

# MARYLAND'S

HEALTH



MATTERS™

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FALL 2019 • [umbwmc.org](http://umbwmc.org)



## UNIVERSITY OF MARYLAND BALTIMORE WASHINGTON MEDICAL CENTER

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#### The Full Spectrum of Care

The Inflammatory Bowel  
Disease Program fights  
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with a holistic approach.  
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**ON THE COVER:** Molly and Warren Brockett with their three children.

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



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BE A PART OF SOMETHING GREATER.

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Meet our doctors and learn more about our health care services.  
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### WE WOULD LIKE TO HEAR FROM YOU

Please send us your comments, information requests or change of address to [umbwmcpr@umm.edu](mailto:umbwmcpr@umm.edu) or call **410-787-4367**.



## LETTER FROM THE CEO

## GROWING TO MEET HEALTH CARE NEEDS



At University of Maryland Baltimore Washington Medical Center, we take pride in being there for our community. As your families grow and health needs change, we evolve with you.

To continue to provide you with the highest quality health care services, UM BWMC has many exciting developments on our medical campus. Over the last year, we added 10 more beds to our inpatient mental health unit and a new Labor and Delivery room to our Pascal Women's Center, and we renovated our cardiac catheterization labs to enhance our award-winning cardiac services.

Looking ahead, we are transitioning more hospital space into beautiful new private patient rooms. And we will construct a new medical office building and parking garage on campus to ensure all the health services you need are conveniently located and accessible.

We are proud to serve Anne Arundel County and the Baltimore-Washington region through nationally recognized quality care, personalized service and outstanding people. We are constantly looking to the future to ensure we are growing to meet the health care needs of the communities we serve. We look forward to sharing these wonderful facilities with you. Thank you for your support.

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



## Is It a Broken Ankle?

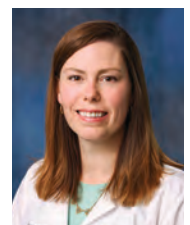
If you injure your ankle, it can be hard to tell if it's a broken bone or just a sprain.

If your injured ankle has no bruising and you can easily walk on it, you may choose to wait a day or two to see if it improves. If it does not, it's time to see a doctor. A physician will use a clinical exam and X-ray imaging to confirm if an ankle is broken or just sprained.

A broken ankle can vary from a single break in one bone, to an unstable joint, to several fractures causing the ankle to move out of place. If the fracture is severe and the ankle is unstable, your doctor may recommend surgical treatment.

In the past, complex ankle fractures were surgically repaired with heavy steel plates and a big bolt across the ankle. This hardware would need to be removed after four to six months during a second procedure. Fortunately, with new surgical technology, ankle fractures can heal in less time, with more flexibility, and without needing a second procedure.

"We now can use titanium and a fiber wire that stays in place and allows for some micromotion of the fractured ankle," says Lauren Newnam, DPM, a foot and ankle surgeon at UM Baltimore Washington Medical Center. "We stabilize a fracture using the TightRope™ system, which anchors the bones together with a small cord rather than a rigid surgical screw. This helps to restore the bones to their original position while giving the ankle a bit of mobility during healing. This gets people moving faster with improved outcomes."



Lauren Newnam, DPM



### LEARN MORE

Looking for a foot and ankle specialist? Visit [umbwmc.org/findadoc](http://umbwmc.org/findadoc) to find one near you.

# Too Young for Breast Cancer?

The average age of patients diagnosed with breast cancer is 61, according to the National Cancer Institute. However, the disease can also occur in women much younger. “Breast cancer can affect a woman of any age, and understanding and managing your risk



factors is more important than ever,” says breast surgeon Cynthia Drogula, MD, director of the Aiello Breast Center at UM Baltimore Washington Medical Center.

The primary strategy against breast cancer at a young age is knowing your risk factors. If there is a family history of ovarian, breast or pancreatic cancer, you should review these risk factors with your physician and develop an individualized plan for high-risk screening.

Although the guidelines for breast cancer screening have been modified in recent years, it is important to understand that screening guidelines apply only to average-risk women. High-risk women are in their own category and may need additional or more frequent screening.

“We still recommend screenings begin when you are 10 years younger



**Cynthia Drogula, MD**

than the youngest person in the family diagnosed with the disease,” Dr. Drogula says. “For example, if a family member was diagnosed at age 40, then you should be screened beginning at age 30.”

Studies continue to confirm the importance of maintaining a healthy weight, exercising several times a week, eating lots of fruits and vegetables, consuming no more than five alcoholic drinks per week, and not smoking to reduce your risk of developing cancer.



## LEARN MORE

Looking for a breast specialist? Call the Aiello Breast Center at **410-553-8351**.

## PREVENTING MEDICATION MISTAKES

**Not using medicines correctly can lead to problems. Here are some helpful tips to prevent medicine errors.**

**Know what medications you are taking and why.** It’s extremely important to understand your prescription medications. Consider keeping an up-to-date list of your medications to take to your doctor appointments. Include any over-the-counter drugs and supplements you take. Be familiar with what your medications look like. Ask your doctor or pharmacist if you notice any changes to your medication appearance. Remind your prescriber of any allergies you may have.

**Take your medicine as prescribed.** Medicines work effectively only if they are taken

correctly and consistently. Know the correct time and dose to take and whether it needs to be taken with food. If you are not sure how to take a prescribed medication, such as an inhaler or eye drop, ask the pharmacist for more information. Never take someone else’s medication.

**Store your medications properly.** Drugs should typically be stored in a cool, dry place out of direct sunlight. Avoid keeping medications in a bathroom medicine cabinet or a hot car. Keep drugs in their original containers. Don’t put them into other bottles.



### **Do not keep expired or unneeded drugs.**

Dispose of unwanted medications by bringing them to a local drug take-back site, or asking your pharmacist for instructions on safely disposing at home.

### **Keep medicines out of reach of kids or pets.**

Keep medications in their original safety containers with the lids tight. Store them on a high shelf out of reach.



# LIFESAVING BRAIN SURGERY IN OUR COMMUNITY

THANKS TO UM BALTIMORE WASHINGTON MEDICAL CENTER'S EXPERIENCED TEAM OF NEUROSURGEONS, WARREN BROCKETT IS BACK TO LIVING HIS LIFE

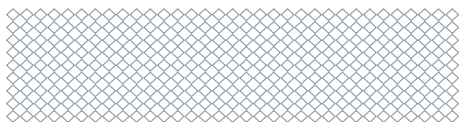
**W**arren Paul Brockett, of Severna Park, had spent the evening coaching 8-year-olds in basketball. Wiped from the long day, he was taking a moment to relax on the couch when he heard some strange noises. Next came blurry vision and eventually vomiting. Could it be something he ate? Or maybe the flu?

The next morning his symptoms, including a headache, had gotten worse. His wife, Molly, who is a physician's assistant at University of Maryland Baltimore Washington Medical Center (UM BWMC), decided they needed to get to the emergency room quickly.

There was no stalling. Tests were ordered, including an MRI followed by a CT scan. The diagnosis came after a long day. It was definitely not food poisoning.



**"I am so grateful for the team and for the hospital," says Warren Brockett, with wife Molly and their sons (from left), J.P., Marshall and Tom.**



## A SURPRISING DIAGNOSIS

Warren had a colloid cyst, which is a slow-growing, noncancerous brain tumor that is found deep in the middle of the brain. In his case, the tumor was large enough that it was causing swelling of the brain from a buildup of cerebrospinal fluid.

“There is no way to medically treat this type of tumor. The only way to get it out was with surgery,” says neurosurgeon Danny Liang, MD, clinical assistant professor of neurosurgery at the UM School of Medicine (UM SOM) and director of neurosurgical oncology at UM BWMC.

Warren’s next question was, “How soon will this happen?”

The answer was the next morning. And he did not have to go to a larger hospital in a bigger city for this sophisticated surgery. UM BWMC has an experienced team of neurosurgeons who operate on brains every day.

“Surgery could not come fast enough,” thought Molly, who coincidentally had spent years working with the UM BWMC neurosurgery team.

“There was some comfort in knowing that this team was taking care of Warren. There was a reason I brought him to this hospital. We could have gone anywhere,” she adds.

## IN GOOD HANDS

After spending the night in the hospital, Warren was wheeled into the operating room. Just 36 hours earlier, he had been coaching basketball. Things were happening quickly, but that was needed for the best possible outcome.

“I knew I was in good hands, but there is nothing that prepares you for thinking they are going into my brain to remove something,” Warren says.

The neurosurgery team, including Dr. Liang and Clifford Solomon, MD, clinical assistant professor of neurosurgery at UM SOM, used minimally invasive techniques involving a small camera and other instruments to slowly and carefully remove the cyst. The procedure was complete in less than two hours.

“Our sophisticated technology allows us to perform the surgery through a dime-sized hole in the skull,” Dr. Liang says. “We work through a



**Danny Liang, MD**



## PEACE OF MIND

“There was some comfort in knowing that this team was taking care of Warren. There was a reason I brought him to this hospital. We could have gone anywhere.”

— Molly Brockett





**Danny Liang, MD, with Airo CT technology, which lets doctors provide more efficient testing and treatment during brain surgery.**

very small camera in the fluid-filled cavity of the brain to extract the cyst.”

“Molly said she knew I was going to be OK because when I came out of surgery, I was making jokes. I really could not have asked for a more positive outcome,” Warren says.

Six weeks after surgery, Warren was cleared to drive, leaving Molly thinking that his recovery was both fast and miraculous. His hair also grew back,

covering the little scar on top of his head. He looked the same—and more importantly, he acted the same.

There was no long-term impact from the tumor. Once it came out, Warren was back to himself, which was a relief to Molly and their three boys. “I am so grateful for the team and for the hospital,” Warren says. “What a resource UM BWMC is for our community.” ♦

## Leading-Edge Brain Care

Using the most advanced treatment options, techniques and technology allows our neurosurgery team to provide the highest quality of care. Physicians specialize in minimally invasive surgery, which means smaller incisions, less pain and shorter recovery time for patients. UM BWMC’s operating room has the latest imaging technology, the Airo® from Brainlab.

An intraoperative CT is a fast, safe and effective tool that allows surgeons to see images of the body during a procedure. A CT scan is done to ensure that every detail of the procedure is planned and implemented accurately.

Typically, neurosurgical patients have a second CT scan after surgery to confirm that all surgical goals were achieved. With the Airo, patients don’t need to leave the operating room for the scan, as the CT can be done in the same OR immediately after the procedure. This provides a better patient experience as well as a more efficient treatment.



### HEAR FROM THE BROCKETTS

Visit [umbwmc.org/neuro](http://umbwmc.org/neuro) to see how Warren Brockett is doing since his surgery.



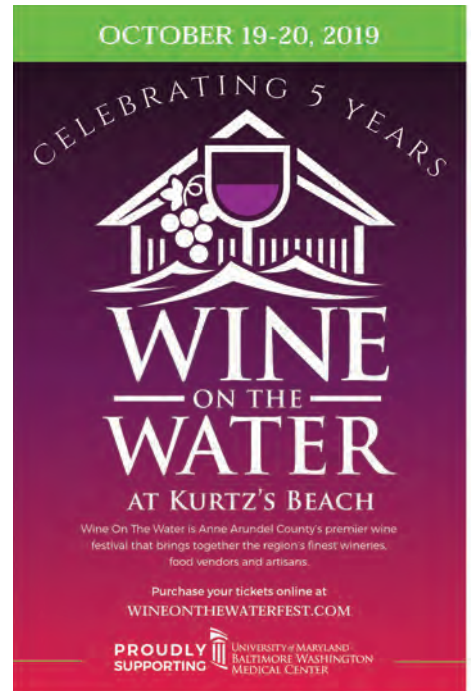


# UM BWMC Golf Tournament



UM BWMC held its annual golf tournament May 1 at Queenstown Harbor Golf Links. With more than 200 golfers registered, we raised almost \$200,000 to support the medical center’s mission of providing the highest quality health care to the communities we serve. Thank you to our lead sponsor: UM Baltimore Washington Emergency Physicians Inc.

◀ **From left: Richard Hackett, Dr. Alisa LARBalestrier, Dr. Chirag Chaudhari, Kyle Schiller and Dan Cashman.**



# DUELING PIANOS

The Foundation’s Next Generation group hosted Dueling Pianos on May 16, which raised \$10,000 for pediatric emergency care at UM BWMC. More than 200 guests enjoyed the famous dueling pianos of “Howl at the Moon” at Blackwall Barn & Lodge in Gambrills. Thank you to our lead sponsors: Cassilly



**Members of hospital leadership, event sponsors and foundation committee members.**

Financial; DataLink Interactive; Dr. Esther and Brian Liu; Gardiner & Appel Group Inc.; and JBA Automotive. Next Generation is a group of young professionals focused on building relationships and financial resources to help UM BWMC’s mission.

# Corks for a Cause



▶ **Matthew Aiello, Kathy Burk and Joe Aiello.**

Homestead Gardens in Severna Park and Fishpaws Marketplace teamed up on June 12 to host the second annual Corks for a Cause, raising nearly \$10,000 for the BWMC Foundation. More than 100 guests enjoyed wines from around the world and scrumptious food from local chefs and artisan cheesemakers.



# THANK YOU FOR YOUR SUPPORT

Community support plays a vital role in making UM BWMC what it is today—a leading, state-of-the-art medical center that provides the highest quality health care to our community. Thank you for joining us in improving the health of our neighbors, families and

friends. If you would like to support the medical center’s mission, please consider providing a donation of any size using the enclosed envelope. You can also give online at [umbwmc.org/giving](http://umbwmc.org/giving) or by calling **410-553-8560**.

# THE FULL SPECTRUM OF CARE

UMMC'S IBD PROGRAM FIGHTS COMPLEX DIGESTIVE DISEASES WITH A HOLISTIC APPROACH

After giving birth to her first child, Paige Marcus was looking forward to bonding with her newborn son. Instead, she was consumed by debilitating symptoms of ulcerative colitis—a type of inflammatory bowel disease (IBD) caused by ulcers in the colon and rectum.

She identified a shift in her health during her third trimester, and it only got worse after her baby was born. “I was losing weight, having major stomach pain and bleeding, and was going to the bathroom 12 to 15 times a day,” she says.

Prednisone, a steroid used to calm inflammation, kept the disease in check in the past. But then the medication no longer controlled her symptoms.

Paige lost all of her baby weight and more mere weeks after giving birth. She had trouble producing breast milk and switched to formula. “You could physically see that I was withering away,” she says.

Eventually, her IBD was so intense she had trouble caring for her baby.

“My mother and my husband tag-teamed feeding the baby in the middle of the night because I didn’t have the strength to get up,” she says. “I’d be feeding him, then have to pass him off and run to the bathroom.”

For six weeks, Paige could barely leave the house. Despite her condition, her local physician insisted she “stay the course” and continue on prednisone.

Paige and her family weren’t satisfied with this answer. “One night, I heard

my mom crying to my husband that something needed to be done. I wasn’t getting better,” she says.

That’s when her husband made an appointment at the Digestive Health Center at University of Maryland Medical Center (UMMC).

## TIMELY INTERVENTION

Paige met with Raymond Cross, MD, professor of medicine at the University of Maryland School of Medicine (UMSOM), director of the Inflammatory Bowel Disease Program and co-director



Paige Marcus

of UMMC’s Digestive Health Center. Dr. Cross recognized Paige’s critical condition and admitted her to the hospital, where she stayed for a week.

She began taking Remicade, a biologic drug administered intravenously. The drug eased her symptoms, but it took six months to fully recover.

Today, she receives Remicade infusions every eight weeks. “I haven’t had any symptoms since that flare. I’m in total remission. I feel like I owe Dr. Cross my life,” she says.

## CARE IN ONE LOCATION

Many IBD patients experience debilitating symptoms. However, the disease’s profile is shockingly diverse.

“IBD has many variables: what kind of patient and the part of the body it affects, what problems it causes, how the patient responds to medications, what side effects people have. No two people are the same,” says Andrea Bafford, MD,



“Patients have access to gastroenterologists, colorectal surgeons, specialized nurses, a dietitian, a pharmacist and a social worker all in one setting.” — Raymond Cross, MD



assistant professor at UM SOM and chief of colorectal surgery at UMMC.

To address this, the IBD Program offers services across the full spectrum of care—all in one location. “Patients have access to gastroenterologists, colorectal surgeons, specialized nurses, a dietitian, a pharmacist and a social worker all in one setting,” Dr. Cross says.

This holistic, all-in-one approach is unique among IBD programs. It’s not only convenient, but it has also been shown to improve patient outcomes.

The team meets weekly to discuss people with complex cases. This is especially important for patients considering surgery. “There’s a surgeon and an IBD gastroenterologist having office hours at the same time most days. This facilitates joint appointments and discussing complex cases. It keeps everyone on the same page,” Dr. Bafford says.

## FRIENDLY FACES

The disease may be individual, but Paige’s hardship isn’t unique. Many

IBD patients find it difficult to participate in daily activities while having a flare.

“IBD is unsettling. These symptoms can affect their ability to go to school, work and have families. It affects them psychosocially,” Dr. Cross says.

Keeping this in mind, the team works together on-site to create a convenient and friendly atmosphere for patients. Being located in a single place allows the team to create a comprehensive treatment plan that’s difficult to achieve when working with IBD specialists in different locations. “We not only find the right therapy for each patient, but also provide them the support they need to get through the process,” Dr. Cross says.

The social worker collaborates with patients to solve problems they might have accessing or paying for care. They also connect patients with a therapist if needed. “This aspect of IBD care is essential, because a patient’s mental health is just as important as their

physical health,” says Uni Wong, MD, an assistant professor at UM SOM and a gastroenterologist.

Additionally, the nursing team coordinates care between visits, aiding the transition from the hospital to outpatient care and more.

Each team member, from the secretaries to the surgeons, works together to provide the most comprehensive care possible for patients.

## PREGNANCY PARTNERS

Reproductive care for IBD patients is another unique service the program offers.

“We educate patients on which medications are contraindicated in pregnancy and how to keep the disease under control during pregnancy,” Dr. Wong says.

“Some non-GI providers perceive the immunosuppressant and biologic medications we use as contraindicated in pregnancy, even when that isn’t the case,” Dr. Wong says.

# COMBATING “THE SILENT KILLER”

Randy Beardsley is a living example of how much IBD can vary from person to person.

He was diagnosed with Crohn’s disease after a routine colonoscopy discovered a fistula, an opening in the intestine that creates leakage. Crohn’s is a type of IBD that can cause inflammation anywhere in the digestive tract and usually results in symptoms such as abdominal pain, diarrhea and fatigue.

However, Randy has been largely asymptomatic throughout his life. “If it wasn’t for the colonoscopy, I never would have known I had Crohn’s,” he says.

After his diagnosis, he read about IBD voraciously. His reading taught him that even if he wasn’t having debilitating symptoms, he still



Uni Wong, MD

needed to be proactive and combat the disease. “Crohn’s can be a silent killer,” says Uni Wong, MD. “Asymptomatic patients might end up in the emergency room with a bowel perforation because an ulcer eroded through the bowel.”

With this knowledge in hand, he was recommended to the IBD Program to get the disease under control.

Randy now takes Humira weekly to ease inflammation. He has the medication delivered to his home and self-injects, easily incorporating treatment into his daily life.

He also altered his diet to keep inflammation down, following recommendations from his reading and the IBD Program’s on-site dietitian. “The hardest thing was switching to black coffee,” he says.

Seven years later, he still works with Dr. Raymond Cross to monitor the disease and change the course of treatment as needed.

“We’ve been able to manage the disease pretty effectively. Overall, it’s been a positive experience,” Randy says.



Randy Beardsley

When Paige and her husband decided to have a second child, she partnered with the IBD Program team to determine the best approach for keeping her disease in remission before pregnancy.

“Dr. Cross said it’s better for the baby to have the disease controlled than to risk going off Remicade,” she says. “I stayed on the medication and got monthly ultrasounds to ensure the baby was growing appropriately.”

The team worked with Paige’s OB-GYN to schedule her cesarean section around Remicade infusions, so her symptoms would remain controlled during the first weeks of caring for her newborn.

The result? She had her second child without a flare. “I had no issues at all. It was a huge relief,” she says.

## NEW HORIZONS

The IBD Program’s connection to UM SOM allows them to offer research opportunities and innovations for IBD patients who don’t respond to conventional treatments. “We see any type of research that’s going to improve our patients’ lives as critically important, so we participate in many studies and clinical trials,” Dr. Cross says.

The team has recruited

more than a quarter of the patients currently participating in SPARC IBD. This nationwide, long-term study follows IBD patients to identify predictors of severe disease and response to treatment.

The team also explores medical technologies like telemedicine. “We led the largest U.S. trial studying remote monitoring in IBD patients and found that it was associated with decreased hospitalization rates,” Dr. Cross says.

With the telemedicine program, patients can access staff remotely for appointments. This allows the team to provide expertise to people outside state lines.

## SUPPORT WHEN YOU NEED IT

The team works together to provide the holistic support that many patients need in one location, setting them apart from other IBD treatment programs.

“We align ourselves to make the patient experience as positive as it can be,” says Dr. Cross.

This holistic approach has produced exceptional results for many patients, including Paige: “I’ve had a 180-degree turnaround, going from the lowest of lows to the highest of highs. I’m so happy.” ♦



## NUTRITION THERAPY AT UM BWMC



**Brooke Sawicki, RD**

The Digestive Health Center at UM Baltimore Washington Medical Center offers outpatient nutrition therapy appointments. During a one-on-one session, a registered, licensed dietitian helps patients set personal goals and create an individualized plan to improve certain medical conditions.

Nutrition therapy can help patients achieve a diet that complements their treatment for gastrointestinal issues, including:

- Celiac disease
- Crohn’s disease
- Diverticulitis
- Irritable bowel syndrome
- Cancer

The dietitian assists in improving eating habits while tailoring them toward patients’ lifestyles, medical conditions and food preferences.

“With the help of a dietitian, patients don’t need to guess how the food they eat affects their overall health,” says Brooke Sawicki, RD, outpatient dietitian at UM BWMC. “Nutrition is a key component to preventing disease, so our services are designed to make it easier for patients to manage their conditions.”

Appointments are available after getting a physician referral, which gives the dietitian the medical information needed to plan an appropriate and individualized counseling session.



## LEARN MORE

For more information about UMMC’s IBD Program, please visit [umm.edu/IBD](http://umm.edu/IBD) or call **410-706-3387**.



## CALL TODAY

For more information or to make an appointment, call **410-553-8146**.



# 5 Ways to Improve Gut Health

A HEALTHY BALANCE AND DIVERSITY OF BACTERIA IN THE LOWER GASTROINTESTINAL TRACT (THE GUT) IS A KEY PART OF GOOD HEALTH, RESEARCHERS ARE FINDING. GOOD BACTERIA IN THE GUT HELP DIGEST AND ABSORB NUTRIENTS FROM FOOD AND BOOST THE IMMUNE SYSTEM.

## 1 Sleep Better

A growing body of research shows that getting **seven to eight hours of sleep** each night is key to maintaining a healthy gut. In turn, studies find that poor gut health may negatively affect sleep.



## 2 Consider Probiotics

Probiotic supplements may help **bolster the number of beneficial bacteria** in the gut, aiding digestion and improving immunity. These supplements are live bacteria, so be sure to speak with your health care provider before taking one.



## 3 Manage Stress

Stress can wreak havoc on gut health through the gut-brain connection. Meditation, yoga, tai chi, breathing exercises and **spending time in nature** are all good ways to reduce stress.



## 4 Eat More Fiber

Recent research shows healthy gut bacteria feed on fiber from our diet. Adding more **fruits, vegetables, beans, nuts, seeds and whole grains** to your meals provides a healthy mix of fibers and nutrients.



## 5 Exercise

Numerous studies have found links between regular exercise and improved gut health. Aim for the recommended minimums of 150 minutes of **moderate-intensity aerobic exercise** or 75 minutes of **vigorous activity** per week.



## Did You Know?

- 70 to 90 percent of cells in the human body are bacterial
- Many researchers consider the gut microbiome a separate human “organ” inside the body
- Microorganisms account for 1 to 3 percent of the body’s mass

SOURCES: AMERICAN MUSEUM OF NATURAL HISTORY; NATIONAL INSTITUTE OF DIABETES AND DIGESTIVE AND KIDNEY DISEASES; NATIONAL INSTITUTES OF HEALTH



## NOT ALL WOUNDS ARE VISIBLE

A COMMUNITY CONVERSATION:  
ADVERSE CHILDHOOD EXPERIENCES (ACEs)  
PLUS: KNOWING WHAT WORKS

■ 9 a.m. to 2 p.m. Wednesday, November 13  
UMB Campus Center  
621 W. Lombard St., Baltimore

Join the University of Maryland Medical System and the University of Maryland, Baltimore for a FREE community conversation about adverse childhood experiences (ACEs). ACEs are stressful or traumatic events that strongly affect health outcomes throughout a person's life. Join us as we continue an important discussion about this critical public health issue. This event is open to the

public and provides an opportunity to gain valuable insight, tools and resources for inspiring resilience and supporting anyone managing stressful or traumatic events. You will not want to miss this chance to ask questions and learn how to get help for yourself, family and friends in your community. Registration is strongly encouraged at [umms.org/community/conversations](http://umms.org/community/conversations).

## WORKSHOPS AND CLINICS

### FLU SHOTS

Flu season is almost here. Plan to get your flu shot soon. For dates and times, visit [umbwmc.org/calendar](http://umbwmc.org/calendar).

### ADULT MENTAL HEALTH FIRST AID TRAINING

October 26 at UM BWMC, in partnership with the National Council for Behavioral Health and the American Foundation for Suicide Prevention, join us for an adult mental health training. This eight-hour training teaches a five-step action plan to help someone who is suffering from a mental health crisis. Visit [umbwmc.org/calendar](http://umbwmc.org/calendar) to register.

### BLOOD DRIVES

October 18 and December 27. Participate in an American Red Cross blood drive at UM BWMC. A single blood donation can help save up to three lives. To review donor eligibility guidelines, visit [redcrossblood.org](http://redcrossblood.org). To schedule a donation appointment, visit [umbwmc.org/calendar](http://umbwmc.org/calendar).

### BLOOD PRESSURE SCREENINGS

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

### CPR ANYTIME®

Learn basic adult and infant CPR, defibrillator skills and choking relief with hands-on practice. This class is free, but space is limited. Class does not provide CPR certification. For dates and times and to register, visit [umbwmc.org/calendar](http://umbwmc.org/calendar).

### SAFE AT HOME

Free program for students in grades 4-6 to become prepared to safely stay home alone. Preregistration is required at [umbwmc.org/calendar](http://umbwmc.org/calendar).

### SAFE SITTER®

Safe Sitter® prepares students in grades 6-8 to be safe in emergency and nonemergency situations when they're home alone, watching younger siblings or babysitting. The one-day class is \$50. For dates and to register, call **410-553-8103**.

### MILLS MILERS WALKING PROGRAM

Program co-sponsored by Arundel Mills. The mall is

a ¾-mile indoor course and opens at 7 a.m. weekdays for walkers. Visit the Guest Services booth at Arundel Mills to pick up a waiver and registration card, or register at [umbwmc.org/calendar](http://umbwmc.org/calendar).

### SMOKING CESSATION

Free classes to help adults quit smoking. Nicotine patches and nicotine gum will also be available to smokers who participate in all of the classes. To register, call **410-553-8103**.

### PREVENTING DIABETES AND BUILDING HEALTHY HABITS CLASS

Diabetes educators lead one-hour classes to explore lifestyle

## Opioid Overdose Response Training Classes

A free training to help the community learn the signs and symptoms of an opiate overdose, how to administer naloxone (Narcan)—the FDA-approved emergency nasal spray treatment. Participants receive a naloxone kit to take home. For dates and times and to register, visit [umbwmc.org/calendar](http://umbwmc.org/calendar).





changes to prevent diabetes and improve overall health. For dates and times and to register, call **410-787-4940**.

## CLASSES FOR PARENTS & GROWING FAMILIES

To view class descriptions, dates and times and to register, visit [umbwmc.org/obclass](http://umbwmc.org/obclass).

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

### PASCAL WOMEN'S CENTER TOUR

Helps families get acquainted with UM BWMC and learn about the high quality care and services for growing families. For more information, visit [umbwmc.org/pascaltour](http://umbwmc.org/pascaltour).

### STORK'S NEST

A program for expecting mothers that helps prevent premature births, low birth-weight babies and infant mortality. Classes offered in English and Spanish and available to teenagers. This incentive-based program provides participants with baby care and nursery items. To register, please call **410-787-4366**.

## SUPPORT GROUPS

No reservations are needed. For more information, visit [umbwmc.org/support-groups](http://umbwmc.org/support-groups).

### BREASTFEEDING SUPPORT GROUP

Meets at 2 p.m. the second and fourth Wednesdays of each month. At 301 Hospital Drive, Third Floor. For more information, call **410-595-1782**.

### CANCER SUPPORT GROUP

Meets at 5 p.m. the first Wednesday of each month. At the Tate Center, 305 Hospital Drive. For more information, call **410-553-8179**.

### DIABETES SUPPORT GROUP

Meets at 5:30 p.m. the third Wednesday of each month. At 300 Hospital Drive, Suite 223. For more information, call **410-787-4940**.

### MENTAL HEALTH SUPPORT GROUP

Meets at 6:30 p.m. the second Wednesday of each month. At 301 Hospital Drive, Second Floor. For more information, call **410-553-8070**.

### STROKE SUPPORT GROUP

Meets at 6 p.m. the second Tuesday of each month. At 301 Hospital Drive, Third Floor. For more information, call **410-787-4138**.

### WEIGHT-LOSS SURGERY SUPPORT GROUP

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

## HEALING YOGA CLASSES

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

### YOGA FOR STROKE PATIENTS

Class designed for stroke survivors who have completed rehabilitation, regardless of level or ability. Physician consent is required. To register, call **410-553-8103**.

## BWELL SEMINAR SERIES



## The Beat Goes On: Living with Congestive Heart Failure

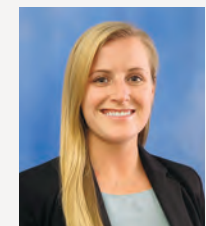
Join UM BWMC cardiologist Vasundhara Muthu, MD, as she discusses congestive heart failure (CHF) and how to manage the disease on a daily basis. UM BWMC outpatient dietitian Brooke Sawicki, RD, will discuss how diet, particularly salt, affects people with CHF and will provide tips on choosing healthier options. A question-and-answer session will follow.



Vasundhara Muthu, MD, Cardiologist

Free blood pressure screenings are available before the presentation.

**6:30 p.m. Wednesday, October 16**  
UM BWMC  
4 West Conference Center,  
Fourth Floor  
301 Hospital Drive  
Glen Burnie, MD 21061



Brooke Sawicki, RD, Outpatient Dietitian



## REGISTER TODAY!

Preregistration is required by calling **410-787-4367** or visiting [umbwmc.org/chfdiscussion2019](http://umbwmc.org/chfdiscussion2019).

### THERAPEUTIC YOGA FOR PAIN RELIEF

Class designed for people with conditions such as

fibromyalgia, back and joint pain, osteoarthritis, rheumatoid arthritis and headaches. To register, call **410-553-8103**.



**We see you,  
not just  
your cancer**

**Latest  
treatment  
options, close  
to home**

**Care  
tailored  
to your  
needs**

**When it comes to beating breast cancer, the Aiello Breast Center offers something greater.**

As a part of the nationally recognized Tate Cancer Center, the Aiello Breast Center features prominent specialists working together to prevent, detect and treat breast cancer as well as other breast disorders. Here, you are more than just a number. You are a part of our family. Every step of the way, our team is focused on your physical and emotional well-being, even after you've successfully completed treatment. At Aiello Breast Center, you'll find all the support you need — closer to home.

