

GET WELL & Stay Well

A Publication of the UMMC Patient Resource Center Spring 2007

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 time 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. Our children are showing the same trend in weight gain, with 19 percent of American school-age children tipping the scales into the overweight category. Maintaining a healthy weight and getting fit can be easy with the addition of a daily walking routine. 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 Kids** campaign. This year's program is targeted for elementary school children to show them that getting fit is fun and easy. Read about this exciting fitness initiative in three Baltimore City schools in our feature article.

Another related article on childhood obesity with healthy, kid-friendly snacking tips shows that it can be easy and tasty keeping your child on track with a healthy weight.

Sleep is now a hot topic during the day as there is much to learn about the science of sleep. Learn why you may be so tired during the day with our article on sleep disorders. To round out this issue, you can learn about the life-saving gift of life through organ and tissue donation.

The Patient Resource Center is beginning its fourth 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.

GET FIT KIDS™ Steps into Baltimore City Schools

This spring, nearly 500 students at three Baltimore City elementary schools will be wearing pedometers as part of **Get Fit Kids™**, a 12-week program that challenges the students to take at least 13,000 steps a day. The goal is to increase their activity level and improve their health. **Get Fit Kids** is the latest version of **Get Fit Maryland™**, an award-winning wellness program from the University of Maryland Medical Center, the University of Maryland School of Medicine, and Merritt Athletic Clubs, who joined together in 2005 to create a walking program aimed at raising awareness of the obesity epidemic and cardiovascular disease.

"With **Get Fit Kids**, we hope the students will learn that exercise can be fun and easy to do. We had great success with **Get Fit Maryland** for adults, but with the rising rates of childhood obesity, we wanted to find a way to bring these positive health messages to kids," says Kari Bichell, MD, MPH, medical director for **Get Fit Maryland** and an assistant professor of family medicine at the University of Maryland School of Medicine.

Get Fit Kids was kicked-off on Thursday, March 1, at Westside Elementary when students in the third through fifth grades received backpacks filled with a pedometer, log books, a pen and a water bottle. Third through fifth graders at Bentalou Elementary and Frederick Elementary are also participating in the program.

During the program, the students will write down the number of steps registered on their pedometer each day and make an effort to increase the total. Other activities such as dancing or bicycling can be included in the step count.

"For adults, the goal is to walk at least 10,000 steps a day, but children are generally more active and should strive to get more steps. Based on the research for elementary school-aged children, we recommend at least 13,000 per day," says Anne Williams, RN, MS, director of **Get Fit Kids** and manager of the Patient Resource Center at the University of Maryland Medical Center.

Each month, the participants will have their log books checked and, if they've been logging their steps, they will receive an incentive prize, such as a **Get Fit Maryland** wristband or socks. Students who finish the 12-week program will receive a jump rope and a certificate of completion. Additionally, the school with the largest percentage of students completing the program will get free tickets to an Orioles game.

"We are thrilled to be part of the **Get Fit Kids** program. We think it offers a wonderful way to motivate our students to be more active," says Havanah Kenlaw, principal of Westside Elementary.



CONTINUED ON PAGE 2

Growing Up Fit

A 10-year old boy weighing in over 200 pounds, another 8-year old boy in England weighing 218 pounds...These scenarios are shocking, but sadly true. Childhood obesity has received lots of media attention recently for a good reason; 19 percent of American school-aged children are now overweight as compared to only four percent of children six to 11 years old in the 1970s. These children can go on to develop the same health concerns as adults, like diabetes, high blood pressure, and elevated cholesterol levels at a very early age.

How did our kids get this way? Many factors are involved, but some of the biggest environmental culprits include a more sedentary lifestyle in our children, packed with computer and video games, and lots of movie and TV watching. Coupled with larger portion sizes of our favorite fast-food meals and lots of unhealthy “snacking on the run,” kids are battling the same weighty issues as adults.

Keeping kids active, even with daily walking, is a great way to start or keep them on the healthy path. Encourage your kids to get at least one hour of physical activity or 13,000 steps per day (as counted by a pedometer or step counter). Kids typically enjoy being active and participating in team sports or doing fun activities on their own like walking, running, biking, skating, or dancing to name a few. Find your child’s favorites and set aside time daily for them to release some energy and have some fun getting fit. Remember to be a role model and set a good example by keeping daily physical activity part of your lifestyle as well. Always remember to have your kids wear helmets and follow safety guidelines when active. When a snack attack strikes, refuel your kids with these fun, tasty, and nutrition-packed snacks from the American Dietetic Association.

Fit and Fun Snacks

- Peel a banana and dip it in yogurt, roll in crushed cereal and freeze.
- Stuff a whole-grain pita pocket with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
- Mix together ready-to-eat cereal, dried fruit and nuts in a sandwich bag for an on-the-go snack.
- Smear a scoop of frozen yogurt on two graham crackers and add sliced banana to make a yummy sandwich.
- Top low-fat vanilla yogurt with crunchy granola and sprinkle with blueberries.
- Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks.
- Toast a whole grain waffle and top with low-fat yogurt and sliced peaches.
- Spread peanut butter on apple slices.
- Blend low-fat milk, frozen strawberries, and a banana for thirty seconds for a delicious smoothie.
- Sprinkle grated Monterey Jack cheese over a corn tortilla; fold in half and microwave for twenty seconds. Top with salsa.
- Toast an English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
- Microwave a small baked potato. Top with reduced-fat cheddar cheese and salsa.
- Mix together peanut butter and corn-flakes in a bowl. Shape into balls and roll in crushed graham crackers.
- Banana Split: Top a banana with low-fat vanilla and strawberry yogurt. Sprinkle with your favorite whole-grain cereal.
- Sandwich cut-outs: Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!

DIP IT!

- Dip pita wedges in hummus.
- Dip baby carrots and cherry tomatoes in low-fat ranch dressing.
- Dip strawberries or apple slices in your favorite low-fat yogurt.
- Dip pretzel sticks in mustard.
- Dip graham crackers in applesauce.
- Dip baked tortilla chips in bean dip or salsa.
- Dip animal crackers in low-fat pudding.
- Dip bread sticks in hummus.
- Dip a granola bar in yogurt.
- Dip mini-toaster waffles in cinnamon applesauce.

Snack ideas taken from the American Dietetic Association, March 2007 Fad Free campaign. Read more at www.eatright.org and at the USDA’s site at www.mypyramid.gov.

Prevalence information from the Centers for Disease Control (CDC), 2007.

Check out walking and fitness ideas at www.getfitmaryland.org and www.cdc.gov/nccdphp/dnpa/physical/recommendations/young.htm.

GET FIT KIDS, CONTINUED FROM PAGE 1



According to the Centers for Disease Control, the number of overweight school-aged children (ages six to 19 years) has nearly tripled since the 1970s. These overweight children are much more likely to become overweight or obese adults.

“With television, computers and video games, today’s kids are leading a more sedentary lifestyle and gaining weight, which puts them at greater risk for health problems such as heart disease,” says Dr. Bichell. “And, because of the growing obesity rate in kids, we are also seeing more and more children with Type 2 diabetes, once called adult-onset diabetes, which is directly related to obesity. We hope **Get Fit Kids** provides a way for these children to get moving and reduce their risks for these potentially serious health problems.”

“**Get Fit Kids** offers a great opportunity to get kids on a path to lifelong fitness and health, and we are eager to see how these students respond to the pedometer program,” says Giancarla Calzetta, community health director with Merritt Athletic Clubs.

Sponsored by Merritt Athletic Clubs, the University of Maryland Medical Center, and the University of Maryland School of Medicine, **Get Fit Kids** also received funding through a \$35,000 grant from the Aetna Foundation.

The original **Get Fit Maryland** program, which won the 2005 Best of the Best award from *Club Industry* magazine, a national publication for the fitness industry, had more than 5,000 participants in its first two years.

“I’m So Tired...” Sleep Disorders and What to Do About Them

JUDY MYERS, RN, CRNP

Sleep is a state of natural rest. The optimum amount of sleep a human needs can vary from person to person but most experts agree it is between seven to nine hours. When sufficient sleep is obtained, memory is improved and alertness and overall health are improved. If you’re sleeping seven to nine hours per night but wake up feeling tired or wake frequently during that seven to nine hours, you may have a sleep disorder. Sleep disorders cause the quality of sleep to be affected. Certain sleep disorders can even cause long-term health complications if not treated. Common sleep disorders include sleep apnea, restless leg syndrome, narcolepsy, and insomnia.

Sleep apnea occurs when there is a pause in breathing while sleeping. Obstructive sleep apnea (OSA) is a structural problem where there is an intermittent physical block (obstruction) to airflow into the lungs. This obstruction causes pauses. The number of pauses per hour determines the severity of sleep apnea. Each pause causes the brain to wake up which interrupts sleep and causes daytime fatigue. Each pause also interrupts breathing which causes the oxygen level in the blood to drop. Over time, this drop in night time oxygen levels can lead to high blood pressure, heart attack, and other serious health problems. People with sleep apnea tend to snore and occasionally have noticeable pauses in their breathing at night, wake feeling tired despite adequate sleep, and fall asleep easily. The treatment for OSA is to prevent the obstruction from happening, using a continuous positive airway pressure (CPAP) machine.

Restless leg syndrome is a movement disorder. Although the legs are the most common site of symptoms, the arms can also be affected. The cause of restless leg syndrome is poorly understood but in most cases easily treated. It is often described as the urge to move the legs in order to stop an uncomfortable sensation. These sensations have been described as pulling, pins and needles, creepy-crawly, and painful among others. In some cases, the number of leg movements per hour is significant enough to disrupt sleep which results in daytime fatigue.

Narcolepsy is a neurological condition that is commonly associated with excessive daytime sleepiness despite adequate sleep. The patient often falls asleep without warning, and these episodes can happen frequently throughout the day.

Insomnia is defined as the inability to initiate and/or maintain sleep. Insomnia can be transient (less than one week oftentimes associated with jet lag or situational anxiety), acute (lasting three weeks to six months) or chronic (lasting more than three months). The mainstay of treatment for insomnia is cognitive behavioral therapy or CBT. CBT consists of strategies to improve sleep that include relaxation, sleep schedules, and elements of sleep hygiene or good sleep behaviors.

To diagnose a sleep disorder a sleep study is needed. Sleep studies are overnight tests that monitor brain activity, heart rate, body movements, oxygen level, and respirations.

The University of Maryland Sleep Disorders Center is a comprehensive sleep program that offers a multidisciplinary approach to the diagnosis, evaluation, and treatment of sleep-related disorders. The Sleep Disorders Center is accredited by The American Academy of Sleep Medicine. The clinical team, led by Director Dr Steven Scharf, MD, PhD, offers patients comprehensive evaluations as well as follow-up care and effective therapeutic options for the treatment of sleep disturbances.

If you or someone you know is suffering from a sleep disorder, call the University of Maryland Sleep Disorders Center at 410-706-4771 or log onto www.umm.edu/sleep.



Donate for Life

TYREE NUTTER, RN, BSN, MA

Nationwide, more than 95,000 people including nearly 2,200 Marylanders are waiting for a life-saving organ transplant. Every 11 minutes, a new name is added to the national waiting list. Unfortunately, up to 16 people will die each day waiting for a second chance at life. In the United States, the need for organ donors far exceeds the number of available organs for transplantation.

In April, National Donate Life Month is dedicated to educating the public about organ and tissue donation, increasing awareness for the critical need of donors and for honoring those who have so generously given the gift of life through donation. Public education and awareness is paramount to addressing the critical need for donors.

Everyone who dies can potentially help others through organ and tissue donation. One organ and tissue donor can help save and enhance the quality of life for over 50 people. Through organ donation, the donated gifts of heart, lungs, kidneys, pancreas, liver, and intestines can be transplanted to save someone’s life. The life-enhancing gifts of tissue donation include heart valves, veins, corneas/eyes, skin, bone and soft tissues. While donated gifts greatly benefit others through transplantation, donor families have expressed that comfort comes in knowing that another life is save or enhanced.

One important aspect in educating the public about donation is dispelling the myths and misconceptions of donation. Organ and tissue donation is a gift that is given at the time of someone’s death. There is no cost to the donor family for donation. Also, donation does not interfere with families having an open casket viewing. Most major, organized religions support organ and tissue donation, and any concerns should be discussed with your religious leader. Regardless of donor designation status, all efforts are exhausted to save the patient’s life before donation options are considered. For more information about organ and tissue donation, please visit The Gift of a Lifetime Documentary at www.organtransplants.org.

Be an organ and tissue donor by making the commitment to help others through organ and tissue donation. Make your donation wishes known to your family and closest friends. For more information on organ and tissue donation or to schedule a presentation, contact Tyree Nutter, RN BSN, MA, UMMC Coordinator for the Donor Advocate Program at 410-328-8441 or tnutter@umm.edu.

April/May/June 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

April 6, 13, 20, 27

May 4, 11, 18, 25

June 1, 8, 15, 22, 29

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, 6:00 – 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.

The Solution® Method Training

Tuesdays, 6:00 – 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.

Call for next class date!

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 Patient Resource Center to schedule an appointment.

Support Groups

Transplant Support Group—Education Series

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

April 17 – Managing Medications:

The Buck Stops Where?

May 22 – The “Real Experts” Patients Talk

– Telling Their Stories

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 from

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

Every Thursday from 1 – 3 pm

Call Adrian Barnes at 443-506-7519 for more information.

Events

National Donate Life Month

April 3 and 19, 11 am – 2 pm

Please visit the display booth and learn about organ and tissue donation. Stop by for cake on April 19!

UMMC Courtyard Café

90th Annual Baltimore FlowerMart

May 4 and 5, 11 am – dusk

Entertainment, food, flowers, wellness booths, and much more!

Mount Vernon District, Baltimore

Healthy Kids Expo

May 10, 11 am – 5 pm

May 11, 11 am – 6 pm

May 12, 9 am – 3 pm

Information targeting children's health and wellness.

Convention Center, Baltimore

Blood Drive

May 24, 9 am – 3 pm

Give the gift of life...donate blood.

UMMC Patient Resource Center and Paca/Pratt Building

Free Mammograms and Pap Tests

To women over 40 years living in Baltimore City

Offered by the Baltimore City Cancer Program. Call 410-328-HOPE (4673). UMMC Cancer Center