

GET WELL & Stay Well

A Publication of the UMMC Patient Resource Center Winter 2008

Welcome to Winter

Starting the new year with top honors, the University of Maryland Medical Center (UMMC) recently received two national honors. In late November, the **Get Fit Maryland™** program received the prestigious Innovation in Prevention Award from the U.S. Department of Health and Human Services for its efforts in promoting healthy lifestyles in communities. The awards are part of President Bush's ongoing Healthier U.S. initiative. Read more about this honor in our feature article.

The University of Maryland Medical Center is also proud to announce that it was recognized as one of the nation's top hospitals for cardiovascular care for 2007 by Thomson Healthcare. From over 1,000 hospitals across the country, Thomson named University of Maryland Medical Center as the only teaching hospital who made the list from Maryland, Delaware, or Washington, D.C.

Finally, in an effort to provide better care for all of our patients, families, and visitors, UMMC will go Tobacco Free Inside and Out effective February 14, 2008. We ask for your cooperation as we work to make our facilities safer and healthier for you and your family. Please refrain from using tobacco products anywhere on the block of the medical center. Join us in making the commitment to excellent health.

The Patient Resource Center has completed its fourth year of operations in March with well over 10,000 people using its services to date. The new year will bring more programs and services to the community as we provide tobacco prevention education, fitness walking programs and others, along with our regular programming for patients and families.

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.

Get Fit Maryland™ Program Receives National Award For Promoting Healthy Lifestyles



Get Fit Maryland™ program, the result of a partnership between University of Maryland Medical Center, University of Maryland School of Medicine, and Merritt Athletic Clubs, was chosen as a national Innovation in Prevention Award winner by the Department of Health and Human Services (HHS) for its efforts in promoting healthy lifestyles in communities. The award was presented during the Innovation in Prevention Awards luncheon in Washington, D.C. in November. The Innovation in Prevention Awards luncheon was part of the 2007 National Prevention Summit.

The awards are part of President Bush's ongoing Healthier U.S. initiative and HHS's continuing focus on highlighting preventive health and recognizing organizations that implement innovative approaches to address chronic diseases and promote healthier lifestyles.

Get Fit Maryland was named as the recipient of the faith-based and community-based award, due to its success in raising health awareness among Maryland children and adults. The program is an innovative, 12-week, walking pedometer-based program targeting obesity, diabetes, and cardiovascular disease prevention and awareness. Participants receive education on prevention tactics and causes of obesity, and a tool kit to support them to lose or maintain a healthy weight and make important lifestyle changes.

"**Get Fit Maryland** is an example of how a targeted program can encourage people of all ages to make healthy lifestyle decisions," HHS Secretary Mike Leavitt said. "That the program has gained such interest by diverse organizations is a testament to its effectiveness."

CONTINUED ON PAGE 3

MRSA — Superbug, Superbad

MRSA has received much media attention due to some recent outbreaks in schools with serious illnesses and even a few deaths. MRSA has been reported in schools in Connecticut, Virginia and Maryland. Let's learn what MRSA is and how we can protect ourselves from it.

What do the letters stand for?

MRSA stands for Methicillin-Resistant Staphylococcus Aureus.

What is Staphylococcus Aureus?

Staphylococcus aureus (*S. aureus*) is a type of bacteria that lives in all of our bodies. It is normally found on our skin and hair, and in our nose and mouth, and helps us stay healthy. When *S. aureus* goes to other places, such as our lungs or into a wound, it can cause an infection and make us sick. When this happens, a doctor usually gives us a type of antibiotic to get rid of the infection.

What does Methicillin-resistant mean?

Methicillin is a type of antibiotic. If a bacteria is methicillin-resistant, it will not go away with the use of methicillin or many other antibiotics that usually make that bacteria go away.

If I have MRSA, does this mean I'm infected, even if I feel fine?

Not necessarily. We are all colonized by certain bacteria, meaning that they live harmlessly in our bodies. We only become infected, or sick, when these bacteria multiply and go places in our body they don't belong, such as open wounds or burns. You may be colonized with MRSA but not yet infected.

If I'm not sick, what's the big deal?

The main concerns with MRSA are that you will become infected and/or that someone else may get the bacteria from you. Once you become infected, there are a limited number of antibiotics to make the infection go away.

What happens if I become infected?

MRSA infections are often, but not always, treated with an antibiotic called Vancomycin. This medication may have some side effects that your doctor or nurse should discuss with you.

What does an infection with MRSA look like?

Staph infections often cause a red, swollen, and/or painful area on the skin. Symptoms of a more serious infection include a rash, shortness of breath, fever, chills, and muscle aches.

How is MRSA spread to others?

MRSA is usually spread by direct skin-to-skin contact or contact with shared items or surfaces that have come into contact with someone else's infection like towels or used bandages.

How can I protect myself from getting MRSA?

You can protect yourself with these following tips:

- 1. Practice good hygiene** – Keep your hands clean by washing with soap and water or using an alcohol-based hand sanitizer, and showering immediately after participating in exercise.
- 2. Cover skin cuts or abrasions** with a clean, dry bandage until healed.
- 3. Avoid sharing personal items like towels or razors that come into contact with bare skin;** and use a barrier like clothing or a towel between your skin and shared equipment such as weight-training benches.
- 4. Wash sheets, towels and clothes** in hot water with bleach and dry in a hot dryer.
- 5. See a health care provider** immediately if a wound appears to be infected.

For further reading, log on to www.cdc.gov/features/MRSAinschools.

Information for this article was obtained from www.cdc.gov and www.nlm.nih.gov/medlineplus.



University of Maryland Medical Center
Commitment to Excellence
We Heal • We Teach • We Discover • We Care

Because we care about the health of our patients, visitors and staff, UMMC will be completely tobacco free inside and out effective February 14, 2008. We ask for your cooperation as we work to make our facilities safer and healthier for you and your family. Join us in making the commitment to excellent health. Please refrain from using tobacco products anywhere on the block of the Medical Center.

For more information on smoking cessation, feel free to contact the University of Maryland Medical Center Patient Resource Center at 410-328-9355 or online at www.umm.edu/kickthehabit.



"The safest care anywhere."



UNIVERSITY OF MARYLAND MEDICAL CENTER
UNIVERSITY OF MARYLAND MEDICAL SYSTEM

For the health of our patients,
visitors and employees...



UMMC Completely Tobacco Free
Inside and Out
Effective February 14, 2008
"Because We Care."

University of Maryland Medical Center is Recognized as One of Nation's Top Hospitals for Cardiovascular Care

The University of Maryland Medical Center is one of the nation's top, standard-setting teaching hospitals for cardiovascular care, according to the newly released 100 Top Cardiovascular Hospitals by Thomson Healthcare for 2007. The 2007 Thomson 100 Top Hospitals: Cardiovascular Benchmarks for Success study examined the performance of nearly 1,000 U.S. hospitals looking at eight objective performance criteria. The University of Maryland Medical Center is the only teaching hospital in Maryland, Delaware or Washington, D.C. on the list.

"Our chief of Cardiology, Dr. Mandeep Mehra, and our chief of Cardiac Surgery, Dr. Bartley Griffith, have a collaborative, team approach to caring for the individual needs of our patients. As a result, all members of the team—including doctors, nurses and pharmacists—

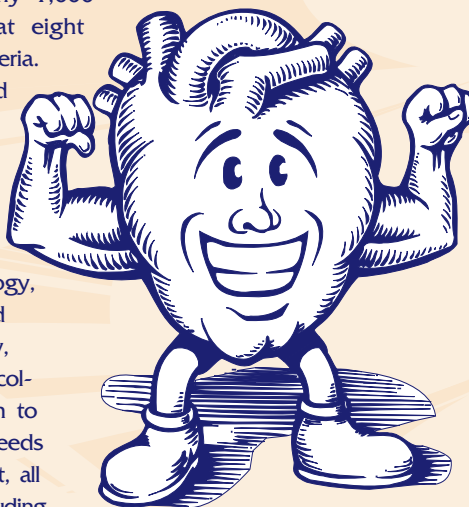
work together to plan and deliver coordinated, individualized care for each patient. They also have introduced many innovations in patient care, including a variety of minimally invasive approaches to treating heart disease," adds Jeffrey A. Rivest, President and CEO.

"Our strength lies in our collaborative medical and surgical team approach that focuses on best practices for our patients," says Dr. Mehra, chief of Cardiology, who is also a professor of medicine at the University of Maryland School of Medicine. "Using a multi-disciplinary approach, we are able to transfer cutting-edge discovery and innovative care to our patients. What differentiates us from other heart centers is our relentless focus on personalized medicine while achieving best outcomes in tackling the most advanced cardiovascular conditions."

For example, patients who would benefit from both bypass surgery and angioplasty for multi-vessel heart blockages can have both procedures performed at the same time in a specially outfitted operating room. The cardiologist and cardiac surgeon work side by side. It is called the Hybrid procedure and the University of Maryland Medical Center was among the first in the nation to institute this approach. It means patients get the best treatment for their individual needs, with the convenience of having only one procedure.

Being named to the Thomson 100 Top Hospitals list for Cardiovascular Care is the most recent recognition of the University of Maryland Medical Center's superior patient care. The medical center was listed in the *U.S. News & World Report's* Best Hospitals ranking for Heart Disease in 2007 and, for the second year in a row, was named to the Leapfrog Group's elite list of the nation's best acute-care hospitals for quality and patient safety in 2007.

For more information on the Thomson 100 Top Hospitals, visit www.100tophospitals.com or www.umm.edu.



To prevent cardiovascular-related illnesses, take these important healthy steps from the American Heart Association:

- **Stop smoking.**
- **Reduce blood cholesterol.** Here's the lowdown on where those numbers need to be:
 - Total Cholesterol – Less than 200 mg/dL
 - LDL (bad) Cholesterol – LDL cholesterol goals vary.
 - Low risk for heart disease – Less than 160 mg/dL
 - Intermediate risk for heart disease – Less than 130 mg/dL
 - High risk for heart disease including those with heart disease or diabetes – Less than 100mg/dL
 - HDL (good) Cholesterol – 40 mg/dL or higher for men and 50 mg/dL or higher for women
 - Triglycerides – Less than 150 mg/dL
- **Lower high blood pressure.** Shake that salt habit; take any medication the doctor recommends exactly as prescribed and get moving. Those numbers need to get down and stay down. Your goal is less than 120/80 mmHg.
- **Be physically active every day.** Research has shown that getting 30–60 minutes of physical activity on most days of the week can help lower blood pressure, lower cholesterol and keep your weight at a healthy level.
- **Aim for a healthy weight.**
- **Manage diabetes.**
- **Reduce stress.**
- **Limit alcohol.**

GET FIT MARYLAND RECEIVES NATIONAL AWARD, CONTINUED FROM PAGE 1



The program initially targeted inactive adults in Baltimore. However, it has expanded to include a broader audience across the state, including elementary school children and private companies. Since 2005, the program has reached over 7,000 adult participants, over 400 children, and resulted in a total of 1,700 pounds being lost and millions of steps being logged.

"*Get Fit Maryland* offers a great opportunity to get children and adults on a path to lifelong fitness and health, and combat obesity-related illnesses," said Anne Williams, RN, MS, and director of one of *Get Fit Maryland's* programs, *Get Fit Kids*. "We hope to lead the community one step at a time to a healthier lifestyle."

For more information, log on to: www.getfitmaryland.org or www.umm.edu.

January/February/March 2008 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

January 4, 11, 18, 25

February 1, 8, 15, 22, 29

March 7, 14, 21, 28

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.

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

8 weeks, Tuesdays, 12 noon – 1 pm

Next class beginning January 8!

Cost: Free (includes ALA educational packet). Call 410-328-9355 for registration and information. You don't have to quit the first day!

Spine/Orthopedics Pre-op Class

Wednesdays, 11 am – 1 pm

Call Cindy Fox or Pauline Esoga at 410-328-5360 for more information.

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

Cost: \$14 for a 15-minute seated massage. Call Patient Resource Center to schedule an appointment.

Emmi™: Better Outcomes through Better Educated Patients

Emmi, a web-based education site, is available to help patients prepare for the anesthesia needed for an upcoming surgery or procedure. By viewing the Emmi program and completing the online anesthesia questionnaire, the patient will be better prepared for their procedure. To access Emmi and the questionnaire, the patient can log on to: www.umm.edu/emmi. For further information, contact the Patient Resource Center at 410-328-WELL (9355).

Support Groups

Transplant Support Group — Education Series

3rd Tuesday each month, 4 – 6:30 pm

Call Gracie Moore-Greene at 410-328-4921.

Leukemia and Lymphoma Support Group

4th Wednesday each month, 4 – 6:30 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 more information.

Bariatric Support Group

2nd Wednesday each month, 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 each month, 12 noon

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

Inflammatory Bowel Disease Support Group

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

Call Nadja Cheevers at 410-328-6172 for more information.

Violence Intervention Program (VIP) Support Group

Thursdays, 1:30 – 3 pm

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

Events

Blood Drive

January 23, 9 am – 3 pm

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

Give the gift of life...donate blood! UMMC Paca/Pratt Building, LL Conference Room

Sister to Sister National Heart Day

February 26, 9 am – 5 pm

UMMC is a major sponsor of this event that provides information, screenings, and seminars on ways to prevent heart disease and live a heart-healthy life. Baltimore Convention Center

Blood Drive

March 19, 9 am – 3 pm

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

Give the gift of life...donate blood! UMMC Paca/Pratt Building, LL Conference Room

Free Mammograms and Pap Tests

To women over 40 years of age 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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