

MARYLAND'S

HEALTH MATTERS

COVER STORY

DANCER IS BACK ON HER TOES

THANKS TO PHYSICAL THERAPY

PAGE 5

FALL 2024

**GIVING
BACK**
PAGE 8

ACADEMIC MEDICINE AT WORK
LIVING DONOR CHAMPIONS: HOW POOL
TOURNAMENT RIVALS BECAME KIDNEY
BUDDIES FOR LIFE
PAGE 10



UNIVERSITY
of MARYLAND
MEDICAL
SYSTEM



ON THE COVER

DANCER IS BACK ON HER TOES THANKS TO PHYSICAL THERAPY

After a traumatic injury, Towson Sports Medicine helped Brooke regain strength and confidence.



8

GIVING BACK

A solution for back pain earned lasting gratitude.

10

ACADEMIC MEDICINE AT WORK:

An Answered Prayer, Right on Cue—When James Harris Jr. needed a kidney transplant, his one-time pool tournament rival Russ Redhead stepped up to be his living donor.



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UM ST. JOSEPH MEDICAL CENTER

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UM ST. JOSEPH MEDICAL CENTER'S JACK & ELIZABETH DUNN FAMILY ORTHOPAEDIC INSTITUTE TAKES PRIDE IN A TRADITION OF STELLAR CARE.

Celebrating the **50-YEAR ANNIVERSARY**

UM ST. JOSEPH physicians and nurses have been caring for orthopedic patients for more than 95 years.

In 1974, UM St. Joseph established the inpatient Orthopaedic Institute—a program within the hospital offering specialized care for patients recovering from orthopedic surgery.

During this semicentennial anniversary, UM St. Joseph celebrates those patients whose lives have been improved after their orthopedic care here, as well as the renowned orthopedic physicians, nurses and care team who continuously offer our patients compassionate and innovative care. Proudly, several members of the Institute's original care team from 1974 are still working at UM St. Joseph today.

RECOGNIZED AS A NATIONAL LEADER IN SAFE, QUALITY CARE

For the seventh year in a row, UM St. Joseph Medical Center has been named a CMS 5-Star Hospital, earning top marks for providing quality care. The Centers for Medicare and Medicaid Services compiles this quality measure information to help patients choose the best care. More than 4,500 hospitals nationwide were rated on mortality, safety of care, readmission rates, patient experience, and timely and effective care. Only 381 hospitals in the U.S. were awarded five stars.

UM St. Joseph is the only hospital in Maryland currently recognized as a CMS 5-Star Hospital and a Leapfrog Grade 'A' Hospital for Patient Safety. "We are proud of this tremendous accomplishment and honored to be among the nation's best and safest hospitals," said President and CEO Thomas B. Smyth, MD.



To learn more about orthopedic care at UM St. Joseph, visit umstjoseph.org/ortho.

Protect Your Family from



PNEUMONIA

LEARN MORE ABOUT THIS SERIOUS LUNG INFECTION AND HOW TO AVOID IT.

WHAT IS PNEUMONIA AND HOW DO YOU GET IT?

Pneumonia—an infection caused by viruses, bacteria or fungi:

- Causes inflammation and fluid buildup in the tiny branches of the lungs
- Prevents those areas from getting oxygen into your bloodstream
- Leads to coughing, shortness of breath and other symptoms

Pneumonia can be contagious. The most common way you can get pneumonia is by inhaling droplets from an infected person when they sneeze or cough. You can also get infected by touching a surface with pneumonia-causing germs and then touching your face.



WHAT ARE COMMON SYMPTOMS?

In addition to symptoms such as coughing and chest pain, watch for:

- Chills
- Fatigue
- Fever
- Low appetite
- Reduced energy
- Shortness of breath



GIVE PNEUMONIA YOUR BEST SHOT

Flu is the leading cause of viral pneumonia for all ages, but pneumococcus is the primary source of severe pneumonia in older adults. Staying up to date on adult vaccines, including pneumococcal, flu, and RSV, is one of the best preventive steps you can take. Vaccination can't prevent all pneumonia infections but can significantly reduce their severity.

WHO IS MOST AT RISK TO GET PNEUMONIA?

Anyone can get pneumonia, but the following groups are the most vulnerable:

- Children younger than **2 years** old
- **Adults 65 years** old and older
- People with some **chronic illnesses** like COPD, diabetes or heart disease
- People who **smoke**

Don't take pneumonia lightly.

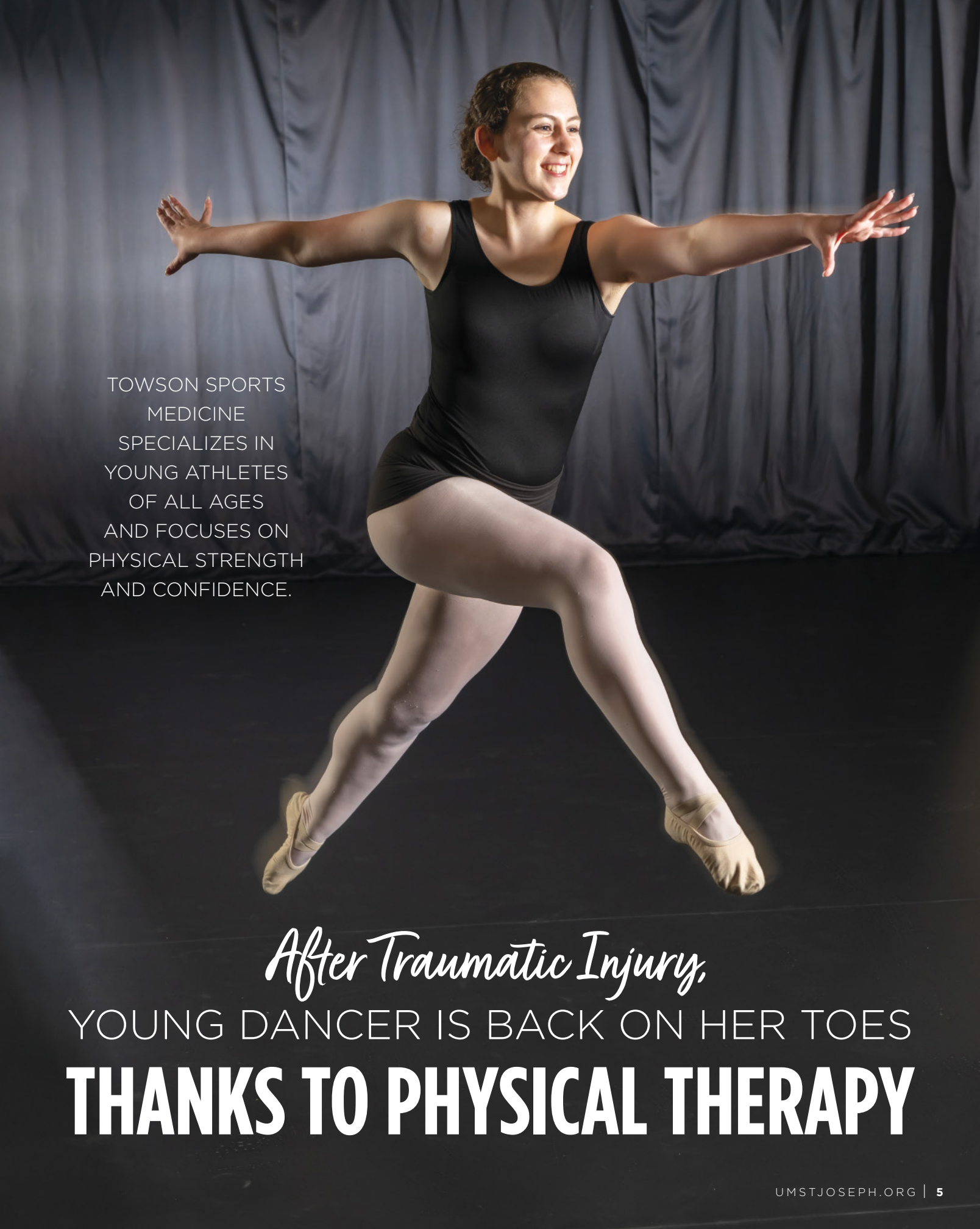
It's highly treatable, but for some people who are high risk, it can lead to severe symptoms, hospitalization and even death. See your primary care provider as soon as possible, especially if you're in a high-risk group.

FOR ADDITIONAL PROTECTION:

- Wash your hands often
- Avoid contact with people who are sick
- Eat plenty of fruits, vegetables, and other heart-healthy and immune system-boosting foods
- Exercise regularly to strengthen your immune system
- Get at least seven hours of sleep each night
- Kick the habit if you smoke



Find a primary care practice near you at umstjoseph.org/primary.



TOWSON SPORTS
MEDICINE
SPECIALIZES IN
YOUNG ATHLETES
OF ALL AGES
AND FOCUSES ON
PHYSICAL STRENGTH
AND CONFIDENCE.

After Traumatic Injury,
YOUNG DANCER IS BACK ON HER TOES
THANKS TO PHYSICAL THERAPY



TOWSON SPORTS MEDICINE LOCATIONS

- **Aberdeen:** Absolute Sports Performance, 1305 Governor Court, Suites G, H
- **Baltimore:** Loyola University Maryland, Fitness & Aquatic Center, 4900 N. Charles Street
- **Bel Air:** Festival at Bel Air, 5 Bel Air South Parkway, Suite 1421
- **Cockeysville:** PerformFit Sports Experience, 10880 Railroad Avenue, Building B
- **Rosedale:** 9110 Philadelphia Road, Suite 314
- **Towson:** 8322 Bellona Avenue, Suite 100

BROOKE HAMELIN SPENT most of her winter holiday on crutches last year following a startling dance injury during ballet class. Brooke, who was 16 at the time, performed a leap that she had nailed many times. But this time, her right leg gave way, dislocating her patella, which is the bone in front of the knee that covers the knee joint. This dislocation turned her leg sideways.

“It was pretty gruesome,” recalled Brooke’s mother, Tracey. Emergency medical personnel and an ambulance were called to the scene right away, but when they tried to help Brooke up, she passed out.



Teri Metcalf
McCambridge, MD

At the emergency room, Brooke’s knee was stabilized and her consciousness returned. It appeared that nothing was broken, but Tracey immediately made an appointment with Teri Metcalf McCambridge, MD, a primary care sports medicine specialist with Towson Orthopaedic Associates.

“Our sons had seen Dr. McCambridge for sports injuries,” Tracey said. “She has a fantastic reputation.”

VISIT TO A TOP SPORTS MEDICINE PEDIATRICIAN

Dr. McCambridge specializes in pediatric sports medicine. She received her fellowship in adolescent and sports medicine from the University of Wisconsin following the completion of her pediatric residency at Johns Hopkins Hospital.

Dr. McCambridge ordered X-rays and an MRI for Brooke. These studies confirmed that her bone was not chipped.

“It’s important to seek immediate medical care for a traumatic sports injury,” Dr. McCambridge said. “Signs that an injury needs attention include swelling, deformity, persistent pain or loss of range of motion.”

“Dr. McCambridge advised us that physical therapy would be the best treatment,” Tracey said. “Brooke’s knee has a U shape instead of a triangular shape, which puts her knee at risk of slipping out. It was important to strengthen the ligaments around her knee to keep it stabilized.”

For physical therapy, Dr. McCambridge referred Brooke to Towson Sports Medicine.

TOWSON ORTHOPAEDIC ASSOCIATES

OUTSTANDING CARE FOR KIDS' SPORTS INJURIES

The pediatric sports medicine program at Towson Orthopaedic Associates serves children and adolescents by diagnosing and treating sports medicine related injuries and illnesses; preventing injuries; educating parents, coaches and athletes on common injuries; and assisting athletes in reaching their full individual athletic potential.

The program focuses on:

- Sprain and strains
- Fractures
- Overuse injuries
- Nutrition counseling for improved sports performance
- Sports-related concussion management
- Baseline concussion testing
- Rehabilitation and bracing for return to play
- Same-day injury evaluations
- Athletic training services for club sports and recreational councils
- Pre-participation physical examinations
- Educational programs and community education
- Injury prevention initiatives



For an appointment or a referral to Towson Orthopaedic Associates or Towson Sports Medicine, call **410-337-7900**.

TSM PHYSICAL THERAPY TO THE RESCUE

"The physical therapist, Miranda, was amazing, super positive and very supportive," Tracey said. "She put mind and body together, knowing that my daughter had anxiety about going back to dance."

"She worked with me on simple exercises and increased the difficulty," Brooke said. "She personalized my exercises not just to help me heal, but so I would be able to dance again. I got stronger than I was before. I was able to get back to dance by February. I love dance. It makes me happy to do it."



Miranda Thompson,
PT, DPT

"Brooke had a patella dislocation," said Miranda Thompson, PT, DPT. "We worked on strengthening the whole lower body and muscles surrounding the hip and knee. Physical therapy is a great place to address both the physical and the mental aspects of injury recovery."

Brooke needed to overcome her fear of leaping again. Thompson helped her take smaller steps to get to the larger step of leaping.

"The biggest reward of my job is watching someone get back into the sports they love," Thompson said. "It was wonderful to see Brooke's confidence and strength grow."

COMPREHENSIVE PHYSICAL THERAPY

"With all our patients, young and older, we do a complete evaluation of their injury and weaknesses and create a custom plan for each individual," said Towson sports medicine director Christina Lewis, PT.

The program features hands-on treatment and exercises focused on strengthening and stretching. Hands-on treatment includes joint and soft tissue mobilization of muscle and fascia. Exercises are performed by using free weights, equipment and open space.

UNIQUE AND POWERFUL MODALITIES

Physical therapists offer a variety of modalities, including cupping, "which is an old Chinese technique that increases blood flow and extensibility and pliability of the tissue," Lewis explained. Dry needling is also available.

"Similar to acupuncture, dry needling uses fine needles inserted into soft tissues to release tension or trigger points to relieve pain," Lewis said.

Other advanced techniques include blood flow restriction to help enhance muscle strength, plyometrics that involves explosive jumping activities using maximum force in short periods of time, and agility exercises to develop quick movements in patterns.

"Through physical therapy, there's great hope for a full recovery and return to sports," she said. "We get people back to doing what they love all the time."

Giving Back

A SOLUTION FOR BACK PAIN EARNED LASTING GRATITUDE.

WITH THREE GERMAN shepherds named Hoops, Dribble and Rebound, it's no surprise that Sue and Scott Hanson are serious basketball fans, particularly of the University of Maryland Terrapins. In addition to attending all of the Terrapins' home games—men's and women's—this energetic couple walk, cycle and enjoy working on projects at their New Jersey beach house. But debilitating back pain for both of them threatened to derail the active, happy life the Hansons had built for themselves.

Fortunately, Sue and Scott reached out to P. Justin Tortolani, MD, medical director of the Spine Institute at UM St. Joseph Medical Center.

"Dr. Tortolani was the answer to our prayers," Sue said. "I was in excruciating pain. My spine issues were more extensive than Scott's, but we both needed back surgery. I had a spinal fusion and Scott had an outpatient microdiscectomy. Dr. Tortolani explained every detail of how he would care for us. Not only is he an excellent surgeon, but his warm, caring manner assured us we were in the right hands. Our successful surgeries were life-changing for us."



The Hansons were so grateful for Dr. Tortolani's care they wanted to know the best way they could give back to UM St. Joseph in his honor. With Dr. Tortolani's guidance, Scott and Sue have made generous gifts to support the Spine



Institute Patient Assistance Program and continuing education opportunities for orthopedic nurses.

"I'm a retired schoolteacher so education is very important to me," Sue said.

"It is completely unacceptable to us that people have to live in unbearable pain because they can't afford things like transportation and medication," Scott added. "We are so thankful we can help these patients."

Dr. Tortolani is equally effusive when speaking about the Hansons.

"Scott and Sue's gifts mean that our stellar orthopedic nurses will continue to be 'the best of the best' and our patients will not have to make literally painful choices because of financial hardship," he said. "Their kindness is having a direct impact on patient care. All of us in the Spine Institute are exceedingly grateful to this special couple."



If you were inspired by the Hanson family story, please consider adding your donation to theirs by visiting umms.org/sjmc/giving.

GIVING RUNS DEEP: THE CLELAND LEGACY

Bruce Cleland and his family have significantly advanced health and wellness across Maryland through their generous gifts to the University of Maryland Medical System. Their support has funded vital programs and building projects that promote health equity and innovative care for our UM St. Joseph Medical Center community.

Scan the QR code to read more about their inspiring work and ongoing commitment to a better state of care for Marylanders.



CELEBRATE WITH US



Worth the wait: UM St. Joseph Medical Center Foundation celebrated their 2023 St. Joseph the Worker Award recipients, Louis F. Friedman, Esq. and Phyllis C. Friedman, Esq. at the postponed Candlelight Reception of Honor. (L-R: Father Steven Roth, Louis F. Friedman, Phyllis C. Friedman, their son, Robert Fuld, MD, and hospital president and CEO Thomas B. Smyth, MD)



(L-R) Andrew Rosenstein, MD, poses for a group photo with Phyllis and Leonard Attman and UM St. Joseph president and CEO Thomas B. Smyth, MD. The Candlelight Reception of Honor is a long-standing tradition where generous supporters of the medical center can connect with our leadership and providers to celebrate our philanthropic community.



(L-R) A family affair: Mary Mitcherling, John Mitcherling, DDS, former UM St. Joseph Operating Board of Directors chair Mike Gill and UM St. Joseph Medical Center Foundation Board member Mike Gill Jr. pose together at the event, hosted at the Baltimore Country Club Roland Park.



(L-R) Profiles of Compassion Society Class of 2024 member Stacie Sabatino, BSN, RN, poses with Nicole Beeson, DNP, MBA, senior vice president of Patient Care Services and chief nursing officer, in front of her new portrait in the Profiles of Compassion Cove on the first floor of the medical center.



(L-R) Healing Hands Guild Class of 2014 member Gail Cunningham, MD, FACEP, senior vice president of Medical Affairs and chief medical officer, and Marc L. Beck, MD, the 2024 Healing Hands Guild inductee, stand with the plaque of Dr. Beck's hands.



President and CEO Thomas B. Smyth, MD, was all laughs during the intimate ceremony held in the St. Francis of Assisi Chapel, dedicated in loving memory of Carmen F. and Theresa R. Deyesu.



A long-standing tradition: Frances T. Forte, RN, our cherished oldest living member of the Profiles of Compassion Society, attended the celebration, adding a special touch to the occasion.



An Answered Prayer, RIGHT ON CUE

WHEN JAMES HARRIS JR. NEEDED A KIDNEY TRANSPLANT, HIS ONE-TIME POOL TOURNAMENT RIVAL RUSS REDHEAD STEPPED UP TO BE HIS LIVING DONOR.

A KIDNEY TRANSPLANT was Harris' last option. Denise Epps-Harris, his wife, was his champion and, thankfully, a casual conversation at a pool tournament in November 2022 led to the break Harris desperately needed. Harris, an avid pool player, struggled with end-stage kidney disease and waited for a deceased donor two years on the national waitlist. None of Harris' family members were a match to be a living kidney donor, the most promising path forward.

In that moment of need, Epps-Harris encountered Russ Redhead, a Pennsylvania pool player who, years earlier, railed against Harris—and later apologized—after losing to him in a high-stakes tournament. During her conversation with Redhead, Epps-Harris, who works at University of Maryland Medical Center (UMMC), mentioned her husband needed a kidney.

"Russ started asking me all these questions, and I just thought he was being curious," Epps-Harris said. "And then he said, 'I'll do it.' I said, 'Do what?' He responded, 'I'll be a donor.' I started crying in the middle of the pool hall. He just gave me a hug and said, 'It's OK.'"

THE GREATEST GIFT

As of March 2024, more than 89,000 people in the U.S. await a kidney from a deceased donor, according to the Organ Procurement and Transplantation Network. Most wait three to five years, the American Kidney Fund reported, and some may die before receiving an organ. Living donation offers another option—and more reason to hope.

Although most humans come into the world with two kidneys, the body can function perfectly well with just one, which makes living donation possible. Typically, living donors either direct their donated organ to go to a specific recipient, such as a friend or family member, or a stranger based on medical need. Living donors must be an adult in good health and have a blood type compatible with the recipient.

UMMC, the academic medical center of University of Maryland Medical System, hosts the region's largest kidney transplant program, where around one-third of transplanted kidneys are living donations. Potential living donors complete a thorough evaluation process that includes meeting with a transplant surgeon, a transplant nephrologist and a nurse coordinator to learn more about the donation process. Most candidates learn whether they're approved to be a living donor within a week.

For Redhead, 42, the decision to be evaluated as a potential donor for Harris, 54, was "the right thing to do" and a manifestation of his long-held values.

"The way I was raised is that you put good out into the world, and it restores a little bit of hope in other people," Redhead said. "No matter how small or big an impact you could have on someone, the more hope you put out in the world, hopefully, the world catches on."

ON THE SAME TEAM

In late 2023, following an extensive evaluation, Redhead learned he was a good match for Harris and eligible to donate. For Epps-Harris, who calls Redhead her "angel," it represented the culmination of years of advocating for her husband as a UMMC Living Donor Transplant Champion. Champions can help speed the process of finding a living donor by sharing their loved one's story and spreading the word about their need for a new organ.

On Feb. 8, 2024, after spending the previous evening playing pool together in Harris' basement, Harris and Redhead shared a fist bump before their respective surgeries. Then, in an operating room, a transplant surgeon, controlling a surgical robot from a console, removed one of Redhead's kidneys using a minimally invasive technique. Harris reflected on Redhead's generosity moments before his surgery.

"I don't know how you thank someone for doing something like that," Harris said. "I don't think he realizes how much it means to me to have a life back."

With the kidney in a sterile bag, a physician delivered it to a different operating room, where a second team transplanted it into Harris.

The next day dawned as the first day of the rest of Harris' life. Both patients—old competitors now forever linked by an act of kindness—took a walk down a hospital hallway and relived old pool matches.

LIFE, ENERGIZED

Harris followed up with his nephrologist at weekly clinic visits for the first month after the transplant before transitioning to monthly appointments. Before surgery, his need for frequent dialysis treatments led him to quit his job as a truck driver and sapped his energy. Now, he feels "tremendous" compared with how he felt before receiving a new kidney.

"I have much more energy and much less stress not having to deal with dialysis," Harris said. "I was restricted to 32 ounces of fluid [per day] prior to the transplant. Now, I can drink as much as I want."

With no restrictions on how much he can drink, Harris enjoys frequent milkshakes—one of the small joys the kidney transplant made possible.

"I can tell he's just content with his life," Epps-Harris said of her husband. "It's a good sight to see."



Looking for an expert who can help you figure out the path forward after a kidney disease diagnosis? Find a nephrologist by visiting umms.org/find-a-doctor.



CELEBRATING PRICELESS GIFTS AND SELFLESS GIVERS

Donating an organ is an extraordinary act of generosity worth celebrating. Across University of Maryland Medical System, hospitals support and recognize organ donors in a variety of ways, including:

- Connecting potential organ donors and their families with Infinite Legacy—an organ procurement organization serving the DMV area—to assess organ systems for donation potential
- Holding flag-raising ceremonies and educational programs—often in partnership with Infinite Legacy—for National Donate Life Month each April
- Honoring organ donors with special visual displays
- Hosting honor walks for organ donors and their families on the day of organ procurement
- Procuring donor organs

Thank you to the organ donors who give hope and new life to recipients and to the clinicians and staff who help make the process possible.

Do you have a loved one in need of a kidney or liver transplant? Raise awareness of their story and help them find a living donor by becoming a University of Maryland Medical Center Living Donor Transplant Champion. For more information, visit umm.edu/LDChampion.

Know the Signs Of KIDNEY CANCER



IN ITS EARLY stages, kidney cancer doesn't always cause symptoms, but when symptoms do occur, they may include:

- Blood in the urine, making it appear dark, rusty or brown
- Pain—typically a dull ache or pain in your side that doesn't go away and isn't caused by an injury
- A lump or swelling on your lower back or side
- Frequent urination or urination during the night
- Loss of appetite or unexplained weight loss
- Feeling tired or having no energy
- A fever that doesn't go away
- Low red blood cell counts (anemia)

If you have any of these symptoms or are worried, see your primary care provider, who can use imaging tests, blood tests and urinalysis to help diagnose kidney problems.

To find a primary care provider, visit umstjoseph.org/primary.

Help Give the GIFT OF LIFE

WHEN SOMEONE
YOU CARE ABOUT
NEEDS A KIDNEY OR
LIVER TRANSPLANT,
YOU WANT TO DO
EVERYTHING YOU
CAN TO HELP.



WHAT IS A LIVING DONOR CHAMPION?

Someone who supports another person who is seeking a living kidney or liver donor and who acts as a spokesperson on the organ recipient's behalf

WHAT DOES A LIVING DONOR CHAMPION DO?

Helps find a donor by sharing the recipient's story as widely as possible and asking people to be evaluated as a possible living donor

Provides emotional support and encouragement to the recipient and motivates him or her to stay hopeful and focus on healthy habits

WHO CAN BE A LIVING DONOR CHAMPION?

Anyone in the recipient's life, such as a family member, friend or coworker

WHAT ARE THE BENEFITS OF BEING A LIVING DONOR CHAMPION?

A living donor champion gets the word out, which increases the chance of the recipient finding a living donor quickly

By helping to find a living donor, the champion allows the recipient to focus on his or her health

To learn more about becoming a living donor champion, download University of Maryland Medical Center's Guide at umm.edu/LDChampion.

Community Health Events

INFLUENZA (FLU) VACCINATIONS

Free community flu vaccination clinics will be offered at various locations through fall 2024 for people 9 years and older. Please visit umstjoseph.org/flu or call **410-337-1479** for more information.



SCREENINGS

BREAST CANCER SCREENING

For women 40 years and older who do not have health insurance, have not had a mammogram within the past year and do not have breast cancer. Screening includes mammogram and risk assessment. **Appointments are required and space is limited.** Call **410-337-1315** to register. Screenings take place at the Cancer Institute, 2nd Floor, Breast Center.

Oct 26 8am-1pm

BODY COMPOSITION ANALYSIS

To identify your unique body makeup and associated health risks, the professional scale uses bioelectric impedance analysis to determine weight, body fat, body mass index, total body water, muscle mass, metabolic rate and more. Appointments are required. **Those with electrical devices (i.e. pacemakers) or those who are pregnant are not eligible for the screening.** You will need bare feet to participate. Call **410-337-1479** to register. Screenings take place at the Irwin Center.

Oct 29 10am-noon

Dec 2 1-3pm

PROGRAMS

AMERICAN RED CROSS BLOOD DRIVES

Schedule a life-saving donation. For medical and eligibility questions, call **1-866-236-3276** before scheduling your appointment. To register, visit redcrossblood.org or call **1-800-733-2767**. All blood drives are held on the campus of UM St. Joseph Medical Center. For assistance with navigation, please email umsjmc-communityhealth@umm.edu or call **410-337-1479**.

Nov 5 10:30am-3:30pm

Dec 6 7:30am-12:30pm

Jan 14 7:30am-12:30pm

HUNGRY HARVEST PRODUCE MARKET

Come shop at a local pop-up produce market. Build the produce bag that's right for you at less than grocery store prices. Produce varies at each market. Cash, debit and credit accepted. The market is held at the Jordan Breezeway connected to the Jordan Parking Garage and Jordan Visitor Parking Lot. **A limited supply of shopping bags is available on first come, first serve basis. Customers are highly encouraged to bring their own bags.** Free parking is available in the Jordan Visitor Parking Lot. Email umsjmc-communityhealth@umm.edu or call **410-337-1479** with questions.

Nov 15 8-10am

Nov 26 9-11am

PREVENT T2: A PROGRAM DESIGNED TO PREVENT TYPE 2 DIABETES

This program is designed for those who have been told they have prediabetes and/or risk factors for developing Type 2 diabetes. The purpose of this class is to prevent or delay the onset of Type 2 diabetes. Group meets regularly for a full year. **Registration is required.** Call **410-337-1479**. Scan the QR code to learn more about the program and determine your risk for developing Type 2 diabetes.



A MATTER OF BALANCE: FALL PREVENTION PROGRAM

Eight-week evidence-based fall prevention program designed for those who are 60 years and older to manage falls and improve balance, flexibility and strength. This program was developed for older adults who have fallen in the past, have a fear of falling and/or have a risk of falls.

Registration is required. Call **410-337-1479**.

CLASSES AND SUPPORT GROUPS

STROKE SURVIVOR SUPPORT GROUP

Provides a forum for learning, listening and socializing with others. Our free stroke support 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. Call **410-427-2175** or contact karengonzalez@umm.edu to register. Held on the third Tuesday of every month 2 to 3:30 p.m.

BEYOND INTENSIVE CARE: SURVIVING AND THRIVING

This free peer support group is provided by UM St. Joseph for current and past ICU patients and their loved ones. Information and resources will be shared by guest speakers, and participants are encouraged to share their experiences in open discussion. For more information and to register, email beyondintensivecare@umm.edu. Meets virtually and in-person every first Wednesday of the month from 5 to 6 pm.

FAMILY EDUCATION CLASSES

Visit umstjoseph.org/ReadyforBaby or call 410-337-1880 to register. Fees apply.

CHILDBIRTH EDUCATION CLASS (IN-PERSON AND VIRTUAL CLASSES AVAILABLE)

Led by experienced labor and delivery registered nurses certified in childbirth education, this class covers basic coping and relaxation techniques, the important role of a support person, the stages of labor, pain relief options such as medications and helpful labor positions, postpartum care, and other important topics related to the birthing experience. We will also review what you can expect during your stay at UM St. Joseph Medical Center. An in-person tour is also provided.

CUSTOMIZED INDIVIDUAL CHILDBIRTH EDUCATION SESSIONS

We're flexible! If you are unable to attend our scheduled in-person classes or would prefer individualized instruction, one-on-one customized telephone or video-call consultations with a childbirth educator can be arranged for your convenience. We will provide you with all the information you need for these personal sessions. A virtual tour is also provided. Sessions will be scheduled at mutually convenient times for the participants and instructor.

BREASTFEEDING CLASS

Led by a certified lactation consultant, this class helps expectant parents learn the benefits of breastfeeding and offers helpful techniques and tips for breastfeeding success. Virtual and in-person options are available each month.

BREATHING EASIER FOR BABY: A BREATHING & RELAXATION CLASS

Breathe easier as you prepare for childbirth! This class provides you and your support person extensive instruction in relaxation and breathing techniques for a calmer and more empowered labor and delivery. You'll also learn about other comfort measures and birth positions to help naturally manage pain.

EARLY PREGNANCY FAQs: A VIRTUAL CLASS FOR EXPECTANT PARENTS

Before your first OB appointment, you're invited to join us for a monthly online session to learn about what to expect when you're expecting and to understand the basics of early pregnancy.

SPINNING BABIES® BIRTH PREPARATION CLASS

This class highlights your baby's active role in rotating down and out of the pelvis during birth. In this class, you and your support person will learn techniques to use during pregnancy and labor to help your baby find the optimal position for labor. We'll explore activities that bring balance to your body and address any restrictions in your pelvis to help "make room" for baby. The class is recommended for anyone seeking to increase their chances of an easier pregnancy or birth and is ideal any time after 23 weeks of pregnancy.

LITTLE LATCH CLUB

New just-for-you time with baby: Our supportive club offers a safe, relaxing, baby-friendly time for new moms to connect with their little ones and each other as they share the blessings and challenges of motherhood. Little Latch Club is hosted by our board-certified lactation consultants and offers moms a place to share feeding questions and concerns, gain breastfeeding knowledge and support, and make new, lifelong friends! We know that breastfeeding can be challenging. Wherever you find yourself on the journey—exclusively breastfeeding, pumping, bottle-feeding or at any other stage—know that you are welcome here.

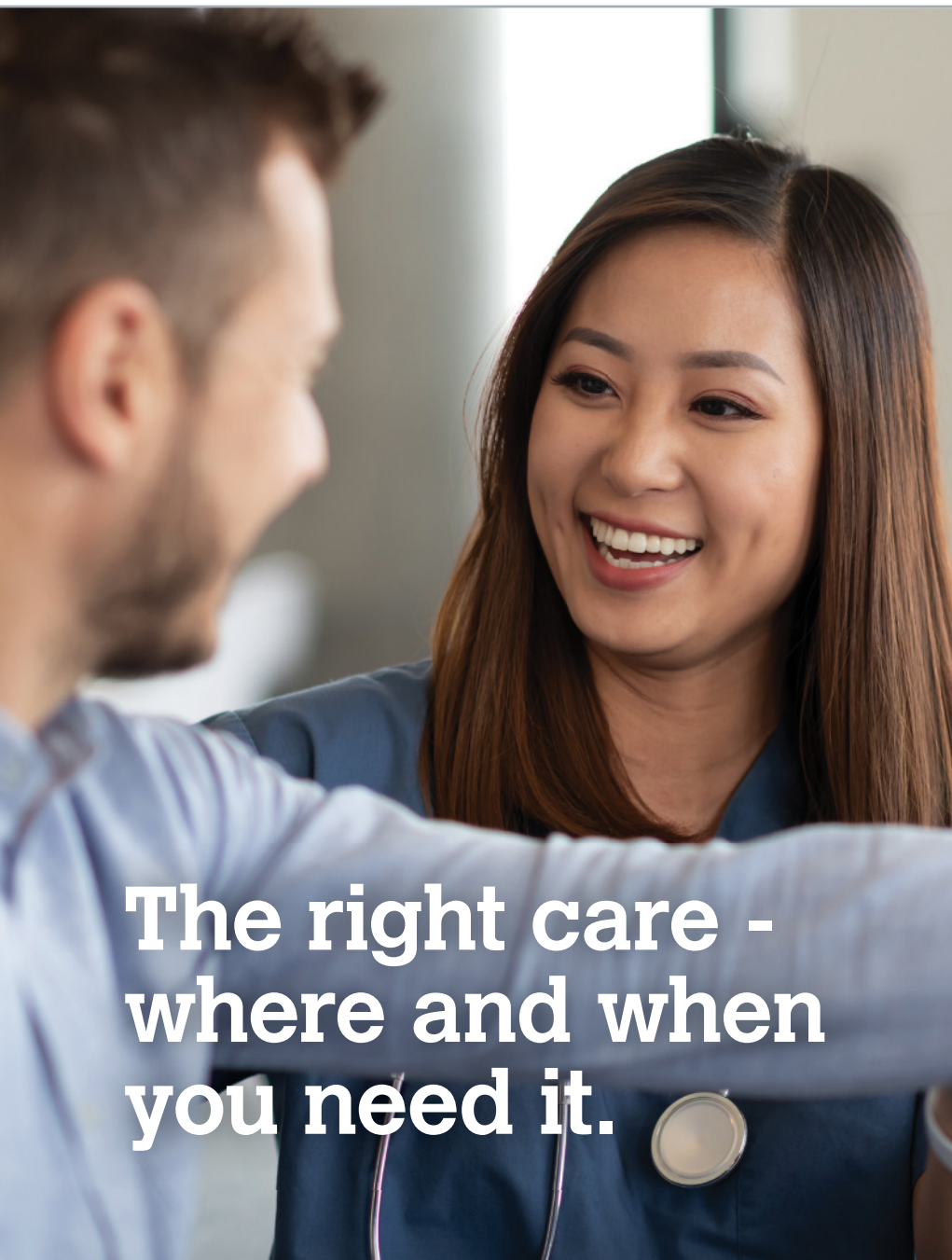
GRANDPARENTS' UPDATE

This course helps new grandparents get up to speed on modern approaches to newborn care to support new parents. You will learn about the latest health and safety concerns as they pertain to infants, including CPR tips and more.

CAR SEAT SAFETY CHECKS

We offer FREE car seat safety checks by certified child passenger safety technicians to help parents ensure their little one's safety during each car ride. Our safety checks take place at Long Green Volunteer Fire Company in Glen Arm, Maryland.





The right care -
where and when
you need it.

From coughs and earaches to sprains and cuts, **UM Urgent Care** is here for you when the unexpected happens.

We provide comprehensive care seven days a week to adults and children over 12 months of age. As a part of the University of Maryland Medical System, UM Urgent Care can also connect you to primary and specialty care in the region. And with online check-in and telehealth appointments available, we make it even more convenient to get the treatment you need quickly.

Locations

- > Belvedere Square
- > Dundalk
- > Rotunda

HERE WHEN YOU NEED US

Learn about our
services and online
check-in.



umstjoseph.org/urgentcare