCERS

The UM SJMC Cancer Institute treats a large spectrum of cancers. Specialized, holistic and personalized treatment is offered for lung, breast, prostate, colon, pancreatic, liver, gynecologic, urologic, brain and blood cancers and more.

“Our professionals are not only highly trained and credentialed, but we hold our patients’ hands throughout the whole process,” says Dr. Hanna, who specializes in colorectal cancer.

When someone is diagnosed, it can be overwhelming, says Richard Schraeder, MD, a medical oncologist who specializes in thoracic and lung cancers and also treats gastrointestinal, pancreatic and colon cancers, and blood abnormalities. “We reassure the patient that the two most important pieces of information in creating a personalized treatment plan are diagnosis and stage, so we extensively review those two things. We take a multidisciplinary approach and individualize treatment to enhance the patient’s quality of life.”

“Each patient is reviewed at our weekly multidisciplinary conference to discuss the best treatment plan for them,” adds Breast Center nurse navigator Susan Feild, RN. “All the medical experts are present—from medical oncologists to pathologists, radiation oncologists, radiologists, surgeons and social workers. We produce an easy-to-read presentation that’s given to each patient.”

Rima Couzi, MD, a medical oncologist who specializes in breast cancer, says the teams spend a lot of time going over the treatment plan with each patient.

“We guide patients through the rationale of their plan, bringing clarity to why we’re recommending a certain treatment. And we make sure to support the patient through the whole journey,” Dr. Couzi says.



CANCER SURVIVOR DONNA RAE SMITH SHARES HER ‘NEW NORMAL’

I was a healthy 63-year-old personal trainer and nurse when my gynecologist, Dr. Susie Chung, discovered a lump in my breast. After an intense treatment process, which included surgery and chemotherapy, my new normal began. Ambivalent about the future, I relied on the folks at the Cancer Institute as my first line of support. My nurse navigator, Rose Wolfe, RN, is a strong believer in integrative health therapies, and she applied her certified skills in Healing Touch techniques to help me calm my spirit and begin my post-breast cancer journey.

As a practitioner of breathing, meditation and yoga exercises and a teacher of qi gong, I am able to stay physically strong and mentally centered. Once my breast surgeon, Dr. Michael Schultz, gave me the OK, I walked 30 minutes every day. I also participate in the survivorship mentoring program at the Cancer Institute. My mentor, a breast cancer survivor herself, offers a wealth of support and provides a lot of practical information.



LEARN MORE

To read more about Smith’s story, visit stjosephtowson.com/healthy.

TOP 12 REASONS TO CHOOSE UM SJMC CANCER INSTITUTE

1. Access to a broad range of clinical trials, national experts and the latest treatments from the University of Maryland Greenebaum Comprehensive Cancer Center
2. Patient-centered, faith-based and compassionate care
3. Multidisciplinary approach to identify and treat a spectrum of cancers
4. Peer-reviewed individualized care and treatment plans reflect National Comprehensive Cancer Network guidelines
5. High-touch, skilled oncology nursing care
6. “All-in-one” centralized care model in a community setting
7. Coordinated care and nurse navigation services
8. Numerous national awards, including national Outstanding Achievement Award, American College of Surgeons’ Commission on Cancer and National Accreditation Program for Breast Centers
9. Oncology physicians continuously rated among Baltimore’s “Top Docs” by *Baltimore* magazine
10. Personalized medicine
11. Beautiful, serene, patient-focused multiservice treatment environment
12. Minimally invasive surgical options, including robotics



LEARN MORE

To watch a video about the UM SJMC Cancer Institute, visit stjoseph towson.com/healthy.

“Whether treatment involves surgery, chemotherapy or radiation therapy, the Cancer Institute focuses on personalized medicine and faith-based care to treat the whole patient,” says Business Operations Director Monica Fulton. “Our goal is to provide the best treatment for every cancer.”

Nurse manager Kelly Powers, RN, of the Cancer Institute’s Serpick Infusion Center, says the center provides powerful medication to treat a large variety of cancers. “We believe what sets us apart is our people,” says Powers. “Each employee comes in every day with the patient and family at the center of their minds and their hearts.”

“There’s a scientific part of what we do, but there’s also a very humanistic part,” says Yousuf Gaffar, MD, a hematologist and medical oncologist who specializes in blood cancers. “I get to know the patients, their families and their concerns. My hope for my patients is to have them know they have a full team of caring, compassionate people on their side. My philosophy is to educate them to the best of my abilities about what they will be going through, whether it’s advanced target therapies, chemotherapy or palliative care.”

SURVIVOR SERVICES OFFER HOPE, COMFORT AND RELIEF

A wide array of survivorship and patient support services are available at the Cancer Institute to assist patients in their journey back to greater health. A few of these services include nutritional, genetic, palliative care, social work and spiritual counseling, as well as healing touch therapies and nurse navigation. Here’s how a few of our specialists explain their role in supporting their patients:

Nurse navigator Susan Feild says of her role: “I am the hand holder, question answerer, help-them-get-through-the-journey person. I’m going to hold your hand just like you are a member of my family because that’s the way we do it at the Cancer Institute.”

Says Paige Williamson, outpatient oncology dietitian, “I’m available during all phases of treatment—before, during and after. Patients sometimes experience weight gain or loss, taste changes or stomach upset. I personally tailor nutrition advice to help treat the whole person.”

Certified genetic counselor Nisha Isaac, MS, says, “I work with individuals and families to try to figure out if they have a higher risk of cancer based on their personal and family history of cancer so that we can either detect cancer at an early stage or prevent it in some cases. People who test positive for a higher risk need increased schedules of screenings and possibly preventive medication.”



▲ Breast cancer patient Stephanie Gill (left) gives her infusion therapy nurse Gina Bush a big hug. Gill credits her regular mammogram screenings for early detection and Bush for being “the best nurse ever.”

Says oncology social worker Erin Antenen, LGSW, “My work includes helping patients and their families navigate concerns such as working while being treated, understanding Social Security and insurance benefits, applying for financial assistance, finding a mental health counselor, coordinating transportation to treatment, accessing home care and even hospice care, when appropriate. I address practical and financial concerns and make sure patients are taking advantage of all available help. I save patients work and stress.”

“Palliative care means the additional layer of care for people with serious illness. We do the best job possible taking care of symptoms from illness and treatment of illness,” says Helen Gordon, MD, director of Palliative Care at UM SJMC. “If there comes a point that treatment can no longer work, our goal is that you are always the one making the decisions. Our goal is to take the best possible care of your physical and emotional symptoms.” ♦

BE A PART OF SOMETHING GREATER

The UM SJMC Cancer Institute is proud to be an affiliate of the nationally renowned University of Maryland Greenebaum Comprehensive Cancer Center, providing access to:

- A National Cancer Institute-designated comprehensive cancer center
- The next level of comprehensive cancer care
- Expanded clinical trial options with promising new therapies
- Active translational research program
- Maryland Proton Treatment Center
- Additional cancer centers strategically located throughout the Baltimore metropolitan region

KNOW YOUR CANCER RISK FACTORS

Getting screened for cancer can save your life and decrease the chance of related disabilities and financial burdens. The American Cancer Society reports the lifetime risk of developing any type of cancer from all invasive sites:

- For men: almost 1 in 2, or 42 percent
- For women: 1 in 3, or about 37 percent

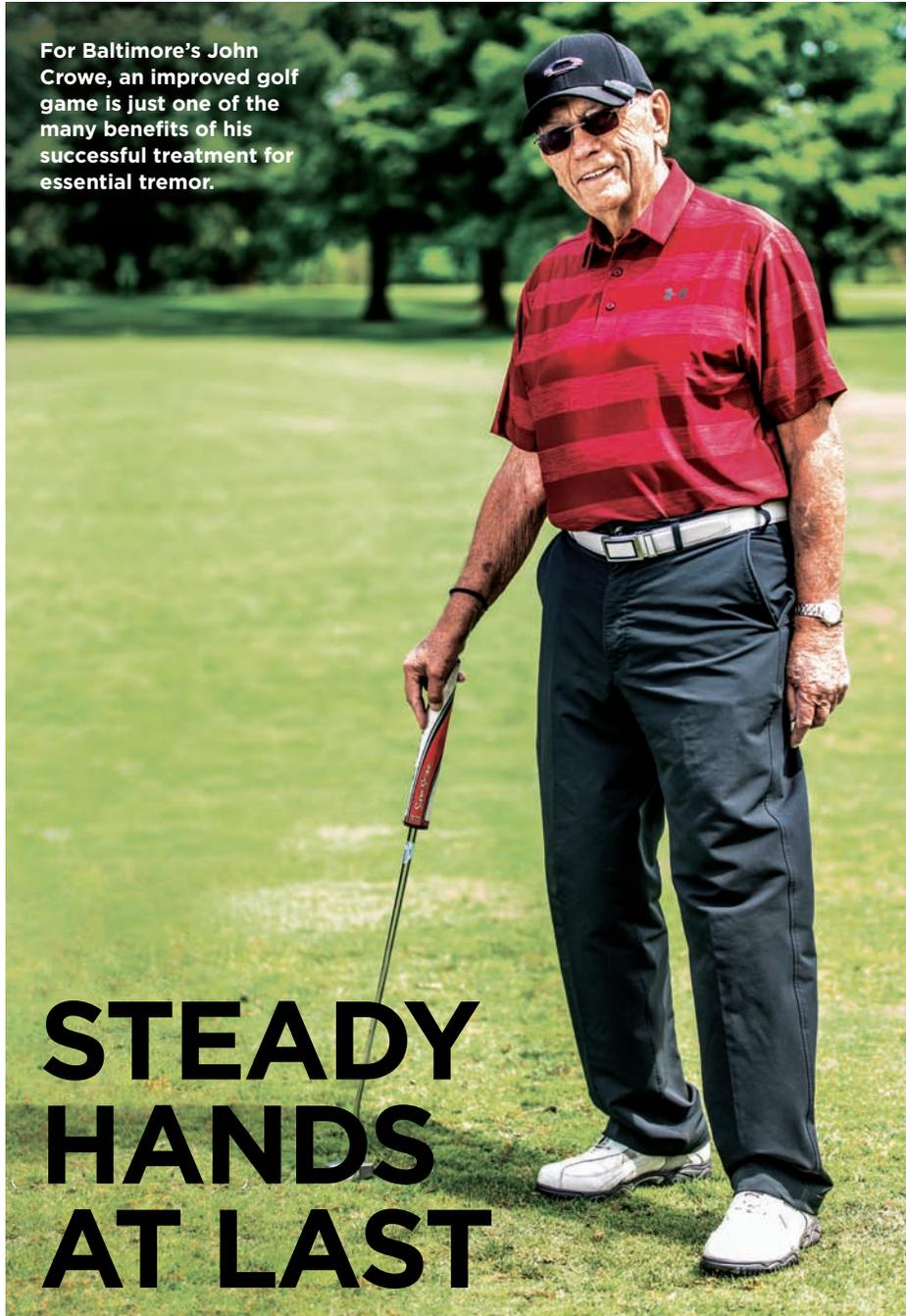


SCREENINGS MAKE A DIFFERENCE!

Are you at risk for cancer? Be proactive. For information about free or program-sponsored cancer screenings at UM SJMC Cancer Institute, visit stjosephtowson.com/healthy.



For Baltimore's John Crowe, an improved golf game is just one of the many benefits of his successful treatment for essential tremor.



STEADY HANDS AT LAST

FOR DECADES, JOHN CROWE ENDURED NEAR-CONSTANT SHAKING OF HIS HANDS DUE TO ESSENTIAL TREMOR—A COMMON MOVEMENT DISORDER THAT AFFECTS AN ESTIMATED 10 MILLION AMERICANS. BUT AFTER UNDERGOING A NEW, NONSURGICAL PROCEDURE AT THE UNIVERSITY OF MARYLAND MEDICAL CENTER, HIS TREMOR IS GONE.

Golf is a favorite pastime for John Crowe. But a tremor that made his hands shake wildly made it difficult on the green.

"Putting could be the worst," says Crowe, 78, who received a diagnosis of essential tremor almost 50 years ago. "I had to get the heaviest putter I could and then hope the ball would make it in the hole."

While not as well known as Parkinson's disease, essential tremor is the most common movement disorder, affecting an estimated 10 million Americans. It's thought to be a hereditary nerve disorder that originates in the thalamus area of the brain, often causing uncontrollable shaking in the arms and hands.

"Some people can't even drink a glass of water without holding it in two hands," explains Howard Eisenberg, MD, a professor and the chair of the Department of Neurosurgery at the University of Maryland School of Medicine and a neurosurgeon at the University of Maryland Medical Center. "Essential tremor can absolutely impact someone's life, and it can even be devastating. Imagine not being able to use a spoon or even type on a smartphone."

But today, Crowe's hands no longer shake. He received a new, noninvasive treatment called MRI-guided focused ultrasound (FUS) at the University of Maryland Medical

Center. It is one of only a handful of hospitals in the country that offers FUS for essential tremor.

HOW FUS WORKS

Crowe was diagnosed with essential tremor in his 20s; it affected every facet of his life. As the owner of a small business, Crowe relied on his secretary, who wrote everything for him except his signature. He developed the habit of signing his name with simple scribbles.

He found ways to live with his disease. He would lower his head to the table to eat soup. He'd get his friends to shuffle and deal during regular card games. He was prescribed medication, too, but it lost its effectiveness.

"I was embarrassed around other people," says Crowe, who lives in Baltimore's Federal Hill neighborhood. "You're picking up something, and your hand is waving and shaking from the tremor, and someone sees you and waves hello. And you think, 'I'm not saying hi to you!'"

Then a friend called to tell him he'd seen a commercial about a new study that involved treating essential tremor with focused ultrasound. Crowe was intrigued.

FUS uses detailed brain imaging and heat-generating sonic waves to pinpoint and kill brain cells associated with the essential tremor. More than 1,000 sonic waves

are directed at a precise spot in the brain, traveling through the skull. The sonic waves must reach the target at the same exact time for the procedure to work.

"It's a bit of a race, and you have to make it a dead tie," says Dr. Eisenberg.

To make sure the waves hit the correct spot associated with the tremor, radiologists use magnetic resonance imaging (MRI) to create a map of the brain and pinpoint the target. Once it's confirmed that no other parts of the brain will be affected, the temperature of the sonic waves is turned up to kill the targeted cells.

During treatment, the patient is awake and interacting with the care team.

Patients experience a 50 to 60 percent reduction of the tremor, allowing for a greater quality of life—even for those whose tremor was not correctable with the best medicines.

"It's noninvasive, it's real-time and it produces a really good result. Patients come in with tremors and they leave without having any surgery, and their tremors are significantly diminished," says Elias R. Melhem, MD, a professor and the chair of the Department of Diagnostic Radiology and Nuclear Medicine at the University of Maryland School of Medicine, who oversees the brain's imaging during

FUS with colleague Dheeraj Gandhi, MBBS.

Paul Fishman, MD, PhD, a professor of neurology at the University of Maryland School of Medicine, says there have been close to 800 cases worldwide using FUS to treat brain conditions with no reports of bleeding or infections. Patients who undergo FUS can have side effects, such as changes in sensation in the hand or problems with balance, but these issues are rarely serious.

IMPROVING ON AN INVASIVE SURGICAL OPTION

Essential tremor can be treated medically using propranolol, but patients develop tolerance to the drug, and the effects diminish over time. Deep brain stimulation (DBS), a highly invasive treatment, has been the standard of care over the past 15 years if medications are unsuccessful.

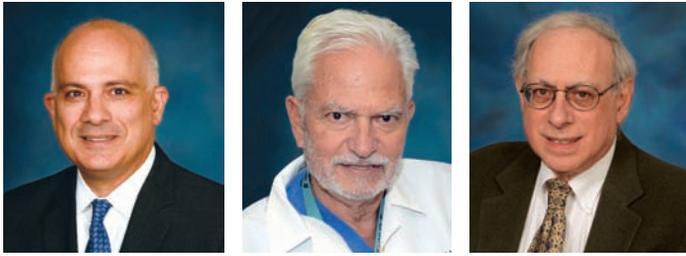
With DBS, neurosurgeons drill a hole into the skull so a cylinder can be inserted in the brain. Through that cylinder, electrodes are implanted in the thalamus. The electrodes are connected by wires that run under the skin to a pacemaker, which is inserted in the chest. The pulsing electrodes can be modified at any time to change the effect on the tremor, and they can reduce the tremor by 60 to 70 percent.

"DBS was one of the greatest developments in neurology and neurosurgery in the last 20 years," says Dr. Fishman. "The idea that you can modulate brain activity with an implantable electrode and have that be clinically useful—we're talking about 150,000 people who have had this procedure done, so you know that's clearly the standard of care."

DBS patients also need future surgeries to replace



▲ During the procedure, which lasts two to four hours, Dr. Paul Fishman is able to test whether the targeted treatment is effective at calming the tremor.



Drs. Elias Melhem, Howard Eisenberg and Paul Fishman

the batteries. But many, like John Crowe, are turned away by the wires coming out of the head to the chest. He says he would sooner deal with his symptoms than undergo DBS.

“When my doctor started mentioning drilling in my head and putting wires in, I said I can live without that,” Crowe says. “And then when they came up with focused ultrasound, I thought, ‘You know what? Let’s try it.’”

THE RIGHT FIT, THE RIGHT PROCEDURE

Once Crowe learned more about focused ultrasound, he contacted his daughter, a research associate at a local hospital, and found his way to the University of Maryland Medical Center, where he was told he was a candidate for the new treatment.

After a series of baseline tests—using a pen to go through a circular maze, drawing horizontal lines and sipping out of a lidded cup—it was finally time to have the procedure. It lasted about three hours,

and Crowe heard one quick, loud bang when the sonic waves reached the cells in his brain that caused the tremor.

“It’s pretty dramatic to see the results,” says Dr. Eisenberg. “Patients can become emotional because there is such a noticeable difference right away.”

It was certainly immediate for Crowe.

When he repeated the baseline tests, he could trace the marker through the maze without hitting the sides, draw a horizontal line and drink out of a cup without spilling.

“I was tickled to death,” Crowe says.

But it wasn’t until a hospital dinner of chicken, mashed potatoes and peas that night that it really sunk in.

“I picked up the fork, picked up some peas and put them in my mouth,” says Crowe. “I never gave it a second thought until after I’m eating the chicken and I’m thinking to myself, ‘I ate those peas without them falling all over the place.’”

“That was the most amazing thing.” ♦

REHABILITATION SERVICES FOR PATIENTS WITH TREMORS

At the UM St. Joseph Rehabilitation Department, tremors—which are characterized by trembling, shaking, balance problems and/or slowness of movement—are addressed in a holistic manner as part of the entire treatment plan for movement disorders, which can range from essential tremor to Parkinson’s disease to a brain injury.

“Tremors first require a thorough neurologic assessment,” says speech pathologist Claire McMillan, MS, clinical rehabilitation manager at the UM St. Joseph Rehabilitation Center. “We work with each patient’s physician to achieve the best possible functional result for the patient. We design an individual treatment plan, using a strong multidisciplinary approach that includes physical, occupational and speech therapies.”

Physical therapy is utilized to improve balance and strength while walking. This includes core exercises that strengthen abdominal muscles, and exercises to increase flexibility in the hips, knees, ankles and feet.

“Occupational therapy is used to address muscle strength and flexibility in the patient’s upper extremities—the arms, hands and fingers. The goal is to improve functional tasks such as cooking, household chores and handwriting,” explains McMillan. “A major concern of patients is wanting to have legible handwriting.”

Speech therapy addresses voice quality. “A tremor can affect the health of a person’s voice, making it weak and shaky. Patients are concerned with being heard over the phone or in a social setting. Through vocal exercises, we can help a patient’s voice become clear and strong,” she adds.



MAKE AN APPOINTMENT

To arrange an outpatient appointment with rehabilitation services, call **410-337-1336**.

1

Eat Well

Diets that are high in fruits, vegetables, whole grains and nuts—and low in red meat, fat and sugar—may help reduce the risk of dementia.



2

Keep Moving

Regular cardiovascular activity such as brisk walking helps increase blood flow to your brain. It also helps lower potential dementia risk factors such as high blood pressure, diabetes and high cholesterol.



5

Ways to Keep Your Brain Healthy as You Age

Studies show that certain lifestyle activities may help reduce your risk of cognitive decline. Plus, some of these healthy habits are just as beneficial for your body as they are for your mind.

4

3

Get a Good Night's Sleep

Not getting enough shut-eye or sleeping poorly can lead to problems with memory and concentration.



Stay Connected to Others

Make it a priority to spend time with others. Remaining socially active may help delay the onset of dementia and decrease the risk of depression, studies suggest.



5

Learn Something New

Keeping your mind active—by learning new skills, playing games or doing other mentally stimulating activities—may help make your brain become more adaptable and compensate for age-related changes.

WHAT'S GOOD FOR YOUR HEART IS GOOD FOR YOUR BRAIN

Researchers have discovered that many of the same risk factors for heart disease—including smoking, obesity, diabetes, and high cholesterol and blood pressure—can also increase your risk of dementia and cognitive decline. To keep both your heart and brain healthy, don't smoke, maintain a healthy weight and take steps to keep your blood sugar, cholesterol and blood pressure within recommended limits.

LETTER FROM THE CHAIRMAN

GIFTS THAT MAKE A DIFFERENCE



When I want to put a face to our mission of loving service and compassionate care, Michael J. Schultz, MD, medical director of the Breast Center in our Cancer Institute, immediately comes to mind. Our team is so blessed to have Dr. Schultz, who not only

provides excellent clinical care to his breast cancer patients, but who, with his gentle compassion, is the very definition of loving care. Dr. Schultz's healing gift is all the more important, as 1 in 8 women will be diagnosed with breast cancer during her lifetime. This frightening disease, at some point, affects *all* of us. To ensure that his model of care continues in perpetuity, Dr. Schultz and his wife, Joan, established the Geraldine G. Schultz Fund for Breast Cancer Survivors in honor of Dr. Schultz's late mother, a 40-year breast cancer survivor. The fundraising goal for the endowment is \$2 million, raised solely through philanthropy, and I am delighted to report that we are nearly halfway there!

My wife, Janet, and I are proud to support the Schultz Fund. Both of us have seen the effects of breast cancer on several people who are very dear to us. The fund is a phenomenal initiative to ensure that breast cancer patients are healed in body and soul until that day comes—and it will—when breast cancer will be a disease that lives only in the history books.

The Honorable Francis X. Kelly Jr.
Chairman, Operating Board
University of Maryland St. Joseph Medical Center

Committed to Breast Health Care

Hearing the words “I’m sorry, but your biopsy is positive for breast malignancy” may be one of the scariest sentences a woman will ever hear. But today, there is good news: Advancements in diagnosis, treatment and follow-up care have dramatically increased survival rates for breast cancer patients.

Now, most people treated for breast cancer will live for many years. In fact, there are more breast cancer survivors in the United States than any other group of cancer survivors.

Under the leadership of Michael J. Schultz, MD, the Breast Center, part of the Cancer Institute at UM St. Joseph Medical Center, understands breast cancer



ERIS CHORNEY

“Survivorship means that I can provide hope for the newly diagnosed and empower them to be active participants in their care.”



patients have distinctive psychosocial needs associated with detection, treatment, reconstruction and survivorship. The Breast Center is the culmination of Dr. Schultz's dream to create a place where physicians and staff come to patients, as opposed to the reverse. The No More Sleepless Nights™ commitment,



HELEN VOGEL

“Survivorship is the gratitude I feel for the gift of my life, which has been enriched by the journey and all those amazing people who have helped me along the way.”

complement surgical, radiation and infusion therapies to reduce pain and anxiety in the clinical setting. Some of these include “healing touch,” aromatherapy, visual imagery and mindfulness.

The Geraldine G. Schultz Fund for Breast Cancer Survivors reflects UM St. Joseph’s commitment to loving service and compassionate care. These healing therapies include individual and group psychosocial support, wellness workshops on nutrition and exercise, image consultation, art and music therapy, and spiritual care.

No one wants to hear the words “You have breast cancer,” but now the follow-up to that is, “but we’re going to take care of it and you’re going to be fine.” Sweet words, indeed, to end that sentence.

created by Dr. Schultz, guarantees an immediate review by pathologists, leading to a follow-up patient consultation within 24 hours after a biopsy. To deliver this kind of compassionate care, the Breast Center team goes to tremendous lengths.

The Geraldine G. Schultz Fund for Breast Cancer Survivors is a natural extension of this mission to enhance patients’ and their families’ quality of life from diagnosis, through treatment, into recovery and beyond. When the permanent fund reaches \$2 million, it will provide \$100,000 annually for the kinds of services Dr. Schultz and the Breast Center team have championed. The fund will sustain No More Sleepless Nights™ and other supportive care programs for breast cancer patients and their families that educate them about prevention, screening, treatment and survivorship issues. The Fund also will enhance integrative therapies designed to



PHYLLIS ATTMAN

“I have been cancer-free for 17 years but that doesn’t mean I ever forget about it. The memory is always there and patients need to learn how to deal with the ‘new normal.’ It’s wonderful to see women guided on this journey.”

WHAT DOES SURVIVORSHIP MEAN TO YOU?

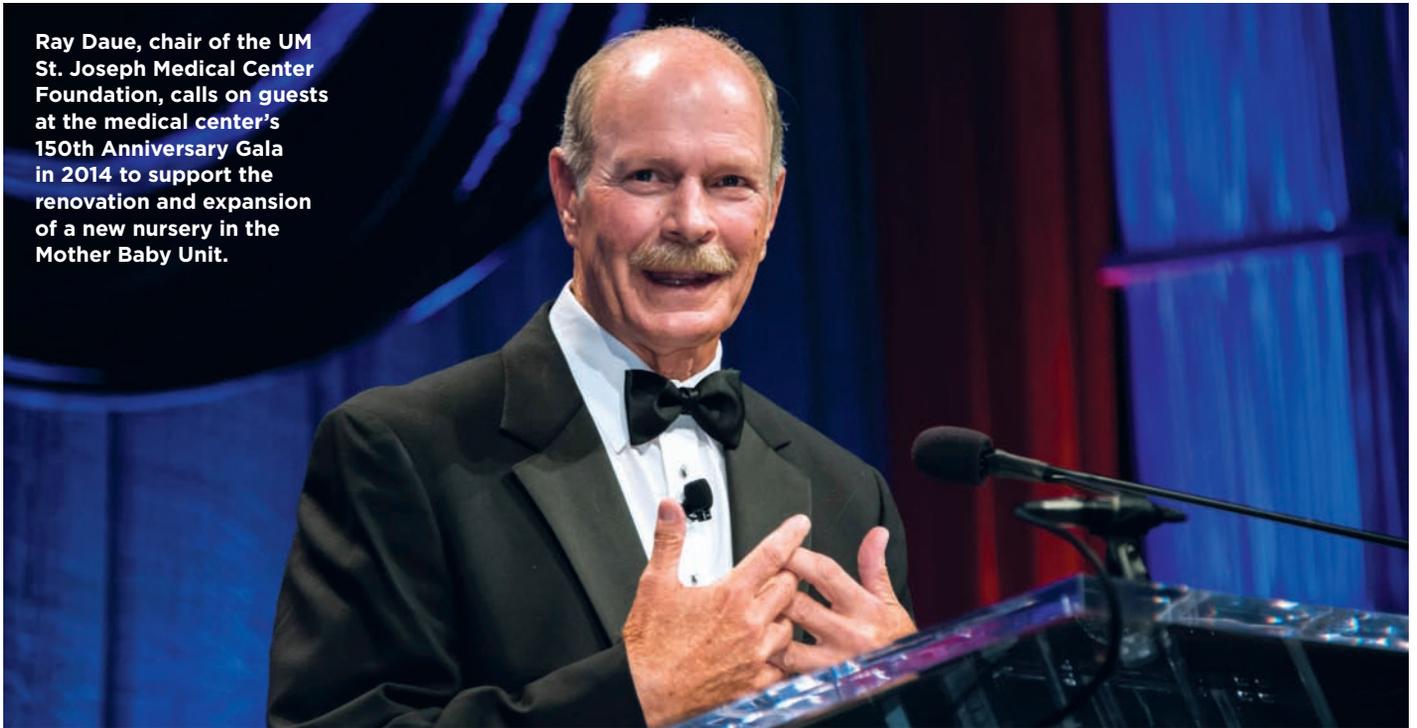
Tell us and consider honoring a survivor or your caregiver with a tax-deductible donation to support the Geraldine G. Schultz Fund for Breast Cancer Survivors. Philanthropic gifts of every size

are vital to the Fund’s mission and will have a powerful impact on the health of survivors and their families for generations to come.

To speak with us about giving opportunities and if you want to

share your own breast cancer survivorship story, please call the UM St. Joseph Medical Center Foundation at **410-337-1397** or email **sjfoundation@umm.edu**.

Ray Daue, chair of the UM St. Joseph Medical Center Foundation, calls on guests at the medical center's 150th Anniversary Gala in 2014 to support the renovation and expansion of a new nursery in the Mother Baby Unit.



RAY DAUE'S WINNING DRIVE

On Sept. 13, 2014, Ray Daue, chair of the UM St. Joseph Medical Center Foundation, walked up to the podium at the hospital's 150th Anniversary Gala. In less than four minutes he raised more than \$180,000 from 91 donors to partially fund a new nursery on our Mother Baby Unit. Ray has just that much power of persuasion when he wants others to support a cause that is close to his heart.

Ray credits his father, Raymond Sr., for planting the seed of helping the less fortunate. He was a longtime supervisor at Baltimore's Pepsi-Cola plant, struggling to raise five children. "Dad always held a little out of his paycheck to lend to other workers at the plant who had even less. I learned early on that you don't need to have much to make a difference in people's lives," he says. "It was a wonderful lesson."

For the past 40 years, Ray, senior vice president of Willis Towers Watson, has used golf as his path to raise an estimated \$12 million for local nonprofits. "There is nothing that says you can't have fun while helping others at the same time," he laughs. "When Senator Kelly approached me about chairing the Foundation Board at St. Joe's, I jumped at the chance. I was raised down the street in Govans and St. Joe's has always been our family hospital. It's a sensational place to be involved.

The level of caring and the commitment to healing I see from the physicians and nurses inspires me to always be at the top of my game. And, we have a phenomenal Foundation Board who is as dedicated as I am."

Senator Kelly laughs when asked about Ray. "Actually, I'm not sure you can print the words I would use to describe Ray Daue," he says with a broad smile. "In all seriousness," he adds, "there is no other person in Baltimore that I would want for this important job. I've known Ray for many years and seen his phenomenal ability to connect with people and convince them to support causes important to all of us. We are lucky to have him."

Adds Thomas Smyth, MD, president and CEO of UM St. Joseph Medical Center, "I've seen Ray work his fundraising magic through our mutual affiliations with several institutions in our area. When I accepted the position of president of the medical center, it was only with the assurance that Ray would be working alongside of me. He is invaluable."

"I am 100 percent convinced that helping others is the secret to happiness," Ray concludes. "I wasn't cut out for the medical field but love that I have this chance to do my part. I'm still in awe, every day, by how much good there is in the world."

HONORING OUR PHYSICIANS AND NURSES

On June 13, three physicians were inducted into UM St. Joseph Medical Center's Healing Hands Guild, an honorary society recognizing physicians who have demonstrated extraordinary commitment to the medical center, to their patients and to advancing excellence in medicine. At the same time, three nurses were inducted into the Profiles of Compassion Society, honoring nurses who have shown

exceptional dedication to delivering loving service and compassionate care to the patients they serve. Following the induction ceremony, a celebration was held in the hospital's rotunda. We congratulate Linda Adler, MD, Robert Ancona, MD, Satyam Chary, MD, Leigh Chapman, RN, Ann Kennedy, RN, and Maria Lombardo, RN, for receiving this important recognition.



▲ Colleagues and family members gather under the sculpture "Grace" in the medical center's rotunda to enjoy the induction ceremony.



▲ Thomas Smyth, MD, president and CEO, left, and Gail Cunningham, MD, chief medical officer, right, congratulate new inductees Linda Adler, MD, Robert Ancona, MD, and Satyam Chary, MD.



▲ Thomas Smyth, MD, shares a special moment with Ann Kennedy, RN, after her induction into the Profiles of Compassion Society.



▲ Thirty-six bronze plaques with the hand imprints of each physician inducted into the Healing Hands Guild are on display in the medical center's upper lobby.

Keep Your Family Safe from the Flu



Flu season is approaching, which means it's time to take the proper precautions to protect your family from the common—yet potentially deadly—viral infection.

The flu is very contagious, but some good habits can help prevent the spread of germs, including washing your hands, covering your cough or sneeze, staying home when you are sick and avoiding close contact with others.

The flu vaccine is the best protection against the flu. Everyone 6 months and older should receive a flu vaccination every year, ideally before the end of October. For patients ages 65 and older, there is a higher-dose vaccine that has proved to be nearly 25 percent more effective for that age range.

WANT TO GET THE FLU VACCINE? WE CAN HELP!

Our primary care, pediatric and urgent care locations offer the flu vaccine. And if you think you have the flu, we can offer testing and treatment. To find a location near you, visit stjosephstownson.com/healthy.

We also offer a free flu clinic, which is open to all. See the back cover for dates and locations.

UM SJMC is a proud partner of ChoiceOne Urgent Care, offering convenient locations in Dundalk, Towson, Phoenix and its newest location at the Rotunda opening in November. Check in online at choiceoneuc.com.



The University of Maryland Medical System's Medicare Advantage Health Plan is here!

University of Maryland Health Advantage (HMO and HMO-SNP) has a network of more than 9,000 providers. We are confident you will have your health care needs taken care of and the medical care you expect from the *University of Maryland Medical System*.

University of Maryland Health Advantage covers all your needs in one plan; medical, hospital, and prescription drugs. University of Maryland Health Advantage even offers extra health benefits, like

- Dental
- Vision
- Routine Podiatry
- Annual Physical Exam
- 24/7 Nurse Support
- and more!

Call University of Maryland Health Advantage today for more information or to enroll over the phone.

1-844-344-6334 (TTY: 711)

8am - 8pm ET, 7 days a week October 1 - February 14
 8am - 8pm ET, Monday - Friday, February 15 - September 30
 or visit www.UMMedicareAdvantage.org

University of Maryland Health Advantage is an HMO and HMO-SNP plan with a Medicare contract and a State of Maryland Department of Health Medicaid program contract. Enrollment in the University of Maryland Health Advantage depends on contract renewal. University of Maryland Health Advantage Dual plan is available to anyone who has both Medical Assistance from the state and Medicare. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits may change on January 1 of each year. The provider network may change at any time. You will receive notice when necessary. University of Maryland Health Advantage, Inc. complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: Si usted habla español, tenemos servicios de asistencia lingüística disponibles para usted sin costo alguno. Llame al 1-844-344-6334 (TTY: 711). 小贴士: 如果您说普通话, 欢迎使用免费语言协助服务。请拨打 1-844-344-6334 (TTY: 711).

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HEALTH SCREENINGS

BREAST CANCER SCREENING

For women 40 and older who have not had a mammogram within the past year and do not have breast cancer. Screening includes clinical breast exam, screening mammogram and risk assessment. **Appointment required.** Call **410-337-1479**.
■ Saturday, Oct. 7. Appointments begin at 8:30 a.m.

BONE DENSITY SCREENING

Suitable for adults who want to know how their lifestyle is impacting 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 quick, painless ultrasound test of the heel bone (not diagnostic). For those who have not had a DEXA scan or an ultrasound bone test in the past year. **Appointment required.** Call **410-337-1337** or visit **stjosephtowson.com/healthy**.
■ Friday, Oct. 6, 2 to 4 p.m.
■ Friday, Dec. 1, 11 a.m. to 1 p.m.

BODY COMPOSITION ANALYSIS

To identify your unique body makeup and associated health risks. The Tanita SC-331S professional scale uses bioelectric impedance analysis to determine weight, body fat, BMI, total body water, muscle mass, metabolic rate and more. **Appointment required.** Call **410-337-1337** or visit **stjosephtowson.com/healthy**.
■ Friday, Nov. 10, 2 to 4 p.m.

PERIPHERAL ARTERIAL DISEASE (PAD) SCREENING

If you experience leg discomfort when you walk and it goes away when you rest, you may have peripheral arterial disease (PAD). Early detection of this disease of the arteries in the legs is important. The diagnosis of PAD is made by comparing

NOT ALL WOUNDS ARE VISIBLE

A COMMUNITY CONVERSATION: LET'S TALK ABOUT ADDICTION AND SUBSTANCE ABUSE

Wednesday, Nov. 29
9 a.m. to 12:30 p.m.
SMC Campus Center
621 W. Lombard St., Baltimore, MD 21201

Join the University of Maryland Medical System and the University of Maryland, Baltimore for a FREE community conversation about addiction and substance abuse. This event is open to the public and provides an opportunity to hear from and talk to health care professionals and community leaders about addiction and substance abuse, mental health and recovery. You will not want to miss this chance to ask questions and learn how to get help in your community, so register today to reserve your spot! For more information about locations where this event will be livestreamed or to RSVP, visit **stjosephtowson.com/healthy**.

the blood pressure in your ankles to the blood pressure in your arms. This is a painless procedure using a blood pressure cuff and an ultrasound Doppler. This screening is for anyone over 50 with a history of smoking, diabetes, high blood pressure, high cholesterol, heart attack or stroke. **Appointment required.** Call **410-337-1479**.
■ Thursday, Nov. 9, 4 to 7 p.m.

PROGRAMS

STEPPING ON

This seven-week, evidence-based fall prevention workshop focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility are important in preventing falls. The program helps participants 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**.

■ Wednesdays, Nov. 1 to Dec. 13, 9:30 to 11:30 a.m.

INFLAMMATORY BOWEL DISEASE SEMINAR

Educational program about the management of Crohn's disease and ulcerative colitis. **Registration required.** Call **301-287-8494, ext. 4**, or visit **stjosephtowson.com/healthy**.

■ Saturday, Nov. 4, 9:30 a.m. to 12:30 p.m.

WEEKLY YOGA CLASSES

■ Mondays, 4:30 to 5:30 p.m.
■ Thursdays, 4 to 5 p.m.

Irwin Center. No registration required. Call **410-337-1479** for questions and directions.

SMOKING CESSATION CLASS

This six-week program uses a positive behavior approach to help participants develop their own plan on how to quit. In 60-minute sessions, participants will learn about reducing stress, cravings and withdrawal symptoms, and how to control their weight while resisting the urge to smoke. Nicotine replacement therapy and Chantix are available for eligible cessation class participants. This free program is offered in collaboration with Baltimore County Health Department. **Registration required.** Call **410-337-1337**.
■ Tuesdays, Oct. 17 to Nov. 21, 6:30 to 7:30 p.m.

SUPPORT GROUPS

BETTER BREATHERS CLUB

Sponsored by the American Lung Association, this is a support group for people living with chronic lung disease like COPD. The meetings are free. **Registration required.** Call **410-337-1302**.

■ Friday, Sept. 15, 2 to 3:30 p.m.
■ Friday, Nov. 17, 2 to 3:30 p.m.

STROKE SURVIVORS

The group encourages participants to share their experiences as well as 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. The free meetings are hosted at the Orokawa Y in Towson. **Registration required.** Call **410-337-1337**.

■ Tuesdays, Oct. 17, Nov. 21, Dec. 19, Jan. 16, 2 to 3:30 p.m.

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.



INFLUENZA (FLU) VACCINATIONS

Flu shots given to
people ages 9 and older

WALK-IN CLINICS ON CAMPUS

No appointments needed.
For questions, call **410-337-1479**.

Noppenberger Auditorium

- Friday, Oct. 13, 3 to 7 p.m.
- Saturday, Oct. 14,
10 a.m. to 2 p.m.

Please bring a nonperishable
food item. Donations will
be given to a local food bank.
Thank you for helping UM
St. Joseph Medical Center
build healthier communities.

WALK-IN CLINICS IN THE COMMUNITY

No appointments needed.
For questions, call **410-337-1479**.

The Shops at Kenilworth

800 Kenilworth Drive, Towson
■ Wednesday, Oct. 11, 12 to 7 p.m.

Greetings & Readings, Hunt Valley Towne Centre

118 Shawan Road, Hunt Valley
■ Thursday, Oct. 12, 3 to 7 p.m.

White Marsh Mall

8200 Perry Hall Blvd., Baltimore
■ Wednesday, Oct. 18, 12 to 7 p.m.

Cathedral of Mary Our Queen Parish Center

5200 N. Charles St., Baltimore
■ Thursday, Oct. 19, 3 to 7 p.m.

The Orokawa Y in Towson

600 W. Chesapeake Ave., Towson
■ Wednesday, Oct. 25, 3 to 7 p.m.

St. Joseph Parish Cockeysville

100 Church Lane, Cockeysville
■ Thursday, Oct. 26, 12 to 7 p.m.

Our Lady of Grace Parish Center

18310 Middletown Road, Parkton
■ Thursday, Nov. 2, 3 to 7 p.m.