

GET WELL & Stay Well

A Publication of the UMMC Patient Resource Center Winter 2005

Welcome to Winter

Winter is here...with cold weather and a return to indoor activities. Winter and the new year also remind us to start some new resolutions, and this issue features several important health topics, which you may want to consider in this issue of *GET WELL & Stay Well*.

February is National Heart Month, and we feature two great articles, which provide lots of tips to help with healthy eating habits. We are also helping you start your new year healthy with a list of the most important everyday health habits. Try these with your family, and you'll be on your way to a healthier lifestyle, and you'll feel better! To round out this edition, we bring you a feature on Craniosacral Therapy which provides a look at a more complementary approach to stress reduction and a healthy lifestyle. In recognition of the holiday season and the risk of drunk driving accidents, we offer an article on some important prevention activities sponsored by the R Adams Cowley Shock Trauma Center.

The Patient Resource Center will complete its first year of operations in March with well over 3,000 people using its services to date. The Center and its staff were recently featured in an article entitled, In the Know, in the December 6, 2004 edition of *Advance for Nurses*. This publication reaches all registered nurses in the Maryland, Washington DC, and Virginia areas. We hope that this encourages other nurses to promote health and wellness in their respective communities.

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,
Anne D. Williams, RN, MS
Editor

Please direct editorial inquiries to: Anne D. Williams, RN, MS, at awilliams@umm.edu

Healthy Resolutions for the New Year

As every new year rolls around, millions of Americans resolve to improve themselves by adopting many new habits. This year, make these healthy resolutions your ticket to wellness. Here are the top ten healthy tips for you and your family. While these tips won't prevent every disease or health problem, they will go a long way to making you and your family healthier and safer. Have a happy and healthy new year!

- Stop smoking or never start!
- Use sunscreen (at least SPF 15 or higher).
- Wear your safety belts all the time.
- Eat five fruits and vegetables every day.
- Conduct a monthly self-exam on yourself (breast self-exam or testicular self-exam).
- Maintain a healthy weight for your height, age, and gender.
- Exercise at least three to five days per week for 20 minutes.
- Wash your hands before eating, after using the bathroom, and after blowing your nose and covering your cough.
- Learn to handle your stress and anxiety with healthy habits (like exercise, reading, phoning a friend, faith-based activities, or humor to name a few).
- Have regular check-ups and health screenings with your healthcare provider.



Eat “to Your Health”

Christine Dobmeier, RD

January...that dreaded time of year when New Year's resolutions often start...and subsequently end as well. With obesity and obesity-related problems becoming a “growing” trend, now is the time to make a resolution of healthy lifestyle changes.

What can you do differently this year? Here are some ideas to get you started.

Promise yourself that you are going to make an effort to make healthy changes—think of some concrete ideas or areas you could improve. For instance, if you find yourself snacking on holiday leftovers that co-workers bring into work, promise yourself that you will not snack on treats at work. Another common diet pit-fall is preparing dinner when you are hungry, and snacking as you prepare your meal. Eating ~ 30 potato chips quickly adds roughly 300 calories to your daily intake. Promise yourself not to snack while preparing meals—have

a piece of fruit before you leave work so you aren't as hungry. Other ideas of "promises" to yourself:

"I promise to take only one serving of my favorite food at meals."

"I promise to only drink calorie-free beverages, besides skim milk."

"I promise to walk at least 20 minutes a day."

"I promise to take the stairs at work."

The next step to help you to keep these promises is to plan. Eating healthier and finding time to exercise can be a challenge with our busy lives. But by planning ahead, we are treating our health as a priority, which it should be! Plan a weekly menu to follow; you will be much more likely to eat healthy and avoid splurging on excess calories. Some ideas to plan:

"I plan to research healthier recipes on the internet or in cookbooks."

"I plan to include a green vegetable every night with dinner."

"I plan to NOT buy 'temptation foods' to have in the house."

By not buying "temptation foods"—foods that you very easily can go overboard with—and instead purchasing healthy snacks, you help set yourself up for success.



Another important resolution is to prepare. When having a stressful or busy week, it is easy to succumb to fast food or sweets for something quick and easy. Cooking a few healthy dishes on the weekend so you have meals ready for the week is one way to prepare. Another is to cut up fresh vegetables and have them ready for a quick healthy snack. If you are eating out at a restaurant, try to do some research before hand to help pick out a healthier

option. The website www.calorieking.com has nutrition information for many establishments.

Watching portion sizes is one of the most important lifestyle changes you can make. Make an effort to look at nutrition labels and look to see what the serving size is, and actually measure out that serving. This can be a good reality check from "portion distortion"—we are so used to the ever growing portion sizes that they have become accepted. The National Heart Lung and Blood Institute has an interactive quiz on their website where you can compare portion sizes from 20 years ago to the present,

"Watching portion sizes is one of the most important lifestyle changes you can make."

<http://hin.nhlbi.nih.gov/portion/>. For example, an average bagel used to be around three inches in diameter, and typically contained 140 calories. These days, the much larger bagel, often five to six inches, can provide 350 calories...and that is without any topping such as margarine or cream cheese! Some tips to help with portion control:

- drink an eight ounce glass of water or other non-caloric beverage before a meal,
- use a smaller plate,
- don't let your foods overlap,
- eat salad and vegetables first, then protein, then carbohydrates,
- chew foods well...eat slower...put your fork down in between bites,
- measure out servings of food,
- try pre-portioned snacks: for instance for a sweet treat have a fudgesicle rather than ice cream—most people eat much more than the 1/2 cup serving of ice cream.

By making promises to yourself, as well as planning, preparing and watching portion sizes, you should be well on your way to preventing weight gain and promoting healthy lifestyle changes.

Discover CranioSacral Therapy

Irwin Hoenig

More and more people are discovering a safe, gentle, and respectful manual therapy that is incredibly effective in promoting overall better health, increasing resistance to disease, and treating a wide range of conditions including chronic neck and back pain, stress related problems, migraines, TMJ dysfunction, learning disabilities and many others.

CranioSacral Therapy (CST) was developed by John Upledger DO, OMM as a means of working with the body to release restrictions that can cause a multitude of symptoms.

Using a gentle pressure, the therapist provides just enough kinetic energy to allow the body to overcome restrictions in connective tissue. Connective tissue is a one-piece, three-dimensional web that runs throughout the body, connecting, containing, and supporting the structures within. Restrictions to the free movement of connective tissue can influence every organ and system in the body; thus, freeing these restrictions can result in the successful treatment of a wide range of dysfunctions.

Many people have found that CST has been able to help them when nothing else could. That is because it addresses the cause of the

problem rather than chasing the symptoms. Many people decide to continue with the therapy after their problem has been resolved for the overall health benefits and because it feels so good.

CST is an effective stand-alone therapy and is being offered at the University of Maryland Center for Integrative Medicine by independent practitioner, Irwin Hoenig. It can also be part of a team approach that is featured at the Center where physicians work with providers of Traditional Chinese Medicine, physical therapy, massage, chiropractic, nutritional counseling, and other holistic modalities. Classes in Yoga, Mindfulness-Based Stress Reduction, and Tai Chi are also offered.

For more information about CranioSacral Therapy or to schedule and appointment, contact Irwin Hoenig at 301-604-2172 or indh4@juno.com. See back page of this newsletter for lunch-time series workshops on CranioSacral Therapy.



John Boreis receiving a mini CranioSacral Therapy session from Irwin Hoenig at the Wellness Fair.

Steps to a Healthy Heart

Elizabeth Schilling, CRNP, Preventive Cardiology

February is National Heart Month, but it's always a good time to learn about how to take care of your heart. On average, a healthy adult heart beats approximately 108,000 times every day. That's a lot of work! Considering its use over a lifetime, you can see why it's important to care for your heart, so it takes care of you!

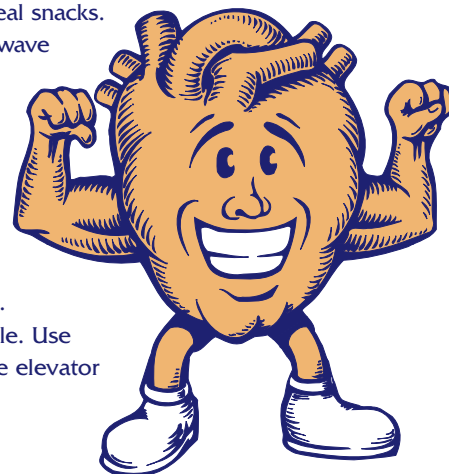
FOLLOW THESE STEPS TO A HEALTHY HEART:

- Try to maintain the weight appropriate for your height and age.
- Know your cholesterol numbers—the total cholesterol number is the least important number. Instead, ask your health care provider for: LDL (goal is less than 100), HDL (goal is greater than 40 for men and greater than 50 for women) and Triglycerides (goal is less than 150).
- Choose a diet low in SATURATED fats. Less red meat, cheese, creamy foods.
- Increase MONO-SATURATED and POLY-UNSATURATED fats. Olive oil, Canola oil, fish, nuts, and soy are good.
- Eat less salt and sodium (less than 2,400 mg per day is ideal).
- Try to decrease egg yolks, replace one whole egg with two egg whites.
- Become aware of food labels. Know how many grams of fat, saturated fat, and carbohydrates you eat on a daily basis.
- Avoid fast foods. If unable to avoid, choose salads or grilled chicken instead of fatty hamburgers.
- Avoid fried foods.
- Avoid processed, packaged convenience foods, generally high in sodium and trans fats.

TRANS FATS ARE EXTREMELY HARMFUL.

If the ingredient label show, the word “hydrogenated,” it contains harmful trans fats.

- Eat high fiber foods. Minimum fiber intake is greater than 30 grams per day.
- Choose leanest cuts of meat, such as “loin” or “round” when considering beef or pork.
- Choose white poultry meat without skin.
- Eat five servings of lower carbohydrate, vegetables and fruit every day.
- Instead of frying meats, bake, broil, grill, or microwave them.
- If using canned goods, choose low-sodium varieties.
- Try raw carrots, celery, or other vegetables as between-meal snacks.
- Use a steamer or microwave vegetables instead of cooking them in butter or oil.
- STOP SMOKING! Consider a smoking cessation program. Ask your healthcare provider for assistance.
- Walk whenever possible. Use the stairs instead of the elevator if possible.



National Drunk and Drugged Driving Prevention Month Kick-off Event

LOCAL BARTENDERS COMPETE FOR BEST NON-ALCOHOLIC DRINK MIX

Cindy Rivers and Bev Dearing Stuck

December is designated as National Drunk and Drugged Driving Month (3-D month), a nationwide effort involving hundreds of organizations around the country, trying to reduce impaired driving this holiday season.

Alcohol is a factor in approximately 40 percent of all fatal motor vehicle crashes, and is a leading killer of young Americans. Every 30 minutes, someone in this country dies in an alcohol-related crash, equating to approximately 17,000 deaths per year. This event is provided in the hopes to encourage people to make right choices and to encourage others to make right choices. December holidays are among the deadliest times of the year for alcohol-impaired driving. By encouraging adults who choose to drink to also choose a designated driver, one more life can be saved this holiday season.

On December 2, a contest was held among local bartenders mixing their favorite mocktails to promote designated driving during the holiday season. Many other displays were present including a simulation for participants to experience walking a straight line

while wearing goggles that impair their vision, mimicking drunk driving (see photo). The event was sponsored by the R Adams Cowley Shock Trauma Center Trauma Prevention Program, American Trauma Society, University of Maryland Police Department, National Study Center for Trauma and EMS, Baltimore County Office of Substance Abuse, Maryland Safe Communities, Motor Vehicle Administration, University of Maryland Medical System Division of Alcohol and Drug Abuse, and the University of Maryland Office of Substance Abuse. This event was held at the Patient Resource Center and is sponsored annually in December.

For further information, contact Cindy Rivers, at (410) 328-8778.



January/February/March 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

January 7, 14, 21, 28

February 4, 11, 18, 25

March 4, 11, 18, 25

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.

Yoga (Prana)

January 10 - March 14

Mondays 6-7:00 pm

10 weeks. 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

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.

Orientation

January, 27 4-6:00 pm

Great Start Group

Thursdays 4-6:00 pm

4 weeks. Starting February 10. (\$149)

12 Week Group - Tuesdays 6-8:00 pm

Starting January 4. (\$399) \$25 reimbursement for benefit-eligible employees.

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

8 weeks. Don't have to quit the first day!

Call 410-328-9355 for dates and times.

Cost: Free (includes ALA educational packet)

KICK the Habit & Secondhand Smoke Drop-In Sessions

January 10, Noon-1:00 pm

UMMC Patient Resource Center

Support Groups

Managing Stress—Before and After Transplantation

Transplant Education Series

January 18, 5-6:30 pm

UMMC Patient Resource Center

Managing Your Transplant Medications

Transplant Education Series

February 15, 5-6:30 pm

UMMC Patient Resource Center

The ABCs of Hepatitis: The Silent Epidemic

Transplant Education Series

March 15, 5-6:30 pm

UMMC Patient Resource Center

Leukemia and Lymphoma

4th Tuesdays 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 info.

UMMC Patient Resource Center

Leukemia and Lymphoma Society Team in Training

Brown Bag Seminar

January 18, Noon-1:00 pm

Free to all who want to learn more about the world's largest endurance training program in which participants of all fitness levels take part in marathons, century rides, and triathlons. Anyone interested in running to raise valuable funds for blood cancer research is encouraged to attend.

UMMC Patient Resource Center

Lunchtime Series

CranioSacral Therapy

Irwin Hoenig, CMT

January 18, February 15, & March 15

Noon-1:00 pm

Light refreshments, but must register.

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Women and Heart Disease

Liz Schilling, CRNP

February 3 Noon-1:00 pm

Light refreshments, but must register.

Events

Blood Drive

February 16 & 17, 7am-7:00 pm

UMMC Patient Resource Center

Daffodil Days

March 14-18

UMMC Patient Resource Center

Free Blood Pressure Screening

February 14, Noon-2:00 pm

February 28, Noon-2:00 pm

UMMC Patient Resource Center

Secondhand Smoke is No Joke!



Secondhand smoke is more than just a drag to be around. It causes 700,000 ear infections in children each year. It causes 400,000 cases of childhood asthma each year. It causes 9,700 babies to be born with low birthweight each year. It is linked to 2,700 cases of Sudden Infant Death Syndrome (SIDS) each year. Secondhand smoke is no joke. If you smoke around kids...KICK the Habit. Keep It Clean for Kids!

Secondhand smoke is also known as passive smoke, or environmental tobacco smoke. All these names mean that the tobacco smoke is inhaled by people other than the smoker. Because of secondhand smoke, 30,000-60,000 adults die each year from heart disease and another 3,000 die from lung cancer.

*“Because of secondhand smoke,
30,000-60,000 adults
die each year...”*

When you smoke around kids, your smoke affects them too. It's almost as if they were smoking with you. Yes, it's better to go outside the house when you smoke, but when you come back in to hold your baby, the smoke lingers on your clothes. Your baby then gets a big dose of secondhand smoke while they cuddle with you. Secondhand smoke irritates the inside lining of infants and young children's ears, noses, and throats. That irritation can cause ear infections, asthma, and even SIDS! **So if you smoke...Kick the Habit. Keep it Clean for Kids!**

SOLUTIONS FOR STAYING SMOKE FREE

- Make your home and car smoke-free zones.
- Ask others to respect these smoke-free zones and enforce this regularly.
- Ask visitors to smoke outside your home.
- Open windows and air out home, car, and workspace as needed.
- When eating out at restaurants, request to be seated in the non-smoking section.
- Ask your loved ones to quit smoking. Be supportive of their attempts to quit.
- Try to quit smoking if you smoke using one of the many resources listed below.

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

Secondhand smoke is more than just a drag to be around • It causes 700,000 ear infections in children

each year • It causes 400,000 cases of childhood asthma each year • It causes 9,700 babies to be born with low birth weight each year • It is linked

Kick the Habit!!!



K.I.C.K. the Habit
(Keep It Clean for Kids)

to 2,700 cases of Sudden Infant Death Syndrome (SIDS) each year • Secondhand smoke is no joke!!!



A partnership between the Baltimore City Health Department and the University of Maryland Medical Center.

410-328-WELL (9355)

www.umm.edu/Kickthehabit