

# GET WELL & Stay Well

A Publication of the UMMC Patient Resource Center Spring 2006

## Welcome to Spring

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

Warmer weather usually means getting outdoors more often to play, relax, and take in springtime activities. What a great season to walk outside and enjoy the new season, and what better way to *GET FIT*. Obesity in this country kills more people than AIDS, breast, lung, and prostate cancers combined. Two out of three Americans are overweight and are getting bigger, because we don't move enough. Walking is a great way to get fit and reduce stress. Making a return, this month we're proud to kick off the Get Fit Maryland2 campaign. Last year's program had over 3,000 participants who walked their way to fitness, and this year, a wider state-wide reach is anticipated. Read about this exciting fitness initiative, supported by Governor Erlich, and sponsored by the University of Maryland Medical Center, the School of Medicine, and Merritt Athletic Clubs.

Two additional articles round out this edition with important information on Arthritis and Bone Health. Check both articles out to see how you and your family can maintain healthy bones and joints.

The Patient Resource Center is beginning its third year with expanded programs and services. Please look at our course schedule on the back cover 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,  
Anne D. Williams, RN, MS  
Editor

Please direct editorial inquiries to: Anne D. Williams, RN, MS, at [awilliams@umm.edu](mailto:awilliams@umm.edu)

## Get Fit Maryland2™ Steps Off to Another Great Start

How many steps do you have today? On April 1, employees, staff, and the public will start walking their way to health by counting their steps everyday. The Medical Center joined with the School of Medicine and Merritt Athletic Clubs for the second year and launched Get Fit Maryland2™ this spring. The 12-week program is aimed at preventing obesity, diabetes, and cardiovascular disease one step at a time, so to speak.

Last year for its first year, the program was a huge success with over 3,000 people registered. Entire offices were challenging each other to reach the daily goal of 10,000 steps, and some even had friendly competitions going as well. This year, based on the large success and demand in the community, the program has spread to several off-site locations, including Western Maryland and Eastern Shore sites. In addition, many private organizations and government agencies are now requesting the program for their employees. The participation is projected to surpass last year's by several thousand.

In addition to the large public interest and demand, the program has won several awards. It was rated as Best of the Best for the obese population by Club Industry. Another impressive accolade came recently from *The Daily Record's* Maryland Healthcare Heroes 2006 Awards, where the Get Fit Maryland program was a winner in the Community Outreach category.

Mariellen Synan, Community Outreach Coordinator for the Medical Center, reports that several local businesses and churches have also joined in the walking program. "The response has been huge; people are definitely interested in getting healthy and fit," states Synan. She plans to attend several corporate health fairs to launch this program at their on-site locations.

People who register for the program receive a pedometer to count their steps along with a monthly log book to record their steps daily. For the first week and each month thereafter, participants turn in their log books and receive an incentive to keep walking. Due to feedback from last year's participants, the pedometers (the hallmark of the program) were upgraded. Additional prizes were added at one week and a raffle at the end to encourage everyone to keep walking. "We learned a great deal from our participants last year during our survey," reports Anne Williams, RN, MS, Manager of the Medical Center's Patient Resource Center.



CONTINUED ON PAGE 2

# The Boneified Truth: Know What Your Bone Risk Is

TRACY LEHMANN, RN, BSN

GRADUATE STUDENT, UNIVERSITY OF MARYLAND SCHOOL OF NURSING



Each year, springtime quietly brings rejuvenation and growth. With this in mind, it is an ideal time to think about your bone strength and health. Osteoporosis, or porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue. It is often called the “silent disease” because bone loss occurs without symptoms. Over time, bone becomes fragile and the risk for fractures of the hip, spine, and wrist increase dramatically. Osteoporosis is responsible for more

then 1.5 million fractures each year. Today, over 10 million Americans already have osteoporosis, and 34 million more have low bone mass, making them high-risk for this disease. Men as well as women of all ages are affected by osteoporosis. However, women make up the majority of individuals at 68 percent with the disease. Not to fear, osteoporosis is a disease that can be prevented and treated. Awareness is key!

## KNOW YOUR RISKS!

- **Gender** Your chances of developing osteoporosis are greater if you are a woman. Women have less bone and lose bone faster than men because of the changes that come with menopause.
- **Age** With age your risk goes up. Your bones become thinner and weaker as you age.
- **Body size** Small, thin-boned women have greater risk.
- **Ethnicity** Caucasian and Asian women have the greatest risk. African and Hispanic women have significant risk but it is much lower.
- **Family history** People whose parents have a history of fractures may also be at risk for fractures.

## THINGS YOU CAN DO TO PREVENT OSTEOPOROSIS

- **Eat a healthy diet.** Get the recommended amounts of calcium and vitamin D. Calcium is found in food like milk, leafy green vegetables, and soybeans. You can also take calcium supplements or eat food specially fortified with calcium. Your body also needs vitamin D to absorb calcium. Ways to get vitamin D include your diet, supplements, and sunshine.
- **Be physically active every day.** Strength-building and weight-bearing activities are best to build strong bones. Thirty minutes a day or more is best for adults. Simple activities like walking and stair climbing will strengthen your bones.
- **Reduce your risks of falling.** Check your home for things that may get in the way like loose rugs and clutter. It is also important to have good lighting in the home and get a vision screening each year.
- **Stop smoking.** Cigarettes are bad for bones as well as the heart and lungs.
- **Reduce alcohol use.** Excessive intake increases the risk of bone loss and fractures.

## TALK WITH YOUR HEALTHCARE PROVIDER

- Ask to check your risk for osteoporosis. Especially if you are a woman over 65 with risk factors.
- Talk about any falls you’ve had recently or in the past and whether or not you fractured a bone.
- Review the medications you are taking.
- Know your calcium and vitamin D intake.
- Ask about medications that treat osteoporosis.

You have the power to improve your bone health at any age. Take action and make lifestyle changes now, so you keep your bones strong and healthy. If you or someone you know has osteoporosis and would like more information, log onto the National Osteoporosis Foundation at [www.nof.org](http://www.nof.org) or National Institutes of Health Osteoporosis and Related Bone Diseases–National Resource Center at [www.niams.nih.gov/bone](http://www.niams.nih.gov/bone).

## GET FIT MARYLAND2™, CONTINUED FROM PAGE 1

“We took their comments and suggestions into consideration when revising the program this year, and it is even better this year. A more comprehensive research study is also being conducted to measure the program’s effectiveness and participant’s health outcomes this year, so that we can continue to improve the health of the community and learn how to better meet their needs.”



Dr. Kari Bichell checks Brazina Thompson’s blood pressure.

Plans are already underway to possibly expand the program in the fall for school

children based on the success and interest this year. “We hope that all Marylanders will take the opportunity to “Get Fit” this year and reduce their risk for obesity, diabetes, and heart disease,” says Kari Bichell, MD, MPH, Medical Director of the Get Fit Maryland2 program. She stresses that the main way to keep from getting diabetes and heart disease is to stop gaining weight, and participating in the Get Fit program is a big step in the right direction.

Check out your Body Mass Index (BMI) on the chart at right. Get Fit participants are watching their BMI improve over the three-month program.

For more information on Get Fit Maryland2™, you can contact the Patient Resource Center at 410-328-9355 or on the web at [www.getfitmaryland.org](http://www.getfitmaryland.org).

# What is Arthritis and Is It Okay to Exercise?

MICHELLE SPENCER, RN, BSN

GRADUATE STUDENT, UNIVERSITY OF MARYLAND SCHOOL OF NURSING

There are many forms of arthritis and other rheumatic diseases. Many people use the term “arthritis” as reference to all rheumatic diseases. Arthritis can be defined as the inflammation of joints. As a result, individuals develop pain, stiffness, and swelling in the joints.

Many individuals with arthritis wonder if it is safe to exercise. The answer is, yes. Years ago, it was thought that if you exercised, it would result in further damage to the joints. However, new research studies have indicated that exercise has been effective in treating people with arthritis. Exercise has resulted in the reduction in joint pain and stiffness. People have also shown an increase in muscle strength and flexibility along with cardiac fitness and endurance. Many benefits are associated with exercise. Individuals may see

improvement in their overall health status, improvement in sleeping, and reduction in weight. When an individual is first diagnosed with arthritis, the physician may recommend exercise to be included in the treatment plan. The frequency and form of exercise that may be recommended will vary depending on which joints are involved and the severity of the inflammation.

There are several types of exercises which may be recommended and are best for people with arthritis. They include range-of-motion exercises, strengthening exercises, aerobic, walking, or endurance exercises. Before you embark on any exercise program, remember to consult your doctor first, and always start off slow and progress as tolerated.

For more information, consult the Arthritis Foundation at [www.arthritis.org](http://www.arthritis.org).



## Body Mass Index Table

	Normal				Overweight					Obese									Extreme Obesity																			
BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54		
Height (inches)	Body Weight (pounds)																																					
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258		
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267		
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276		
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	254	259	264	269	275	280	285		
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295		
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304		
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314		
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324		
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334		
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344		
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354		
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365		
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376		
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386		
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397		
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408		
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420		
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431		
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443		

Source: Adapted from *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*.

Body Mass Index (BMI) is a height to weight ratio which is often used to diagnose obesity. The index helps determine your risk for developing many diseases which are linked to obesity. Find your height and weight and see where your Body Mass Index is on the chart above. Healthy BMI = 18.6-24.9; Overweight BMI = 25-29.9; Obesity >30

## April/May/June 2006 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

April 7, 14, 21, 28

May 5, 12, 19, 26

June 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 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.

#### Pilates (New)

Thursdays, 5:30 – 6:30 pm

New session beginning in the Spring—call for dates.

Cost: \$10 for employees weekly or \$100 for 10 weeks.

\$12 for public weekly or \$120 for 10 weeks. \$25 reimbursement for benefit-eligible employees.

#### 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 soon

Call 410-328-9355 for registration and information.

You don't have to quit the first day!

Cost: Free (includes ALA educational packet).

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

Mondays, 10 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.

### Support Groups

#### Transplant Support Group—Education Series

April 18 – Psychological Aspects of Chronic Illness/ESRD and Liver Disease

May 16 – Living Donor Program/SWAP Program and End of Year Celebration

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

UMMC Patient Resource Center and Learning Centers

### Support Groups, continued

#### Leukemia and Lymphoma Support Group

4th Tuesday of 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

#### Bariatric Support Group

2nd Wednesday of each month from 6 – 8 pm

Free to adults in the Bariatric bypass surgery program.

Call Nadja Muchow at 410-328-8936 for more information.

#### Breast Cancer Support Group

4th Thursday of each month at 12 noon

Free to all women with breast cancer. Call Stacey Stephens at 410-328-4673 for more information.

### Events

#### Flower Mart

May 5 & 6 from 11 am – Dusk

Flowers, crafts, wellness information

Mt. Vernon area

#### Red Cross Blood Drive

May 26 from 9 am – 3 pm

UMMC Learning Center

#### Senior Health and Fitness Day

May 31 from 10 am – 2 pm

Waxter Center, 1000 Cathedral

#### Get Fit Maryland2™ Incentive Pick Up

Week 1 – Car Magnet

April 10, 10 am – 1 pm

Week 4 – Baseball Cap

May 1, 10 am – 1 pm

Week 8 – Shoe Wallet

June 1, 10 am – 1 pm

Week 12 – Performance Shirt

June 28, 10 am – 1 pm

UMMC Patient Resource Center, Call 410-328-9355 for more info or log onto [www.getfitmaryland.org](http://www.getfitmaryland.org)

#### Free Mammograms and Pap Tests

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