

# GET WELL & Stay Well

A Publication of the UMMC Patient Resource Center

Fall 2005

## Welcome to Fall

Fall is here, and with it, come shorter days, cooler weather, and back-to-school activities. Fall is also host to a variety of important health topics, which we feature in this issue of *GET WELL & Stay Well*.

October is National Breast Cancer Awareness Month, and we are featuring an article, *Breast Cancer Awareness—What Every Woman Should Know* on early screening detection and its importance for all women. I have personally witnessed the struggle that several of my co-workers and friends have had with breast cancer—fortunately most are survivors. This article is a must-read for all women.

In light of the tremendous disaster on the Gulf Coast with Hurricane Katrina, we have added an article, which addresses some of the emotions you may be experiencing now. Many people are overwhelmed by the loss and devastation that is brought to us continuously by the media coverage, so we offer some strategies to help with the adjustment and coping with this disaster.

November 17 marks another Great American Smokeout. On that day, smokers around the country will put out their cigarettes for the last time and take an important step to improving their health. Do you want to join them? Find out how in our article on *Kicking the Habit for the Great American Smokeout*.

The Get Fit Maryland™ program wrapped up its rookie year in September to rave reviews from its participants. Based on its success, the program will be brought back again next spring. Look for an even bigger and better program, which will be promoted through this newsletter and the Patient Resource Center. This quarter, the Patient Resource Center is hosting its second Wellness Fair for employees in December.

Please look at our course schedule and 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,  
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Editor

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## Breast Cancer Awareness— What Every Woman Should Know

Rose Wolfe Muffoletto, RN, BSN, OCN

October is National Breast Cancer Awareness Month, but the awareness should last more than just a month. This is the month women usually think about breast health and the risk of developing breast cancer. However, women should be aware of breast health, breast cancer facts, and early detection throughout the year. First and foremost, breast cancer is not the leading cause of death among women. Heart disease remains the number one killer, and lung cancer is the leading cause of cancer death.

Unfortunately, many women think that they are not at risk for developing breast cancer, because they do not have a family history of breast cancer. Last year, approximately 76% of women diagnosed with breast cancer had no family history of breast cancer. This tells us that your family history is important to know, but it does not mean that a woman is not at risk for developing breast cancer just because it is not “in her family.”

So, women ask: “What are the risks associated with breast cancer?” The two greatest risk factors that can not be changed are being a woman and growing older. Approximately 75% of breast cancers are diagnosed in women over the age of 50. Therefore, we know, that as women grow older their risk of developing breast cancer increases. Although this is true, we must remember that young women and men can develop breast cancer.

The other factors evaluated in breast cancer risk include menarche at younger than age 12 (age menstrual cycles start), nulliparity (never having children), menopause at older than age 50, first pregnancy at older than age 35, obesity, alcohol intake (more than two drinks per day), and a positive genetic mutation BRCA1 and BRCA2.

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## BREAST CANCER AWARENESS, CONTINUED FROM PAGE 1

What are the recommendations for breast health screening and assessment? The following three steps are important to breast health.

1. Monthly breast self exams or BSE (one week after cycle starts or once a month for postmenopausal women).
2. Clinical breast exam by health professional yearly.
3. Annual mammograms beginning at age 40.

Some of these recommendations may vary if a woman has a family history of breast cancer, especially if the family member was diagnosed at an early age. Your doctor or breast health professional can help you determine your screening requirements.

One of the biggest challenges women faces is feeling comfortable with practicing breast self exam (BSE). Many women fear that they will not recognize a cancer when they practice BSE. Just learning what your own breast tissue feels like will enhance your comfort and knowledge of your breast and give you greater confidence to recognize when there is a change. Many women find their own lumps. You do not need to know if it is cancer—you just need to recognize the change. If you feel a change in your breast, contact your doctor or a breast health program to be evaluated. Most lumps are not breast cancer.

*“Early detection  
is the best  
protection”*

When you practice BSE, these are some of the changes to look for:

- **A lump or change in the feel of the breast tissue.**
- **Discharge from one breast.**
- **Inversion of the nipple.**
- **Dimpling or puckering of the skin on the breast.**
- **Itching, irritated, scaly nipple.**
- **Rash on the breast.**
- **Change in the shape or size of the breast.**
- **Pain in one area of the breast.**

The message of Breast Cancer Awareness month is “Be proactive in your breast health.” Breast cancer has a 95% cure rate when diagnosed at an early stage. Follow the recommended three-step method for breast health: monthly BSEs, annual clinical breast exams, and annual mammograms. When breast cancer is detected early, treatment is less, and survival is greater. Early detection is the best protection.

If you have questions about your breast health or breast cancer treatment, please feel free to contact the University of Maryland Breast Evaluation and Treatment Program at 410-328-7855.

## Kicking the Habit



Every year on the third Thursday of November, hundreds of Americans kick their habit of smoking for the last time. You can join them this year!

Almost four out of five smokers would like to quit. Are you one of them? Almost half of all

adult smokers in the U.S. have already quit. It doesn't matter how old you are or how long you've smoked. You become healthier and stronger each day you are tobacco-free. Once you have quit, you've added healthy, full days to each year of your life. You will greatly lower your risk of death from lung cancer and other diseases like heart disease, stroke, chronic bronchitis, emphysema, and at least 13 other forms of cancer.

Learn how you can kick the habit for life. Highest success rates for quitting include combining a behavior modification program with nicotine replacement therapy. Consider joining a smoking cessation class like the ones offered at the UMMC Patient Resource Center. The main thing is to **START**.

**S** = Set a quit date.

**T** = Tell family, friends, and co-workers that you plan to quit and enlist their support.

**A** = Anticipate and plan for the challenges you'll face while quitting.

**R** = Remove cigarettes and other tobacco products from your home, car, and work.

**T** = Talk to your doctor about getting help to quit.

**Stop by the UMMC Patient Resource Center on November 17 for free information, resources, and giveaways to help you kick the habit for life.**

### Resources

- **University of Maryland Medical Center's KICK the Habit**  
[www.umm.edu/kickthehabit](http://www.umm.edu/kickthehabit)
- **University of Maryland Medical Center's Patient Resource Center** 410-328-WELL
- **U.S. Government Tobacco Cessation**  
[www.smokefree.gov](http://www.smokefree.gov)
- **American Lung Association**  
[www.lungusa.org](http://www.lungusa.org)
- **American Cancer Society**  
[www.cancer.org](http://www.cancer.org)

## Get Fit Maryland™ — The Results are In

With over 3,000 Marylanders walking this spring and summer, the rookie year of Get Fit Maryland™ got off to great start. Now that the final survey results are in, Get Fit Maryland™ seems to have won at the finish line with its participants.

Over 250 people completed a brief online survey to let planners know how the program worked for them. Seventy four percent of the survey respondents completed all three months of the program, and over 50% of the respondents stated that the program was “excellent or very good.”

From a health perspective, the news is even better! Participants reported on the survey that they collectively lost 1,243 pounds during the three-month program. That averages out to five pounds per person! Others who did not need to lose weight said that it helped them maintain their healthy weight. In addition, 94% of the participants reported that they will participate again next year when Get Fit Maryland™ returns in the spring.

If you would like to start walking on your own, stop by the UMMC Patient Resource Center to get a copy of the indoor walking map of the medical center or purchase a pedometer for \$5 while supplies still last.

“We hope that all Marylanders will take the opportunity to “Get Fit” next year and reduce their risk for obesity, diabetes, and heart disease,” says Suzanne Sysko, MD, Medical Director of the Center for Weight Management and Wellness at the University of Maryland Medical Center.

For more information on Get Fit Maryland™, you can contact the Patient Resource Center at 410-328-9355 or on the web at [www.getfitmaryland.org](http://www.getfitmaryland.org).



## Healthy Seasonal Snack

Already carved your pumpkin? Spread washed seeds on a cookie sheet and dust with cooking spray. Sprinkle with a seasoning of your choice (like garlic powder, Cajun seasonings, pepper or cinnamon sugar). Bake at 350 degrees for 5-10 minutes or until browned.

## Coping with Disasters: Hurricane Katrina's Aftermath

No one who sees a disaster is untouched by it. We have all been affected by the recent catastrophe in the Gulf Coast in the wake of Hurricane Katrina. In addition to the monumental physical tasks of cleaning up and trying to rebuild, people are struggling with the mental tasks of coping with loss and overwhelming shock. We have witnessed continuous images from the media which inform us, but at the same time can overwhelm and upset us.

The United States Department of Health and Human Services National Mental Health Information Center provides the following information that we can all use during this stressful time.

### THINGS TO REMEMBER WHEN TRYING TO UNDERSTAND DISASTERS

- It is normal to feel anxious about you and your family's safety.
- We each have different needs and different ways to cope.
- Profound sadness, grief, and anger are normal reactions to an abnormal event.
- Acknowledging our feelings helps us recover.

*“It is normal to feel anxious about you and your family's safety.”*

### WAYS TO EASE THE STRESS

- Talk with someone about your feelings of anger, sorrow, or other feelings.
- Take steps to promote your own physical and emotional healing by staying active in your daily life patterns or by adjusting them. (Some examples include: healthy eating, rest, exercise, relaxation, meditation.)
- Maintain a normal household and daily routine, limiting demanding responsibilities of yourself and family. A regular routine is especially helpful for young children who are coping as well. Routines provide a dependable structure to an otherwise chaotic time.
- Spend time with family and friends.
- Participate in memorials, rituals, and use of symbols as a way to express your feelings.
- Use existing support groups of family, friends, and church.
- Offer assistance in a way you find meaningful. Feeling that there is something that you can do is comforting.
- Establish a family emergency plan.

Most importantly, if you find yourself extremely upset or depressed and self-help strategies are not helping, seek the assistance of a mental health professional or your family doctor.

(Adapted from the U.S. Dept Health and Human Services National Mental Health Information Center website, 2005)

# October/November/December 2005 Calendar

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

## Classes

### Stork's Nest—Prenatal Education

October 7, 14, 21, 28

November 4, 11, 18, 2

December 2, 9, 16, 23, 30

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

### Childbirth Education and Infant Care

Please contact Childbirth Office at 410-328-2944 for fees and registration for the following courses.

### Childbirth Preparation

Weekly on Wednesdays beginning on Sept 7, 7 – 9:00 pm

### Childbirth Weekend Marathon

October 15 & 16

### Breastfeeding

October 17, 6 – 8:30 pm

### Infant Care

October 26 from 7:30 – 9:30 pm

### Infant Safety and CPR

October 24, 7:30 – 9:30 pm

November 21, 7:30 – 9:30 pm

### Yoga (Prana)

Mondays, 6 – 7:00 pm

Cost: \$10 for employees weekly or \$100 for 10 weeks. \$12 for public weekly or \$120 for 10 weeks. \$15 for walk-ins (walk-ins are welcome). \$25 reimbursement for benefit-eligible employees.

### The Solution® Method Training

Tuesdays, 6 – 8:00 pm

12 Week Group—ongoing. Provides support and training in the skills of self-nurturing and effective limits, which turn off the drive to go to excess with food, working, spending, etc. Cost: \$399. \$25 reimbursement for benefit-eligible employees.

### Smoking Cessation – American Lung Association's Freedom from Smoking®

8 weeks. Tuesdays, 12 noon – 1 pm beginning in January

Call 410-328-9355 for registration. Don't have to quit the first day!

Cost: Free (includes ALA educational packet).

### Food Safety...It's in Your Hands

Mondays, 10:00 am

For any Cancer Center patients, families, or caregivers.

Contact Hadas at 410-328-5462 to register.

9 Gudelsky Conference Room near the BMT unit entrance.

### Weight Watchers at Work

10 weeks. Tuesdays, 11 am and 12 noon

Cost: \$119.50

To register, email ksk4you@aol.com (please put "Weight Watchers" in the subject line).

UMMC Learning Center

## Support Groups

### Transplant Support Group—Education Series

October 18 – Medicare/Part D

November 15 – Nutrition and Exercise

December 13 – Giving Celebration/Meet Your Coordinators

3rd Tuesdays each month from 5 – 6:30 pm

UMMC Patient Resource Center and Learning Centers

### Leukemia and Lymphoma Support Group

4th Tuesday each month at 3:30 pm

Free to all adults/families with Leukemia, Hodgkins or non-Hodgkins Lymphoma, or Myeloma. Call Tracy Orwig at 410-825-2500 or Beth Wintermute at 410-328-3595 to register or for information.

UMMC Patient Resource Center

### Parkinson's Disease Patient Seminar

October 8, 8:30 am – 2:30 pm

Call 1-800-492-5538 for more information.

Four Points Sheraton, Hagerstown, MD

## Evening Learning Series

### Women's Health Topics

To register for the free seminars, please call 1-800-492-5538.

All sessions held at University Care at Edmondson Village

4538 Edmondson Ave. Baltimore, MD.

### Your Birth Control Options

September 1, 6:30 – 7:30 pm

### Menopause—What Can You Expect?

October 6, 6:30 – 7:30 pm

### Breast Disease—What You Should Know

November 3, 6:30 – 7:30 pm

### Frequent Urination—Your Options

December 1, 6:30 – 7:30 pm

## Events

### Susan G. Komen Race for the Cure

October 1

Log onto [www.komenmd.org](http://www.komenmd.org) for details on the race or call 410-433-7223.

### Senior Health and Fitness Day

October 28

Free health screenings, flu shots for seniors, and much more.

Call 410-328-8402 for details.

Reisterstown Road Plaza

### American Heart Association's Annual Heart Walk

October 29, 8 am – 12 noon

Log onto [www.heartwalk.kntera.org/Baltimore](http://www.heartwalk.kntera.org/Baltimore) or call 1-800-242-8721.

Rash Field

### Great American Smokeout—Cigarette Amnesty Event

November 17, 11 am – 2 pm

UMMC Patient Resource Center

### Baltimore Sun's Health and Fitness Expo

November 19 from 8 am – 8 pm

Timonium Fairgrounds

Adult admission \$2 or \$4 for a family

### Wellness Fair

December 2

For UMMC employees.

UMMC Patient Resource Center and Learning Center

### Free Mammograms and Pap Tests

To women over 40 years living in Baltimore City.

Offered by the Baltimore City Cancer Program at

UMMC Cancer Center. Call 410-328-HOPE (4673).