

GET WELL & Stay Well

A Publication of the UMMC Patient Resource Center Fall 2007

Welcome to Fall

Fall is here, and with it comes 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*.

November 15 marks another celebration of the 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 "Kicking the Habit" for the Great American Smokeout. UMMC is supporting the clean air movement by going completely smoke-free, even on outdoor grounds. The Medical Center has long recognized the health benefits of being a non-smoking facility. We now join countless other health care systems in extending our smoke-free policy to outside property as well. In the interest of our patients, families, and the general public, we will take this important step on January 1, 2008.

This quarter, the Patient Resource Center is collaborating with Employee Health to host the fourth annual Wellness Fair for employees in November. This year's main themes include: maintaining a healthy weight, healthy heart care, smoking cessation, and diabetes prevention. All of these topics are important to every American as obesity is reaching epidemic proportions. Sixty percent of Americans are overweight, and obesity kills more people in this country than AIDS, breast, lung, and prostate cancers combined.

In a related article on controlling high blood pressure, the Medical Center proudly sponsored a blood pressure screening event in September that was hosted by Hall of Fame Coach Don Shula. Coach Shula spoke about the importance of regularly checking your blood pressure and how simple lifestyle changes can make a big difference in improving your health.

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

**Please direct editorial inquiries to:
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Meet the Coach

One in three American adults have high blood pressure, and more than 30% of them don't know it. To raise awareness about this problem, Hall of Fame Coach Don Shula has teamed up with Boehringer Ingelheim to educate Americans about the risks of high blood pressure. On September 20, Don Shula came to the UMMC to personally share his approach to routine blood pressure monitoring. In addition to meeting over 75 people who came to get their blood pressure measured, Coach Shula offered some valuable tips to maintaining a healthy blood pressure.

Take the Coach's approach—monitor your blood pressure regularly and follow his winning advice below for maintaining a healthy blood pressure.



- **Lose weight if you are above your ideal weight** or maintain a healthy weight. Even a weight loss as small as 10 pounds can help lower your blood pressure.
- **Quit smoking!** There are lots of ways to kick the habit for life, so talk to your health care provider for the latest strategies.
- **Get more exercise.** Aim for 30 minutes of moderate activity each day. This is a great way to decrease stress and help maintain a healthy weight. Talk to your health care provider before you start a new exercise program.
- **Limit drinking alcohol.** Too much alcohol can raise your blood pressure.
- **Eat more fresh vegetables and fruits.** Also, limit the amount of salt and fat in your diet and eat more fiber and whole grains to maintain a healthy weight.

TO VIEW PICTURES OF THIS EVENT, TURN TO PAGE 2.

Kicking the Habit...For Life



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 forms of cancer.

Now, it even makes more sense. *The New York Times* reported on August 29, 2006, that the level of nicotine found in U.S. cigarettes has risen about 10% in the past six years. This makes it harder to quit and easier to get hooked. In a study done by the Massachusetts Department of Health, the three most popular brands with young smokers (Marlboro, Newport, and Camel) delivered significantly more nicotine than they did years ago. In fact, in Kool cigarettes, a popular menthol brand, nicotine levels rose 20%. Smokers who choose "light" brands hoping to reduce their nicotine intake are also out of luck, as the study found that there was no significant difference in the amount of nicotine in "light" brand varieties tested in 1998 and 2004. Additionally, smokers who use "light" brands inhale deeper to get the same "hit" of nicotine and thereby pull the dangerous toxins deeper into the lungs, increasing the risk of lung cancers.

So now that you're determined to quit...learn how you can kick the habit for life. The highest success rates come from those who combine 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 15 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
- **University of Maryland Medical Center's Patient Resource Center** – 410-328-WELL
- **US Government Tobacco Cessation** – www.smokefree.gov
- **American Lung Association** – www.lungusa.org
- **American Cancer Society** – www.cancer.org
- **Maryland Tobacco Quit Line** – 1-800-QUIT-NOW

Meet the Coach: Photo Gallery

PHOTOS BY LOUIS ROSENSTOCK



“I Don’t Remember..”

ADANNA AGBO, RN, BSN, GRADUATE STUDENT, UNIVERSITY OF MARYLAND
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Does your mother repeat the same stories to you over and over again as if it were the first time? Does your aunt remember where her daughter lives or who you are? For many Americans, living and caring for someone with Alzheimer’s disease is a challenging way of life.

Alzheimer’s is a progressive and irreversible disease that affects brain cells, producing memory loss, intellectual impairment and mental status changes. Every 72 seconds, someone in the U.S. develops Alzheimer’s disease. Currently about 5.1 million people are living with Alzheimer’s in America. In 2000, the number of new Alzheimer’s cases was 411,000. Alzheimer’s is the seventh leading (and underlying) cause of death for persons 85 and older. Alzheimer’s disease was first recognized by a German doctor, Dr. Alois Alzheimer, in 1901 during his encounter with a 51-year-old woman who presented with signs that Dr. Alzheimer had never seen before. After the patient’s death five years later, Dr. Alzheimer performed an autopsy on her brain and recorded some brain cell changes that were linked to the physical and mental changes she experienced prior to her death.

Even though the cause for a majority of Alzheimer’s cases is unknown, scientists have been able to distinguish three main risks for developing the disease. Getting older is the most common risk factor for developing Alzheimer’s. Most people who develop Alzheimer’s do so after the age of 65. The other two risk factors include a family history of Alzheimer’s and genes passed from parent to child. The disease manifests itself with signs and symptoms that sometimes mirror the aging process. These signs and symptoms include difficulty remembering new information, forgetfulness, confusion, disorganized thinking, impaired judgment, disorientation and difficulty expressing oneself and one’s needs. As the disease progresses, the person affected becomes more debilitated, needing help with dressing, bathing, eating, toileting and other daily activities. Eventually the person may require total care.

Currently, there is no cure for Alzheimer’s. The treatments available are aimed at slowing the worsening of symptoms. Symptom relief occurs in about half of the people who take medication for an average of 6 to 12 months. Some of the medications used include Namenda®, Aricept®, Exelon®, and Razadyne®. Some people also use herbs and vitamins in addition to prescribed drugs to treat Alzheimer’s symptoms.

Most people with Alzheimer’s are being taken care of at home by their families, friends, or paid caregivers. Caring for a person or persons with Alzheimer’s is not an easy task. It is challenging, stressful, and emotionally draining. Caring for a person with Alzheimer’s requires patience, knowledge, creativity, skills, a positive attitude, and support. As the caregiver for someone that has Alzheimer’s disease, one needs to consider techniques to help bring the person with Alzheimer’s back or close to reality, using cues as reminders. In addition, physical activities/exercise, environmental safety, and emergency preparedness also need to be addressed.

Caregivers of persons who have Alzheimer’s disease may experience various emotions in response to the disease. These emotions may be due to stress, the condition of the affected person and/or feelings of loss and fear.

Such emotions can be exhibited as denial, anger, social withdrawal, anxiety, depression, exhaustion, sleeplessness, irritability, lack of concentration, and acceptance. These emotions may also be part of the coping mechanism used to deal with the reality of having



a loved one develop Alzheimer’s. As a caregiver, it is paramount to maintain one’s health. Join support groups or seek counseling to assist with the severity of stress and emotional responses. Utilize respite services from family, friends or health care professionals to give yourself a break from caregiving. It is also advisable as a caregiver to take some classes or participate in some skills training in order to learn the appropriate techniques to care for the person with Alzheimer’s. There are other resources that may be beneficial while caring for a loved one that has Alzheimer’s, such as community resources, the local Alzheimer’s Association chapter, primary care providers, therapists and psychologists.

For more information, contact one of the following resources:

- **AARP**
Phone: 1-888-687-2277
Web site: www.aarp.org.
- **Administration on Aging, U.S. Department of Health and Human Services**
Phone: 202-619-0724
Web site: www.aoa.gov/alz
- **Alzheimer’s Association**
Phone: 800-272-3900
Website: www.alz.org
- **Eldercare Locator**
Phone: 800-677-1116
Web site: www.eldercare.gov
- **National Alliance for Caregiving**
Web site: www.caregiving.org
- **National Institute of Mental Health**
Phone: 1-866-615-6464
Web site: www.nimh.nih.gov
- **National Institute on Aging**
Phone: 301-496-1752
Web site: www.nia.nih.gov

October/November/December 2007 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

Oct 5, 12, 19, 26

November 2, 9, 16, 30

December 7, 14, 21

All classes run from 10:30 am – 12:30 pm every Friday

Please contact Stork's Nest at 410-328-2944 for information and registration.

Childbirth Education, Infant CPR, and Infant Care

Please contact the Childbirth Education office at 410-328-2944 for class information and registration for Infant Care, Breastfeeding and Infant CPR.

Yoga (Prana)

Thursdays, 6 – 7 pm

Weekly—ongoing.

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.

Pilates (New!)

Mondays, 5:30 – 6:30 pm

Weekly—ongoing

Cost: \$75 per session. (Walk-ins are welcome).

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

8 weeks, Tuesdays, 12 noon – 1 pm.

Starting again on January 8.

Call 410-328-9355 for registration and information. You don't have to quit the first day!

Cost: Free (includes ALA educational packet).

Spine/Orthopedics Pre-op Class

Wednesdays, 11 am – 1 pm

Call Cindy Fox or Pauline Esoga at

410-328-5360 for more information.

UMMC Patient Resource Center

Food Safety...It's in Your Hands

Mondays, 10 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

Massage (Seated)

Fridays, 12 noon – 3 pm

\$14 for a 15-minute seated massage.

Call the Patient Resource Center to schedule an appointment.

Support Groups

Transplant Support Group—Education Series

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

Resuming in September

UMMC Patient Resource Center

Leukemia and Lymphoma Support Group

4th Tuesday each month at 3:30 pm

Call Tracy Orwig at 410-825-2500

or Beth Wintermute at 410-328-3595 to register or for information.

Cost: Free to all adults/families with Leukemia, Hodgkins or non-Hodgkins Lymphoma, or Myeloma.

UMMC Patient Resource Center

Bariatric Support Group

2nd Wednesday each month from 6 – 8 pm

Call Nadja Muchow at 410-328-8936 for

more information.

Cost: Free to adults in the Bariatric bypass surgery program.

UMMC Patient Resource Center

Breast Cancer Support Group

4th Thursday each month at 12 noon

Call Stacey Stephens at 410-328-4673 for

more information.

Cost: Free to all women with breast cancer.

UMMC Patient Resource Center

Inflammatory Bowel Disease Support Group

1st Thursday each month

6:30 – 7:30 pm

Call Nadja Cheevers at 410-328-6172

for more information.

UMMC Patient Resource Center

Violence Intervention Program (VIP) Support Group

Thursdays, 1 – 3 pm

Call Adrian Barnes at 443-506-7519

for more information.

Events

Lexington Market's Annual Health and Nutrition Day

October 10, 10 am – 2 pm

Free flu shots, health screenings, health information and much more! UMMC partners with the market to provide this health fair each year.

Main arcade in the market

Susan G. Komen Race for the Cure 5-K Run/Walk

October 14

This annual event benefits breast cancer research. Visit www.komenmd.org to register and get more information.

Hunt Valley, MD

The Maryland Zoo in Baltimore's Annual ZooBoo

October 20, 21, 27, and 28

Safe trick or treating, games, entertainment and more await children of all ages at this annual event that is free with each paid admission to the zoo. University of Maryland Hospital for Children is a proud sponsor of this event. Baltimore Zoo

American Heart Association's Annual Baltimore Heart Walk

October 27, 8 am

For more information on how to register, go to www.startwalk.baltimoremd@heart.org or call 410-637-4566. UM Heart Center is a proud sponsor of the Heart Walk. Federal Hill Park

Women's Health Symposium

November 3, 7:30 am – 5 pm

Free health screenings, seminars, workshops and more. This event is sponsored by the BET Foundation and UMMS. Go to www.ahealthybet.com to register. Registration is required for this event, and space is limited. Coppin State College, 2500 West North Avenue, 21216

Blood Drive

December 20, 9 am – 3 pm

Call 1-800-492-5538 to schedule your life-saving appointment.

Give the gift of life...donate blood!

Free Mammograms and Pap Tests

December 20, 9 am – 3 pm

For women over 40 living in Baltimore City. Offered by the Baltimore City Cancer Program at UMMC Cancer Center. Call 410-328-HOPE (4673).

GET WELL & Stay Well is produced by the UMMC Patient Resource Center.

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