

# MARYLAND'S

## HEALTH MATTERS

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UNIVERSITY  
of MARYLAND  
MEDICAL  
SYSTEM



ON THE COVER

## BRINGING COMPREHENSIVE CANCER CARE TO PRINCE GEORGE'S COUNTY

The new Cancer Center at University of Maryland Capital Region Health in Largo provides expert cancer diagnosis and treatment in one convenient location.



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## MEN'S MENTAL HEALTH

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## STAY CONNECTED WITH UMCAPITAL REGION HEALTH

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## WE WOULD LIKE TO HEAR FROM YOU

Please send your comments, information requests or change of address to: [thom.householder@umm.edu](mailto:thom.householder@umm.edu).

or **University of Maryland Capital Region Health, c/o Marketing, 901 Harry S. Truman Drive North Largo, MD 20774.**



# Cancer Care:

## EXPANDING ACCESS AND LEADING WITH COMPASSION

When we moved into the University of Maryland Capital Region Medical Center in June 2021, we arrived with a purpose—to deliver high-quality, compassionate care in a modern and comfortable setting. Our goal continues to be expanding the types of care we deliver to Prince George's County.

From day one, we planned to provide comprehensive cancer care and treatment services here in Largo, and I am excited to share that the Cancer Center at UM Capital Region Health is now open.

Specialists at the Cancer Center are delivering advanced cancer services in one central location, with plans to grow a network of cancer-related services throughout Prince George's County.

At the Cancer Center, we diagnose and treat the most prevalent cancers in Prince George's County—breast, colon, lung and prostate—as well as other forms of cancer, both common and rare, including lymphoma, melanoma, pancreatic and sarcoma.

From our providers to community partnerships, we are changing the way health care is delivered in our community

and providing outstanding care to residents who deserve nothing but the best.

This issue of *Maryland's Health Matters* is dedicated to showing how we are transforming cancer care. We plan to continue expanding access to outstanding health care as we strive to fulfill our mission to make UM Capital Region Health the leading destination to meet the health care needs of Prince George's County.

We would not be able to do this work without support from our community. We will continue to work to earn your trust as we develop programs and services that help the residents of Prince George's County live healthier, longer lives.

With appreciation,

Nathaniel Richardson, Jr.  
President & Chief Executive Officer  
University of Maryland Capital Region Health

Your Support  
Makes an Impact



THE GENEROSITY OF DONORS FUELS UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH'S INNOVATIVE APPROACH TO PROVIDING HIGH-QUALITY HEALTH CARE IN THE COMMUNITY.

**YOUR SUPPORT CAN** be directed toward specific programs or departments, and your donation will be acknowledged according to your preferences, including the option for anonymity.

There are a number of ways you can help:

### VEHICLE DONATION

Do you have an old vehicle taking up space? Consider donating it to the UM Capital Region Health Foundation Vehicle Donation Program. Not only will you support medical teams in providing exceptional care, but you'll also contribute to environmental sustainability.

### UPCOMING EVENTS

#### Inaugural Wine and Wellness Fundraiser

Friday, June 7, 6-9pm

The Country Club at Woodmore

Support UM Capital Region Health's Heart & Vascular Institute and other critical initiatives. Mark your calendars for a night of exquisite wines, wellness experiences and community spirit.

#### Drive Out Cancer Golf Classic

Thursday, Sept. 12

The Country Club at Woodmore

Enjoy a day of golf and camaraderie while you contribute to cancer research and awareness. Whether you're a golf enthusiast or simply want to make a difference, this event promises a meaningful and enjoyable experience.



To make a contribution or register for an event, visit [umcapitalregionfoundation.org](http://umcapitalregionfoundation.org).



# Roots THAT RUN DEEP



FOR RADIATION ONCOLOGIST  
MELISSA VYFHUIS, MD, PHD, CARING  
FOR PRINCE GEORGE'S COUNTY  
IS PERSONAL.

**DR. VYFHUIS IS** the medical director of radiation oncology at the Cancer Center at University of Maryland Capital Region Health, as well as an associate professor and chair of the Diversity, Equity and Inclusion Committee in the Department of Radiation Oncology at the University of Maryland School of Medicine.

Dr. Vyfhuis loved growing up in the diverse community of Prince George's County, which is one of the main reasons she chose to remain here to practice medicine and raise her own family in the county.

She grew up speaking Spanish and English—her parents are from the Dominican Republic—and uses her multilingual skills to connect with patients.

"As a kid, I served as an interpreter for my parents and grandparents at their doctors' appointments," she said. "I learned early that communication and forming connections with patients are important."

### LIVING UP TO EXPECTATIONS— AND BEYOND

Dr. Vyfhuis lives by the motto of an early mentor: To whom much is given, much is expected.

"Prince George's County gave me so much and helped make me the physician I am," Dr. Vyfhuis said. "It means a lot to give back to the community that shaped me."



To schedule an appointment with a cancer specialist at the Cancer Center at UM Capital Region Health, call **240-677-8300** or visit [umcapitalregion.org/cancer](http://umcapitalregion.org/cancer) for more information.

# *Bringing Comprehensive Cancer Care* **TO PRINCE GEORGE'S COUNTY**

A NEW CONCEPT IN CANCER CARE EXTENDS BEYOND  
TREATMENTS PATIENTS NEED TO THE QUALITY OF CARE THEY WANT.



**UNIVERSITY OF MARYLAND** Medical System (UMMS) is furthering its commitment to Prince George's County with multidisciplinary, patient-centered cancer care. In March, the Cancer Center at University of Maryland Capital Region Health opened its doors in Largo.

"The Cancer Center at UM Capital Region Medical Center brings cancer care closer to patients in our area," said Lisa Hardesty, facilities project manager at UM Capital Region Health. "It is a place where patients can come to receive comprehensive cancer care that goes beyond the initial diagnosis."

## MEETING COMMUNITY NEEDS

The Cancer Center is part of the new, 100,000-square-foot Center for Advanced Medicine at UM Capital Region Health. While developing the Cancer Center, team members listened closely to the experiences and concerns of the Prince George's County community and studied local health data.

This information helped the team plan programs and services aligned with the community's needs with a focus on diagnosing and treating breast, colorectal, lung and prostate cancer. These four cancers account for nearly half of all cancer diagnoses in Prince George's County.

"We're focusing on treating the top four cancers in the community to relieve some of the heavy burden cancer and cancer treatment place on patients and their families," said Magesh Sundaram, MD, medical director and director of surgical oncology at the Cancer Center at UM Capital Region Health and associate professor of surgery at the University of Maryland School of Medicine. "At the same time, we have the expertise to provide care for other common and rare cancers, including hepatobiliary and pancreatic cancers, melanoma, sarcoma and lymphoma."

Being able to care for patients with several types of cancers at a central location also addresses two common concerns in Prince George's County—accessibility and coordination of cancer care.



Private suites with adjoining exam rooms allow patients to see multiple specialists without changing locations.

## ONE STOP FOR COMPREHENSIVE CARE

Coordinating appointments with multiple specialists, often on different days and at different locations, can be challenging for patients and their family members. At the Cancer Center at UM Capital Region Health, nearly all services and programs are housed in the Center for Advanced Medicine. Here, patients can access a range of services, specialties and treatments, including:

- Chemotherapy
- Clinical trials and research studies
- Genetic testing
- Medical oncology
- Radiation oncology
- Surgical oncology

The Cancer Center is also home to a multidisciplinary clinic for ongoing support, with easy access to cardiologists, gastroenterologists, pulmonologists and other specialists in-house or in the adjacent medical center.

Specialists at the Cancer Center use advanced technology to provide remarkable precision during treatments, such as radiation, to target cancer cells while reducing damage to healthy tissue. Full-service imaging services are also available on-site, with advanced imaging technology for highly accurate cancer diagnosis and monitoring.

## A PERSONALIZED, MULTIDISCIPLINARY APPROACH

The Cancer Center is expected to welcome approximately 200 patients plus family and community members daily. The UM Capital Region Health team understands every person has their own history, needs and preferences. With this understanding in mind, the Cancer Center team designed services to place the patient experience at the forefront.

When patients need to meet with more than one specialist, they can do so on one day and in one location without needing to visit multiple offices. Testing or treatments can also be scheduled for the same day at the same location. Additionally, the oncology team meets regularly to discuss patient care plans to help ensure every patient receives exceptional care tailored to meet their specific needs.

This model of care eliminates the wait that often comes between a cancer diagnosis and having a clear treatment plan. It also improves coordination of care throughout the cancer journey, allowing patients to take less time off work or away from family. Patients and their support system are also encouraged to be actively involved in decision-making and treatment plans.

"The clinic is a shift that emphasizes positive patient experience," said Sarah Larson, MS, senior director of oncology at UM Capital Region Health. "Patients will leave the Cancer Center knowing that all members of their care team came to a consensus on the best treatment plan possible."

## MAKING PATIENTS FEEL AT HOME

Patient rooms are also designed for comfort and privacy.

**One of the advantages of being part of the University of Maryland Medical System is that we don't have to do this alone. Our system partners are involved every step of the way, with the backing of the University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center, a National Cancer Institute-Designated Comprehensive Cancer Center.**

— SARAH LARSON, MS, SENIOR DIRECTOR OF ONCOLOGY AT UNIVERSITY OF MARYLAND CAPITAL REGION HEALTH

"In the multidisciplinary clinic, we combined the exam and consultation room," Larson said. "The consultation space is designed to feel like a living room with natural light and a large monitor for providers to review materials or images. The warm environment reduces anxiety and helps patients feel more comfortable, encouraging mutual participation between patients and their caregivers and providers."

## WHOLE-PERSON CARE

Outstanding medical care only works if it is accessible to the people who need it. The team at the Cancer Center at UM Capital Region Health is committed to addressing individual and community barriers to care.

"The experienced and dedicated cancer specialists at the Cancer Center recognize it's the day-to-day barriers people face to bring their health concerns to their doctor's attention that are some of the biggest challenges in delivering timely cancer care," Dr. Sundaram said. "We want to understand what people are facing and help resolve those barriers."

To address these issues, the Cancer Center provides several additional services, including:

- Financial assistance to those who qualify
- Mental health support
- Nutritional services
- Same-day appointments for cancer-related illness or side effects

A nurse navigator also provides a concierge-like service to help answer questions, schedule appointments and connect patients with services and resources. Having this support can lower the stress that often accompanies managing cancer care and make it easier to get the cancer care patients need.

## CARE BEYOND THE CLINIC

"It's not just about our new building," Dr. Sundaram said. "We're creating a relationship with the community where people know our doors are open and they can look to us to answer questions."

## CONNECTING TO THE NEIGHBORHOOD

Researchers and community care experts are working together to change the face of cancer care.

In academic medicine, specialized research and training advance medical knowledge and improve patient care. Community health focuses on addressing the unique needs within Prince George's County.

### BRINGING IT ALL TOGETHER

Combining academic medicine with community health:

- Creates more treatment options for patients
- Increases the knowledge and resources available to providers
- Shapes solutions customized to the needs of the local community

"About 70% of all cancer care in America is provided at a community cancer center," said Magesh Sundaram, MD, medical director and director of surgical oncology at the Cancer Center at University of Maryland Capital Region Health and associate professor of surgery at the University of Maryland School of Medicine. "We now have a community cancer center to serve the needs of Prince George's County bolstered by the strength, backing and expertise of the University of Maryland School of Medicine."

The partnership between the Cancer Center at UM Capital Region Health and the University of Maryland Marlene and Stewart Greenebaum Comprehensive Cancer Center gives patients access to many cancer care options before they are widely available. Additionally, it helps providers keep up with the newest research so they can bring the highest level of expertise to personalized patient care.

### PUTTING VALUES INTO PRACTICE

The Cancer Center at UM Capital Region Health strives to become the community's destination of choice for cancer care. To reach this goal, the team offers exceptional care in line with the values and mission of the University of Maryland Medical System to provide:

- An integrated, team approach to cancer care
- Compassionate partnerships with patients at all points of the cancer journey
- Comprehensive services to meet the needs of patients
- Patient-centered care supporting the whole person



The linear particle accelerator treats cancer with precisely targeted high-energy beams of subatomic particles.

In addition to on-site services, the Cancer Center at UM Capital Region Health is dedicated to increasing cancer awareness and improving early cancer detection throughout Prince George's County. Over the coming months and years, the Cancer Center team will play an important role in UM Capital Region Health's efforts to deepen partnerships with local community groups and schools and offer regular educational and screening events across the county. These connections will help ensure everyone in Prince George's County knows they have a trusted local source for accurate cancer information and compassionate, person-centered care.



To learn more about the Cancer Center at UM Capital Region Health, visit [umcapitalregion.org/cancer](https://umcapitalregion.org/cancer) or call **240-677-8300**.



## *What Does It Mean* **TO CARE?**

**TOM-MEKA ARCHINARD, MD, MBA, FACEP**, senior vice president and chief medical officer at University of Maryland Capital Region Health, knows firsthand what it's like to have cancer.

Diagnosed with breast cancer in 2013, Dr. Archinard has experienced the fear, uncertainty and emotional ups and downs that are part of a cancer patient's journey. In addition to her own fight with cancer, Dr. Archinard cared for her mother during her battle with breast cancer.

Today, she uses these experiences to inform the approach to care at the Cancer Center at UM Capital Region Health.

"Everyone at UM Capital Region Health understands that patients are dealing with more than cancer cells," she said. "We go the extra mile to make sure every patient receives the emotional support they need. Comprehensive care goes beyond treating cancer. It's about caring for people."

From a warm greeting to support services that help patients navigate appointments, scheduling and available community services, the entire team is committed to helping each patient understand that they are not alone.

"The medical care we provide here is nothing short of amazing," Dr. Archinard said. "When we show patients they're in a place filled with people who care about them, we take cancer care to the next level."



# Safety in BLOOM



LOOKING TO CULTIVATE A GREEN THUMB? TAKE SIMPLE SAFETY STEPS TO REAP GARDENING'S BOUNTIFUL HEALTH BENEFITS.

**GARDENING CAN BOOST** your mood, burn calories, help you eat healthier, and improve strength and flexibility, among other positive effects. Without proper precautions, however, planting, pruning, weeding and watering can lead to injuries. Be sure to protect yourself every time you garden, especially if you're new to it.

## BEFORE YOU GET YOUR HANDS DIRTY

First, dress to stay safe from sun damage and gather the tools and supplies you'll need. See "Gear Up to Garden" for more information.

Don't start gardening with cold muscles. Get your blood moving and prepare your body for activity by going on a warm-up walk and stretching your major joints from ankles to shoulders.

## GET GROWING

Follow these tips to reduce the risk of injury while you work:

- **Break for rest and water.** Frequent breaks prevent overtaxing your body—and provide opportunities to hydrate.
- **Change it up.** Staying in one position for too long or repeating the same motion too many times is hard on your joints and soft tissues. To help protect them, the American Society for Surgery of the Hand recommends changing gardening activities every 15 minutes.
- **Mind your posture.** Keep your back straight and stomach tight when lifting. When moving items, turn your whole body instead of twisting at the waist.

## TAKING ROOT

With gardening done for the day and your plants settling in or freshly tended, take time to cool down, just as you would after any other workout. Go for another short walk and stretch your joints again.

## GEAR UP TO GARDEN

Having the proper clothes and tools can help you stay safe and comfortable while gardening. Here's what you need:



### Garden transport.

Spare your back and joints the burden of moving tools, plants and soil from place to place by using a cart or wheelbarrow.



**Gloves.** Protect your hands from germs, blisters, splinters and sun damage.



### Knee protection.

Reduce strain on your knees by using a gardening pad or wearing knee pads.



### Long-handled tools.

These are great options if you have arthritis because they prevent frequent joint bending, which can cause symptoms to flare.



### Sun-protective clothing.

Wear a lightweight long-sleeved shirt, pants, wide-brimmed hat and sunglasses to reduce your risk of sunburn. Don't forget to apply sunscreen to exposed skin.



Experiencing joint pain that just won't go away? Visit [umcapitalregion.org/ortho](https://umcapitalregion.org/ortho) to find an orthopedic specialist at University of Maryland Capital Region Health.



Youth football coach D'avonte Fletcher is among the first people to have robotic mitral valve surgery at University of Maryland Medical Center.



With a guiding touch, the physician is able to perform delicate, minimally invasive procedures through robotic surgery.

# Comeback COACH

A HEART PROBLEM PUT FOOTBALL COACH D'AVONTE FLETCHER ON THE SIDELINES. NOW, HE'S GETTING BACK IN THE GAME, THANKS TO A HIGH-TECH SURGERY.

**IN EARLY 2023**, D'avonte Fletcher, 30, a Huntingtown, Maryland, landscaper who also coaches youth football, sought medical help for some alarming symptoms.

"I was flown to University of Maryland Medical Center because I was swelling badly," Fletcher said. "I gained 13 pounds in a week."

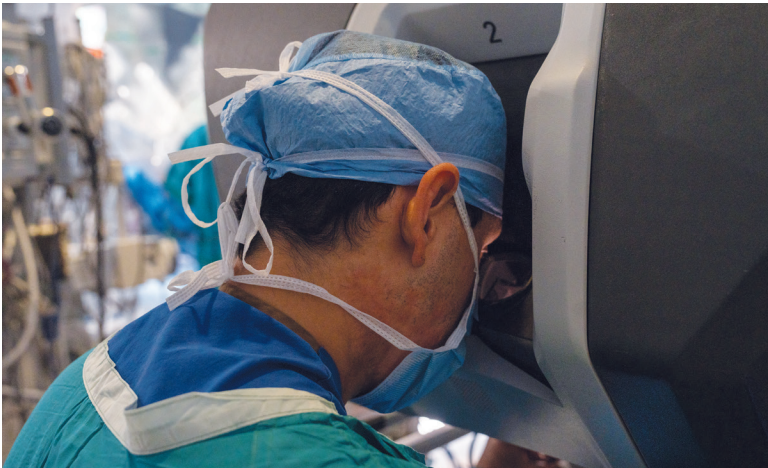
At UMMC, Fletcher learned he had heart failure. His cardiologist, Manjula G. Ananthram, MBBS, an assistant professor of medicine at the University of Maryland School of Medicine, identified the potential cause: a leaky mitral valve, one of four valves that help blood flow on a one-way route through the heart. If the mitral valve leaks or is too narrow, the heart may struggle to pump blood efficiently, potentially leading to heart failure or other problems.

Fletcher needed surgery to fix the valve.

Previously, some patients had to have open-heart surgery involving a large incision in the chest to repair or replace a faulty mitral valve. That wasn't the case for Fletcher, thanks to the arrival of robotic heart surgery in Maryland.

## COMPREHENSIVE AND INNOVATIVE HEART CARE

No matter where you live in Maryland, University of Maryland Medical System is ready to help your heart. UMMS clinicians provide the full range of cardiac care. When a patient needs mitral valve repair, heart surgery specialists determine the best option, whether that means open heart surgery or a minimally invasive procedure. Recently, the



Dr. David Zapata performs minimally invasive mitral valve surgery with robotic assistance.

health system added to its legacy of innovation in heart care by becoming the first in Maryland to offer robotic mitral valve repair and replacement.

Cardiothoracic surgeon David Zapata, MD, assistant professor of surgery at the University of Maryland School of Medicine, began performing robotic mitral valve surgery at UMMC last year.

“Robotic surgery offers the exact same surgery that we would perform in an open manner, but it’s less invasive,” Dr. Zapata said. “Nothing about the technique or what I do during the operation changes. The key difference with robotic surgery is the approach and direction we take to reach the mitral valve.”

## THE BENEFITS OF SPARING BONE

Dr. Zapata partners with an interventional cardiologist to determine the best treatment approach for each patient with a mitral valve disorder. Surgical options depend on the patient’s anatomy and condition. For example, a patient with mitral regurgitation may be able to avoid open heart surgery if they qualify for a transcatheter interventional minimally invasive valve repair.

Open-heart surgery is often relied upon when direct access to the heart and nearby blood vessels is needed. During open-heart mitral valve surgery, the surgeon makes a large incision in the chest and separates the sternum (breastbone), which is known as a median sternotomy. When Fletcher saw Dr. Zapata, he was pleased to learn he wouldn’t need a median sternotomy.

“Dr. Zapata told me he was going to do the surgery with the robot—something I’d never heard of,” Fletcher said. “I thought it was cool that he could do the surgery in less time, allowing me to get moving sooner.”

With robotic surgery, the surgeon approaches the heart between the ribs through several small incisions, the largest of which is only three centimeters.

“With robotic surgery, no bone needs to heal,” Dr. Zapata said. “Therefore, patients usually heal faster and have a lower risk of wound complications. With a median sternotomy, sometimes the bone doesn’t heal correctly, which can lead to wound infections in the sternum.”

## STAYING AHEAD OF WORSENING HEART FAILURE WITH REMOTE MONITORING



Albert Hicks III, MD, MPH

Understanding when heart failure is getting worse can be tricky.

“The first sign of worsening is rising blood pressures in the heart, especially in the artery that takes blood to the lungs,” said cardiologist Albert Hicks III, MD, MPH,

assistant professor of medicine at the University of Maryland School of Medicine and section chief of heart failure and transplant at University of Maryland Medical Center. “This can be a sign the body isn’t getting rid of enough fluid. A rise in pressures can happen up to a month before patients experience symptoms. If we can see a rise in pressures, we can make adjustments to prevent hospital stays and related problems.”

Medical providers have long needed better tools to help them find poorly controlled heart failure. Now, cardiologists at the University of Maryland Heart and Vascular Center can use a device placed inside patients’ arteries to monitor their blood pressures remotely. They can adjust patients’ medicine if they see heart failure getting worse.

The remote monitoring device, which goes into the artery during a simple procedure, measures the pressure in the blood vessel. Patients send the data to their cardiologist daily by lying on a sensor for 18 to 20 seconds. If the monitor indicates a problem, the cardiologist contacts the patient and tells them to change how much medicine they take.

“We find that patients with heart failure who receive the remote monitoring device have improved survival and reduced hospitalizations compared with those who have heart failure and don’t receive the device,” Dr. Hicks said. “So, not only does this technology keep people out of the hospital, but it also helps keep patients alive.”



Watch a video of Dr. Zapata talking about robotic mitral valve surgery at [umm.edu/roboticheartsurgery](http://umm.edu/roboticheartsurgery).



# IT'S OK FOR MEN TO NOT FEEL OK



After having robotic surgery, some patients are able to leave the hospital several days earlier than those who have open-heart surgery. Patients experience less postoperative pain without a large incision. With the breastbone undisturbed, patients can get back to driving, exercising, performing chores around the house and lifting heavy items weeks earlier than after open-heart surgery.

For Dr. Zapata, the robotic system's cameras allow him to view the heart valve with unparalleled clarity from as close as one centimeter—much closer than he could get by standing over the patient. In addition, the robot's instruments, which he controls from a console, move in ways human wrists can't. These factors help Dr. Zapata operate with the highest level of precision.

## '100 TIMES BETTER'

Dr. Zapata repaired Fletcher's mitral valve in November 2023. After being out of work for a year and a half due to his heart, Fletcher is easing back into it.

"I'm taking my time, but I feel 100 times better," he said. "Before surgery, I noticed my breathing and little things like that. Now, when I work out, I'm not as tired as before, and I move around better than I did previously. I would definitely recommend Dr. Zapata and the robot."

Dr. Zapata and his colleagues are exploring use of the robot for other types of heart surgery such as tricuspid valve surgery, atrial septal defects, atrial fibrillation procedures, and cardiac tumor removal. All patients who are seen by Dr. Zapata and his colleagues are considered for a less-invasive, robotic approach to heart surgery.

"A less-invasive approach helps with patient recovery," Dr. Zapata said. "The emphasis UMMS places on less-invasive procedures shows we're thinking about how we can help patients have the best experience in the hospital and in their lives."

## THERE IS HELP FOR MEN'S MENTAL HEALTH ISSUES.

**ABOUT 10% OF** men experience some form of depression or anxiety. However, fewer than half of them seek help, even though mental health problems are often treatable. Factors that often keep them from seeking help include societal expectations about male behavior and social stigma about mental health issues.

## TALKING ABOUT FEELINGS IS HEALTHY

It's not weak to admit you're not OK. Asking for help is one of the bravest things you can do. But depression and anxiety are often underdiagnosed in men compared to women, who are more likely to talk about the way they feel. Men may show symptoms or choose coping strategies that include:

- Changes in appetite
- Difficulty concentrating
- Escapism, such as binge-watching or heavy drinking
- Irritability and aggression
- Risk-taking behaviors
- Trouble sleeping or sleeping too much
- Withdrawal from friends and family

Talking to a family member, friend or medical professional can be the first step toward getting help. Don't let stigma or stereotypes about what you think a "strong" man looks or acts like stop you from feeling better.



To learn more about heart and vascular care at University of Maryland Capital Region Health, visit [umcapitalregion.org/hvi](http://umcapitalregion.org/hvi).



If you're struggling with mental health, specialists at University of Maryland Capital Region Health can help. Locate behavioral health services near you at [umcapitalregion.org/behavioralhealth](http://umcapitalregion.org/behavioralhealth).

# Symptoms of HEART FAILURE

HEART FAILURE IS PROGRESSIVE AND MAY START WITH MILD SYMPTOMS THAT CAN BE EASY TO OVERLOOK.

**IF YOU ARE** experiencing one or more of the following symptoms, talk with your doctor about whether your heart is pumping all the blood and oxygen your body needs.



## CONFUSION

Heart failure can lead to memory loss or impaired thinking.



## COUGHING

You may have a chronic cough that produces pink or white mucus.



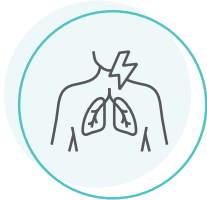
## FATIGUE

You may feel exhausted after even basic activities, such as grocery shopping.



## LACK OF APPETITE

You may feel full or nauseated, even when you haven't eaten.



## SHORTNESS OF BREATH

You feel shortness of breath with regular activity that worsens with exertion. You have trouble breathing when you lie flat.



## SWELLING

Buildup of fluid (edema) may occur in your feet, legs, hands and abdomen.



## INCREASED HEART RATE

Your heart may start racing or throbbing.



## WEIGHT LOSS OR GAIN

Sudden changes in weight are common due to lack of appetite and fluid buildup.

## 4 STAGES OF HEART FAILURE

### Stage A.

You are at high risk for heart failure but don't have either symptoms or structural heart disease.

### Stage B.

You have structural heart disease but no symptoms of heart failure.

### Stage C.

You have both structural heart disease and heart failure symptoms.

### Stage D.

You have advanced heart failure. This means you have severe symptoms and your heart is not functioning well.



Need a doctor to identify your risk for heart disease? Visit [umcapitalregion.org/doctor](http://umcapitalregion.org/doctor).



# Community Health PROGRAMS AND EVENTS

## VIRTUAL MENTAL HEALTH FIRST AID TRAINING

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance-related crisis.

In this course, you learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help.

**Registration is required. Space is limited.**

- **Adult: Saturday, June 15, 9am–3pm**
- **Youth Part 1: Thursday, Aug. 15, 9am–noon**
- **Youth Part 2: Friday, Aug. 16, 9am–noon**

For additional information or to register for an upcoming class, please call **240-677-1062** or email [umcapitalcommunityhealth@umm.edu](mailto:umcapitalcommunityhealth@umm.edu). Youth must attend both parts 1 and 2 to receive certification.

## UM CAPITAL REGION HEALTH DIABETES PREVENTION PROGRAM (DPP)

A CDC-recognized diabetes prevention lifestyle change program can help you build healthy new habits to prevent Type 2 diabetes.

When you join our lifestyle change program, you'll learn, laugh, share stories, try new things and build new habits—all while lowering your risk of Type 2 diabetes and improving your health.

- **Program begins June 24, 6–7pm**

To register for UM Capital Region Health's upcoming Diabetes Prevention program, please email [umcapitalcommunityhealth@umm.edu](mailto:umcapitalcommunityhealth@umm.edu) or call **240-677-1062**.

**Space is limited. Participants are accepted on a first-come, first-served basis.**

## SENIOR LUNCH & LEARN

These quarterly community lectures are designed to educate our senior community members (55+) and help explain risk factors, methods of diagnosis and treatments for various health conditions.

**Registration is required. Space is limited.**

- **Wednesday, June 19**—Understanding the Signs and Symptoms of Alzheimer's Disease
- **Wednesday, Sept. 4**—How Does Cholesterol Affect Your Overall Health?

- **Sessions are held noon–1:30pm. Lunch is provided.**
- **University of Maryland Laurel Medical Center, Community Room, 7150 Contee Road Laurel, MD 20707**

To register, please call **240-677-1062** or email [umcapitalcommunityhealth@umm.edu](mailto:umcapitalcommunityhealth@umm.edu).

# BREAST CANCER

## *by the Numbers*

SEE HOW BREAST CANCER AFFECTS PRINCE GEORGE'S COUNTY.



- **128 in every 100,000 women** in Prince George's County are diagnosed with breast cancer every year.
- Black women in Prince George's County are more likely to die from **breast cancer** than white or Asian women.
- **All women** in Prince George's County are more likely to die from breast cancer compared to women elsewhere in Maryland or the U.S.
- **86% of women** of screening age in Prince George's County had a mammogram to screen for breast cancer in the past two years. Only **78% of women** in the U.S. did.
- **91% of Black women** in Prince George's County had a biennial mammogram.
- Only **69% of white women** in Prince George's County reported having a biennial mammogram.

### HOW BREAST CANCER AFFECTS WOMEN NATIONWIDE

**1 in 8 women** in the U.S. will get breast cancer in her lifetime.

Around **240,000 women** in the U.S. are diagnosed with breast cancer every year.

Around **9% of breast cancer cases** are in women younger than 45.

**1 in 196 women under 40 years of age** is diagnosed with breast cancer. These women are more likely to have aggressive breast cancer than older women.

**Breast cancer cases** in women younger than 50 increased 8% from 2010 to 2019.

## THINK YOU'RE TOO YOUNG FOR BREAST CANCER?



KNOWING YOUR RISK STARTS THE JOURNEY TO BETTER BREAST HEALTH.

**THE LATEST GUIDANCE** from the U.S. Preventive Services Task Force recommends women at average risk for breast cancer begin annual mammograms at age 40. Because cancer found at a later stage is often more difficult to treat, women at high risk should ask their providers the age when they should begin screening and whether any supplemental breast imaging is needed.

Any woman could develop breast cancer during her lifetime, but certain factors increase the risk of cancer occurring before age 45. These include:

- Family history of early breast cancer diagnosis
- Family or personal history of ovarian cancer
- Genetic test results showing changes to BRCA1 or BRCA2 genes
- Personal history of breast health problems

A young woman with any of these hereditary factors should ask her provider when her first mammogram or screening MRI should be scheduled.

### PRIORITIZING BREAST HEALTH

Along with learning family history, it's important to manage lifestyle choices that raise the risk for breast cancer, such as being sedentary and eating an unhealthy diet. Any concerning symptom—such as a mass in the breast or unusual nipple discharge—should be evaluated right away.



To locate a breast health specialist at University of Maryland Capital Region Health, visit [umcapitalregion.org/breast](https://umcapitalregion.org/breast).

**University of Maryland Capital Region Health**  
901 Harry S. Truman Drive North  
Largo, MD 20774

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# Introducing the Cancer Center at UM Capital Region Health.

**Comprehensive cancer care  
for Prince George's County  
from University of Maryland  
Medical System.**

Our cancer experts diagnose and treat a full range of common and rare cancers with care that's delivered in one convenient, full-service location in Largo.

We're with you every step of the way to answer questions, help with appointments and scheduling and provide emotional support for you and your loved ones.

Complete cancer care, close to home.

**That's a better state of care.**

[umcapitalregion.org/cancer](http://umcapitalregion.org/cancer)