

# GET WELL & Stay Well

A Publication of the UMMC Patient Resource Center Fall 2009

## 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*.

Fall and flu season seem to go hand-in-hand, so to speak. This year is expected to be more complicated with the emergence of the 2009-H1N1 virus. Check out our feature article on 2009-H1N1 and learn how to protect yourself and your family. October is breast cancer awareness month, and we have included an article on the importance of routine mammograms.

UMMC is proud to be designated a Magnet hospital by the American Nurses Credentialing Center (ANCC) for hospitals that meet specific criteria for nursing professionalism, teamwork and the highest standards in patient care. Only about five percent of hospitals across the United States have this prestigious designation. This honor was announced on July 13, and you can read all about it in this issue.

This quarter, the Patient Resource Center is collaborating with Employee Health to host the sixth 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.

Healthy heart care and diabetes prevention and control are predominately controlled through a healthy diet, maintaining a healthy weight, and regular exercise or activity.

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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## 2009 Flu Season and H1N1 Influenza Virus What You Need To Know

Fall and flu season, they seem to go hand-in-hand, so to speak. This season will likely bring us the typical seasonal flu as well as the 2009-H1N1 flu. To protect yourself and your family, here are the answers to the most frequently asked questions about this virus.

### What is 2009-H1N1 influenza?

2009-H1N1 influenza, also known as swine flu, is a respiratory infection caused by a newly identified virus called 2009-H1N1. Since April 2009, this virus has caused outbreaks of flu-like illness in the United States and in other countries around the world. Virtually all of the cases reported in the United States have been relatively mild; however, there have been 593 deaths reported in the U.S. by the Centers for Disease Control (CDC) as of September 4, 2009.

### What are the symptoms of 2009-H1N1 influenza?

The symptoms are similar to those of seasonal flu, including fever accompanied by cough, sore throat, body aches, headache, chills and/or fatigue. A few people have reported diarrhea and vomiting associated with the 2009-H1N1 flu.

### How does 2009-H1N1 influenza spread?

Flu viruses (including this one) are spread through the air when people inhale droplets from ill people who sneeze or cough. People may also become infected by touching something with flu viruses on it and then touching their eyes, mouth or nose.

### How can I protect myself?

Take the same precautions that you would to avoid regular seasonal flu and other respiratory infections:

- Encourage everyone to cover their mouth and nose when they cough or sneeze.
- Wash your hands often with soap and water or use an alcohol-based hand cleaner.
- Avoid close contact with sick people.
- Get your seasonal flu shot and a 2009-H1N1 vaccine when available.
- If you get sick, stay home and limit contact with others to avoid infecting them.

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# Breast Health

**October is Breast Cancer Awareness Month.** It's an annual reminder to get your annual mammogram and exam by your health-care provider. Breast Cancer is the most common cancer in women in the United States. According to the American Cancer Society, an estimated 192,370 new cases of invasive breast cancer are expected to be diagnosed among women in the U.S. this year. An estimated 40,170 women are expected to die from the disease in 2009 alone. Today, there about 2.5 million breast cancer survivors living in the United States. Breast Cancer is the second leading cause of cancer death in women, after lung cancer.

Early detection is your best defense against breast cancer and can improve your chances of successful treatment. In fact, the five-year survival rate for women whose breast cancer is diagnosed at an early stage is 97 percent. The thought of having breast cancer is frightening to everyone, but ignoring or avoiding the processes to detect cancer can be dangerous. Routine care is the best way to keep you and your breasts healthy.

One of the distinctions of the Breast Center at the University of Maryland Medical Center is that it offers all-digital mammography. This technology converts X-rays to electronic images of the breast which can be viewed, optimized, and stored on a computer. All digital mammograms mean:

- Quicker mammograms—there's no need to wait for film images to be developed.
- Images can be viewed instantly by technologists or radiologists
- Images can be easily transferred electronically with no loss of image quality
- Computer assisted optimization helps radiologists detect micro-calcifications that might be missed on traditional film mammograms

When to begin and how often to have mammograms is controversial, so it is best to talk with your physician about a mammography schedule that is appropriate for you, based on your overall health and medical history, risk factors, and personal opinion or preference.

According to the National Cancer Institute, women in their 40s and older should begin having a screening mammogram on a regular basis, every one to two years. But, the American Cancer Society recommends, and the Breast Center agrees, that by age 40, women should have a screening mammogram every year. A diagnostic mammogram may be required when a questionable area is found during a screening mammogram. Both organizations suggest that women who may be at increased risk for breast cancer should talk with their doctors about whether to begin having mammograms at an earlier age.



## Here is a 3-Step Plan for Preventive Care:

**Breast Self Exam (BSE)** - knowing the characteristics of your breasts (like knowing that the freckle next to your nipple has always been there) is very important. When you are aware of your breasts, you have a better chance of noticing:

- Rapid, unusual increase in breast size
- Lump or thickening of the breast tissue
- Persistent itching of the nipple or breast
- Stabbing pain and/or soreness of the breast
- Nipple discharge or a change in the areola (the pigmented area around the nipple)
- Redness, rash or blotchiness on the breast

**Clinical Examination** - this is a breast examination by a physician or nurse trained to evaluate breast problems. It is similar to the procedures for BSE. This should be part of a physical examination.

**Mammography** - a low-dose X-ray of the breasts to find changes that may occur. It is the most common imaging technique and best screening tool used today. Mammography can detect cancer, or other problems, before a lump becomes large enough to be felt, it can also assist in the diagnosis of other breast problems. However, a biopsy is required to confirm the presence of cancer.

**For more information on breast health or University of Maryland Medical Center's comprehensive breast care services, please call the Breast Center at 410-328-3215.**

**Who is at risk of complications from 2009-H1N1 flu?**

Some people have an increased risk of complications from common seasonal flu, and also may be at higher risk of complications from 2009-H1N1 flu. These include:

- People under 65 years old
- Children five years old and older
- People with lung, heart, kidney, liver or blood disorders, and those with compromised immune systems
- People on long-term aspirin therapy
- Pregnant women

Anyone in these categories who develops flu-like symptoms should contact their healthcare provider immediately.



**What should I do if I have the flu or fever and a cough?**

- Stay home from work or school for at least 24 hours after symptoms and fever have resolved. However, if you are a healthcare worker, stay home from work for at least seven days or 48 hours after symptoms have resolved, whichever is longer.
- You do not need to go to the hospital if you have only mild flu-like symptoms, such as fever and cough, even if you think you could have 2009-H1N1 flu. People with flu usually recover without any medical treatment, but because other illnesses can cause fever, you should contact your healthcare provider if you have any doubt or questions.
- Rest, drink plenty of liquids, and take the medications that you would normally use for fever and other symptoms such as ibuprofen (Motrin™) or acetaminophen (Tylenol™). People under the age of 18 should avoid aspirin and aspirin-containing products because of the possibility of Reye's syndrome—a potentially deadly side effect of aspirin use in the young.
- **To help prevent spreading the disease, you should avoid contact with others, wash your hands frequently, and cover your mouth and nose when you cough or sneeze.**

**What should I do if my symptoms worsen?**

If you develop more severe symptoms, you should contact your healthcare provider or go to the nearest hospital emergency department and seek treatment immediately. Make sure you let them know you have flu-like symptoms that have gotten worse.

**Signs that a child needs urgent medical care:**

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting normally
- Being so irritable that the child does not want to be held
- Fever with a rash
- Flu symptoms improve but then return with fever and worse cough

**Signs that an adult needs urgent medical care:**

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- A very high fever
- Confusion or sudden dizziness
- Severe or persistent vomiting

**What medication is used to treat 2009-H1N1 flu?**

The antiviral medicines Tamiflu™ and Relenza™ can help alleviate 2009-H1N1 flu symptoms in those with severe illness or risk factors for complications from flu when taken within the first two to three days of when symptoms begin. Most flu lasts only a few days, and most people recover completely without medication, so use these medicines only if your healthcare provider recommends them.

**For more information about 2009-H1N1 influenza (or swine flu), please contact your healthcare provider or visit the following Web sites:**

Maryland Department of Health and Mental Hygiene  
<http://www.governor.maryland.gov/flu/>

U.S. Department of Health and Human Services:  
<http://www.pandemicflu.gov/plan/individual/index.html>

Centers for Disease Control and Prevention – General information about swine flu  
[http://www.cdc.gov/h1n1flu/general\\_info.htm](http://www.cdc.gov/h1n1flu/general_info.htm)



## UMMC Attracts Magnet Designation

The University of Maryland Medical Center achieved Magnet Designation in recognition of the hospital's nursing excellence on July 13. Magnet status is awarded by the American Nurses Credentialing Center (ANCC) to hospitals that meet specific criteria for nursing professionalism, teamwork and the highest standards in patient care. Only about five percent of hospitals across the United States have this prestigious designation.

"We have worked hard to develop and foster a culture of nursing excellence. Achieving Magnet status shows that we have succeeded in this very important endeavor," says Chief Nursing Officer and Senior Vice President Lisa Rowen, DNSc, RN.

The Magnet program recognizes hospitals that demonstrate excellence in nursing practice and adhere to national standards for the delivery of nursing care. The announcement at the University of Maryland Medical Center follows a rigorous application and review process, which included years of preparation, a 3,000 page application and a four-day, on-site visit by the reviewers that included interviews with dozens of nurses and other staff throughout the Medical Center, as well as input from patients.

"The Magnet Designation is the gold standard for nursing and shows that our nurses provide the highest level of evidence-based, well-coordinated and compassionate care," says Jeffrey A. Rivest, President and CEO of the UMMC. He adds, "Hospitals with Magnet Designation are among the best in the nation with high levels of patient satisfaction and the ability to attract and retain nursing professionals."

"Our nurses embody the exemplary standards of the Magnet Designation," says Rowen. "They work with the entire patient care team, all focused on one goal—helping our patients get better."

In addition, many of the Medical Center's nurses are carrying out their own research projects to contribute to the profession and to develop better patient care. Adds Rowen, "We have a close affiliation with the University of Maryland School of Nursing and many of our nurses are on the school's faculty, teaching and mentoring nurses in training."

## October – December 2009 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 and held at the Patient Resource Center unless otherwise noted.

### Classes

#### Stork's Nest – Prenatal Education

October 2, 9, 16, 23, 30

November 6, 13, 20, 27

December 4, 11, 18, 25

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

Please contact Stork's Nest at 410-328-6997 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, 6:00 – 7:00 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.

#### Reiki From The Heart is a foundation created and run by nursing.

Mondays, 10 am – 2 pm

Weekly—Ongoing

20 min sessions are offered for \$10.

Proceeds to benefit patient related programs (like the GAP fund) and nursing education funds. This program is sponsored by the Adult and Trauma PACUs and The Healing Pathways Program. For more information please email reikifromtheheart@umm.edu.

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

Tuesdays, 12 noon – 1 pm

8 Week Group—ongoing

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, 12 noon – 2:00 pm

UMMC Gudelsky 6 Conference Room

Call Cindy Fox or Pauline Esoga at

410-328-5360 for more information.

#### Bone Marrow/Stem Cell Pre-Transplant Patient Education

1st, 3rd and 5th Wednesdays, 10 am – 11:30 am

For more information, call 410-328-1229.

#### Lunch and Learn Video for Well-being (Survivor Stories)

Weekly—Tuesdays, 11:30 am – 1:00 pm

Patient Resource Center

For more information, call 410-328-9154.

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

Weekly—Mondays, 10:00 am

9 Gudelsky Conference Room near the BMT unit entrance

For any Cancer Center patients, families, or caregivers.

Contact Hadas at 410-328-5462 to register.

#### Massage (Seated)

Weekly—Fridays, 12 noon – 3 pm

\$18 for a 15-minute seated massage

Call Patient Resource Center to schedule an appointment.

Gift certificates are available in the Patient Resource Center.

#### Knitting Club

Inspired by Amber's Chemo Caps program of the Marlene & Stewart Cancer Center

1st Wednesday of the month

Patient Resource Center

Contact Trisha Kendall, RN @ 8-5420 or

tkendall@umm.edu

Walk-ins are welcome

#### Look Good, Feel Better

2nd Monday of each month, 2 – 4 pm

A free program that teaches beauty techniques to female cancer patients in active treatment to help them combat the appearance-related effects of cancer treatments.

UMMC Center for Image Renewal

For reservations please call 410-328-9154

### Support Groups

#### Transplant Support Group – Education Series

3rd Tuesday each month, 4 – 6:30 pm

UMMC Patient Resource Center

#### Leukemia and Lymphoma Support Group

4th Wednesday each month, 1 – 2:30 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

#### Cancer Support Group

4th Thursday each month, 12 noon

UMMC Patient Resource Center

Free to all women with breast cancer

Call Stacey Stephens at 410-328-4673 for more information

Funded by the Cigarette Restitution Fund Program

#### Inflammatory Bowel Disease Support Group

1st Thursday each month, 6:30 – 7:30 pm

Call Nadja Cheevers at 410-706-3398 for more information.

UMMC Patient Resource Center

### Events

#### Seasonal Flu Clinics

October 2, 9 am -1 pm

Waxter Center, 1000 Cathedral St. Baltimore

November 6, 10 am - 2 pm

Enoch Pratt Central Library

400 Cathedral St., Baltimore

Free—Provided by the Baltimore City Health Department and supported by

UMMC. For more info, call 410-396-4454.

#### The Baltimore Heart Walk

October 3

Federal Hill, 800 Covington St.

Registration begins at 8:30 and the walk around scenic Baltimore begins at 10:30.

Go to: [www.americanheart.org](http://www.americanheart.org) for more information. UMMC Heart Center is a proud sponsor of this event that raises funds to fight the nations #1 and #3 killers, heart disease and stroke.

#### Health and Nutrition Day

October 14, 10 am – 2 pm

Lexington Market

Stop by the market for free health screenings, flu shots, community resource information and booths that focus on wellness and prevention.

#### Susan G Komen Race for the Cure

October 18

Hunt Valley, MD

This 5K race/walk raise funds to help eradicate breast cancer. Go to [www.komenmaryland.org](http://www.komenmaryland.org) to register for this moving event that celebrates breast cancer survivors and promotes early detection and awareness.

#### Roll Up Your Sleeve and Out the Red Carpet

October 30, 10 am – 3 pm

M&T Pavilion of the Hippodrome Theater Eutaw St.

Stop by for free flu shots, health screenings, entertainment, and more! This year more than ever get a flu shot or the flu-mist. This event is open to all Baltimore City residents of any ages.

#### Free Mammograms and Pap Tests

UMMC Cancer Center

For women over 40 years of age and living in Baltimore City. Offered by the Baltimore City Cancer Program Contact 410-328-HOPE (4673). Funded by the Cigarette Restitution Fund Program

#### Party in Pink

Wednesday, October 14, 9 am – 5 pm

The Center for Image Renewal will be celebrating Breast Cancer Awareness month.

Employees are encouraged to wear PINK on this date in honor of the celebration.

For more information, please call 410-328-9134.

#### Great American Smokeout

November 19 from 11 am –1 pm

UMMC Cafeteria Hallway

Stop by and exchange a pack of cigarettes for a healthy lunch from Subway. Learn about smoking cessation for you or a loved one or sign up for a cessation class! For more information, please call 410-328-9355.

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

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