

GET WELL & Stay Well

A Publication of the UMMC Patient Resource Center Summer 2004

Welcome to Summer

Summer is here, and with it, come longer days, warmer weather and outdoor activities. Summer is also host to a variety of important health topics, which we feature in this issue of *GET WELL & Stay Well*.

While the cicadas are gone, other bugs can take over at your summer picnics. These “bugs” cause infections, or foodborne illnesses. Find out how to avoid these illnesses in our feature article, “Keeping Uninvited Guests Away from Picnics.” Since September is National Food Safety Month, this is a good time to get familiar with these important food safety tips. Summer fun for children includes lots of time outdoors in the heat, and you will also find a valuable article on the hazards of children left in hot vehicles. This year, General Motors has teamed up with SAFE KIDS to raise awareness of this deadly, preventable problem.

September is also National Prostate Cancer Awareness Month, and we are featuring an article, “Prostate Health,” in this issue on early screening and its importance for many men. Other articles include the “Smoking—New Warnings” article based on the Surgeon General’s latest report on the hazards of smoking and ways you can kick the habit, and “What is Yoga?”

The Patient Resource Center has completed its first quarter of operations with well over 900 people using its services. We continue to look for new ways to meet the community’s needs through education, health screenings, and information. This quarter, we are adding Yoga, Prenatal Exercise, and Smoking Cessation to our class programming.

The Patient Resource Center and this newsletter strive to offer current, accurate information to you to better understand and care for your health and well-being. Specific personal medical advice is not offered, and we ask that you talk to a qualified health care provider for answers to your personal health concerns on these and other topics.

Please look at our course schedule, read our informative articles, and learn how to better care for yourself and others. Our vision is to help people—GET WELL and Stay Well.

Stay Healthy,
Anne D. Williams, RN, MS
Editor

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Smoking—New Warnings Bring New Reasons to Quit

Anne Williams, RN, MS

Forty years have passed since the first Surgeon General’s report on the harmful effects of smoking, and yet, smoking remains the leading preventable cause of death in the United States. The new Surgeon General’s report further outlines the harmful effects of smoking on almost every organ in the body. Most people know that smoking increases the likelihood of developing lung cancer, stroke, and cardiac disease. However, now there are many more health problems associated with smoking. The following are direct excerpts from a public address made by Health and Human Services Secretary Tommy G. Thompson:

- Smoking causes cancers in parts of the body (including the kidney, cervix, and bone marrow) that have not been previously linked to smoking.
- Smoking diminishes health generally. Adverse effects begin before birth and continue throughout the life span. Smoking also causes cataracts and contributes to the development of osteoporosis, and therefore, increases the risk of fractures in the elderly.
- During 1995-1999, smoking caused approximately 440,000 premature deaths in the U.S. annually, leading to 13.2 years of potential life lost for male smokers, and 14.5 years lost for female smokers.
- Changes to cigarettes that reduce machine yields of tar and nicotine have not had any clear benefits for public health.

Clearly, smoking puts smokers and non-smokers at risk for developing many health problems. Preventing young people from starting and kicking the habit for smokers is vital to cleaner air and healthier lungs. If you smoke, take a moment to consider the Surgeon General’s newest warning and consider quitting. You’ll be starting to learn one of the most important healthy habits, that of not smoking!

Before you quit smoking, you need to do two things:

- Recognize a need or desire to quit. Remember, you’re not giving up something, you are gaining your freedom!
- Find a way to quit that best suits your lifestyle and your smoking habit.

To help smokers kick the habit, the Patient Resource Center is pleased to offer a new smoking cessation class, Freedom from Smoking®. Smoking Cessation Classes will begin on September 7, and run weekly for 8 weeks in the Patient Resource Center. Call the Center at 410-328-9355 to register or for more information.



Keeping Uninvited Guests Away from Picnics— Summertime Food Safety

Elizabeth P. Fuss, RN, MS, CIC

All foods may contain some natural bacteria, and improper handling gives this bacteria a chance to grow. Contaminated or unclean food can be very dangerous, especially to young children, older adults, pregnant women, and people with weakened immune systems. According to the Centers for Disease Control and Prevention (CDC), there are more than 250 different food-borne diseases. The most common are caused by bacteria—Campylobacter, Salmonella, and E. coli O157:H7—and by viruses known as Norwalk-like viruses. Each year in the United States, approximately 76 million people get sick, more than 300,000 are hospitalized, and 5,000 Americans die from foodborne illness.

*“Each year in the United States,
approximately 76 million people get sick...”*

Raw foods are the most likely to be contaminated. Raw meat and poultry, raw eggs, unpasteurized milk, and raw shellfish must be handled with care. The quality of the water used for washing and chilling raw fruits and vegetables greatly impacts their safety as well.

Follow these simple precautions everyday to prevent food-related infections:

- 1) **WASH** your hands well before preparing food.
- 2) **COOK** meat, poultry, and eggs thoroughly. Use a meat thermometer to check that meats are cooked thoroughly. Cook eggs until they are firm and not runny. Cook poultry until the juices run clear and it is white in the middle. Cook fish until it is opaque or white and flaky. Meat is done when it is brown inside.
- 3) **SEPARATE** foods. To avoid cross-contaminating foods, wash hands, utensils, and cutting boards after they have been in contact with raw meat or poultry. Do not allow juices from eggs, meat, seafood and poultry to drip into other food.
- 4) **CHILL** leftovers promptly. Bacteria can grow quickly at room temperature, so refrigerate leftover foods if they are not going to be eaten within four hours. Keep your refrigerator set at 40 degrees fahrenheit and your freezer at 0 degrees fahrenheit.
- 5) **CLEAN** produce well. Rinse fresh fruits and vegetables in running tap water to remove visible dirt. Remove and discard the outermost leaves of a head of lettuce or cabbage.

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What is Prana Yoga?

Bonnie Tarrantino, Yoga Program Director, University of Maryland Integrative Medicine

Why are so many people turning to yoga in order to bring balance into their hectic, stressful lives? The answer lies in the meaning of the word “yoga,” or union. A yoga class gives people skills for bringing the body, mind and spirit back into balance.

Many of us know the feeling of being split between work, family, health concerns, and our own personal emotional needs. This split causes stress on the body and is exactly what yoga addresses. Yoga teaches us that we have three distinct parts of our being that need to coexist in harmony. The first part, and the most difficult to master is the mind. The second part is our physical body, and the third, and most powerful, is our connection to our essence, or spirit. Each yoga class in some way attempts to quiet the mind, strengthen the body, and bring attention back to the gentle voice of our true selves. Students do this by learning to respect and follow the patterns of the breath and the subtle patterns of the body’s life energy. Yoga is not a religion; simply a way of tuning in to your inner belief systems.

There are many different kinds of yoga out in the world today. Prana yoga is gentle on the physical body and trains one to experience the subtle life force energy that runs through the body. The use of yoga postures, breathing, and sound help to create an intense and meditative experience, which reduces stress and

allows the body to feel strong and energized. This training in particular, is very restorative for those in the health care profession.

Prana yoga will be offered through the Patient Resource Center in the UMMC Weinberg Building, first floor, by Bonnie Tarrantino. She serves as the Director of Yoga Programs for University of Maryland Integrative Medicine in Baltimore, Maryland.

University of Maryland Integrative Medicine offers a very unique clinical practice where physicians dual-trained in conventional and complementary medicine (CAM) work together with highly-trained practitioners of Traditional Chinese Medicine (TCM) and other therapies to provide new options for people with chronic conditions. TCM modalities include acupuncture and customized herbal prescriptions.

Other therapies or modalities include homeopathy, craniosacral therapy, nutrition, chiropractic treatments, physical therapy, and psychotherapy. Small group classes for Mindfulness-Based Stress Reduction and yoga are a regular part of patient care. Utilizing an individualized team approach to patient care, an Integrative Medicine Physician leads the team of CAM practitioners involved in the patient’s evaluation and treatment plan. This team approach provides new options for the management of chronic conditions by educating patients on the wide range of available therapies, both conventional and alternative. For more information, please call 410-448-6361.



PROSTATE HEALTH

Ola Webb, RN

Prostate cancer is the second leading cause of death in men in the United States. Over 230,000 men will be diagnosed with prostate cancer this year. Regular prostate checkups are important, because men may begin to experience prostate problems after the age of forty. However, prostate problems are more common for men after the age of sixty.

The prostate is a gland found in males. It's about the size and shape of a walnut and is located below the bladder and in front of the rectum. The prostate encircles the urethra, a tube that drains urine from the bladder. The primary function of the prostate is to produce fluid for semen.

Prostate cancer is a major health problem that may not have any symptoms. **A YEARLY PROSTATE EXAMINATION IS RECOMMENDED TO:**

- Identify the early stages of prostate cancer.
- Diagnose other prostate problems such as BPH (Benign Prostatic Hyperplasia) and Prostatitis, which may cause problems with urination.

RISK FACTORS FOR PROSTATE CANCER ARE:

- **Age:** Men 45 years or older are encouraged to have yearly prostate examinations.
- **Race:** African-American men have the highest risk of developing prostate cancer.
- **Family History:** The risk of developing prostate cancer increases in men with a family history of prostate cancer.

September is National Prostate Cancer Awareness month. Prostate cancer awareness stresses yearly prostate screening for all men beginning at 40-50 years of age based on certain risk factors.

THE PROSTATE SCREENING CONSISTS OF:

- Prostate screening questionnaire
- PSA blood test
- DRE examination

The University of Maryland Medical Center's Urology Clinic will offer its annual prostate screening free of charge on September 14 from 8:30 am-4 pm. Call the UMMC Urology Clinic at 410-328-5943 by early September to register for an appointment for a free prostate screening on September 14.

SAFE KIDS Baltimore Warns Parents of Heat-Related Dangers

Karen Hardingham, RN, BSN

Leaving children in hot, closed vehicles is a serious problem that, in some cases, can lead to extensive injury or death. With 80- and 90-degree days here in Maryland, comes a warning to parents and caregivers who think they can leave their child in a car for just a few minutes to run a "quick" errand. Don't! In those few minutes catastrophe can strike.

SAFE KIDS warns parents and caregivers annually about the dangers of leaving children unattended in hot cars. Despite those words of caution, children are still dying in alarming numbers. Since 1996, General Motors researchers have identified more than 228 heat-related deaths of young children in hot, closed vehicles. Last year, 42 children died of hyperthermia (heat stroke) after being left inside a hot vehicle. Many of these children were left behind or forgotten by an adult, while others gained access to an unlocked car and couldn't get out.

The goal of education is to convince parents that kids, cars and heat are a deadly combination. On a warm, sunny day, even at temperatures as mild as 60 degrees Fahrenheit, a closed vehicle can heat up to dangerous levels in minutes. A child's body temperature increases three to five times faster than that of an adult's, and because children are not able to dissipate heat as efficiently as adults, these factors mean that every minute counts when a child is trapped in a hot vehicle. This is a serious public health threat to our children. A beautiful, mild day can lead to disaster for a child. What makes these incidents even more tragic is the fact that they are 100 percent preventable!

SAFE KIDS Baltimore encourages bystanders to contact emergency services immediately if they see a child unattended in a vehicle. It could save a child's life.

TIPS AND GUIDELINES

SAFE KIDS Baltimore reminds parents and caregivers that children should never be left unattended in a vehicle—even for a second—and offers the following safety precautions to help combat heat-related injuries in cars:

- Never leave your child unattended in a motor vehicle, even with a window open.
- If you see a small child who is unattended in a motor vehicle and in need of help, contact emergency services. If you are in an OnStar-equipped vehicle, simply push the red emergency button located on the OnStar console. You will immediately be connected with an OnStar emergency services advisor who will expedite the call.
- Always lock your vehicle—especially at home—and keep keys out of children's reach.
- Make sure all children leave the vehicle upon arrival at a destination. Be especially careful if transporting children on a specific day or time is not part of your normal routine, and you are concerned about forgetting a sleeping infant, etc. Make a reminder for yourself by putting a diaper bag or toy on the front passenger seat.
- Teach children not to play in, on or around vehicles.
- Watch children closely around vehicles, especially when loading and unloading.

STATE LAWS

Currently, twelve states have laws that prohibit leaving children unattended in automobiles. They are: California, Connecticut, Florida, Illinois, Kentucky, Maryland, Missouri, Nebraska, Pennsylvania, Rhode Island, Texas and Washington. Eight states have legislation pending. In states where no specific laws exist, state and local prosecutors have the discretion to criminally charge adults under existing child endangerment laws.

CALL TO ACTION

The National SAFE KIDS Campaign and General Motors will intensify the Never Leave Your Child Alone education outreach program this summer. SAFE KIDS Baltimore is just one of the more than 300 SAFE KIDS coalitions across the country that will distribute brochures at local community events. If you would like a brochure, you may call SAFE KIDS Baltimore at 410-328-7532. Brochures can also be downloaded at www.safekids.org.

The University of Maryland Hospital for Children is the lead agency for SAFE KIDS Baltimore. The coalition is dedicated to the prevention of unintentional childhood injuries and death in Baltimore City. For more injury prevention information, contact the coalition at 410-328-7532 or e-mail Karen Hardingham, the coalition coordinator, khardingham@umm.edu.



Summertime Food Safety,
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- 6) **SHOP** for groceries when you can take food home right away so that it does not spoil in the car, especially in hot weather.
- 7) **REPORT** suspected foodborne illnesses to your local health department. Outbreaks are often first detected by calls from concerned citizens. If a public health official contacts you, your cooperation is important even if you are not ill, report all requested information.

During the summer months, it is especially important to take extra precautions and practice safe food handling. Warmer weather conditions, which make for great outdoor activities and barbecues, also provide a perfect environment for bacteria to grow and multiply in foods. In addition to the prevention measures noted above, follow these guidelines below.

Follow these simple precautions during the summer to prevent food-related infections:

- 1) **COOK** ground beef to 160 degrees fahrenheit, steaks to 145 degrees fahrenheit and chicken to 180 degrees fahrenheit when grilling. Preheat the coals on your grill for 20 to 30 minutes, or until the coals are lightly coated with ash.
- 2) **USE** separate cutting boards for raw meat. Always use a clean plate to serve the cooked food.
- 3) **MARINATE** foods in the refrigerator. Don't use the liquid that was used to marinate raw meat or poultry on cooked food, unless boiled before reapplying.
- 4) **STORE** foods in cooler until ready to cook. Pack with plenty of extra ice and shut container tightly to keep foods COLD.
- 5) **DON'T** leave perishable foods out for more than one hour on hot days (90 degrees plus).

For more information, contact USDA's Meat and Poultry Hotline: 1-800-535-4555 or FDA's Food Safety Information Hotline: 1-888-SAFEFOOD (1-888-723-3366) or www.fightbac.org.

July/August/September 2004 Calendar

To register for classes (except for Stork's Nest), please contact the Patient Resource Center at 410-328-WELL (9355). All sessions are FREE unless noted.

Check out our new classes this quarter: Yoga, Prenatal Exercise, and Smoking Cessation.

Classes

Stork's Nest—Prenatal Education

July 2, 9, 16, 23, 30

August 6, 13, 20, 27

September 3, 10, 17, 24

All classes run from 10:30-12:30 every Friday. Please contact Stork's Nest at 410-328-2944 for info and registration.

Prenatal Exercise

Starting September

Call for dates and times.

A gentle, motion and strengthening class with relaxation for women of all activity levels from 1 week to 9 months.

Cost: \$50.00 for 2 months or \$5.00 per class.

Jazzercise®

July-September

Tuesday and Thursday 4:35-5:35 pm

Ongoing. Cost: 8-week pass \$85.00 or walk-ins \$8 per class

CPR for Family and Friends

September 30 1:00-4:00 pm

Cost: \$25.00

Smoking Cessation—American Lung Association's Freedom from Smoking®

Weekly – Starting Tuesday, September 7 12 noon-1:00 pm

8 weeks. Don't have to quit the first day! Cost: \$75 (includes ALA educational packet), \$50 after reimbursement for benefit-eligible employees

Yoga (Prana)

September 13 – November 15

Mondays 6:00-7:00 pm

10 weeks. Cost: \$10 for employees weekly or \$100 for 10 weeks. \$12 for public weekly or \$120 for 10 weeks. \$15 for walk-ins. (Participants must be registered.)

Food Safety

Every Tuesday 12 noon-12:30 pm

Support Groups

Transplant Education Series—Support Group

September 21 5:00-6:30 pm

Topic TBA

NICU Family Support Group

Starting Tuesdays, July 8

2:00-3:00 pm, 7:00-8:00 pm

Lunchtime Series

Urge Incontinence and Pelvic Floor Exercises

July 20 12 noon-1:00 pm

Dr. Harry Johnson and Dottie Atkins, CRNP
Light lunch provided, but must register.
UMMC Patient Resource Center

Infertility and Fertility Treatment Options

August 16 12 noon-1:00 pm

Dr. Howard McClamrock
Light lunch provided, but must register.
UMMC Patient Resource Center

Choosing the Best Birth Control for You

September 13 12 noon-1:00 pm

Dr. Michelle Fox
Light lunch provided, but must register.
UMMC Patient Resource Center

Events

Church Without Walls

July 10 9:00 am-3:00 pm

Health screening and health information for the whole family. Community Health Fair, Lafayette Square, Baltimore

Heart Scan Display

July 14 11:00 am-2:00 pm

UMMC Patient Resource Center

Child Safety Seat Check

July 22 12:30-4:30 pm

Fox Chevrolet, 6633 Security Boulevard, Baltimore

Virtual Colonoscopy Display

August 17 11:00 am-2:00 pm

UMMC Patient Resource Center

Blood Drive

September 8 & 9 7:00 am-7:00 pm

UMMC Patient Resource Center

Prostate Cancer Screening

September 14 8:30 am-4:00 pm

Physical exam and blood test to screen for prostate cancer open to all men. Call early September for appointment at 410-328-5943. UMMC Urology Clinic

Baltimore Book Festival

September 17-19

Lots of events for entire family, live music and readings, storybook parade, and more! Mt. Vernon Place, Baltimore