

MARYLAND'S

H E A L T H



M A T T E R S

UM ST. JOSEPH MEDICAL CENTER

M E D I C I N E O N A M I S S I O N

In Good Hands

Claire Conger is thriving thanks to her five-member cancer specialty team

WOMEN:
Put your hearts first

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FREE CLASSES AND SCREENINGS!
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LETTER FROM THE CEO

LOOKING BACK, LOOKING AHEAD

The past several months have given us much to celebrate and anticipate as we approach our 150th anniversary in 2014. Our excellence in cancer care, cardiology, heart surgery, diabetes, endocrinology, gastroenterology, geriatrics, neurology, neurosurgery, orthopaedics and pulmonology earned us recognition from *U.S. News & World Report* in its 2013 ranking of American hospitals. Since joining University of Maryland Medical System, we have doubled the number of community physicians appointed to our medical staff and hired many new physicians who are practicing cardiology, internal medicine, Ob-Gyn, pediatrics and neonatology at UM St. Joseph Medical Center.



We are moving forward with exciting plans to grow our clinical programs and bring the expertise of University of Maryland Medical Center close to home, with the same tradition of caring that you have come to trust for almost 150 years. Amid this progress, we are committed to preserving the legacy of our founders, the Sisters of St. Francis of Philadelphia. Providing loving service and compassionate care rooted in the Catholic tradition and honoring all faiths, beliefs and traditions is a hallmark of UM St. Joseph Medical Center. We are honored to serve you, our patients and community, in the years to come.

Mohan Suntha, MD, MBA

MARYLAND'S HEALTH MATTERS

President/Chief Executive Officer
Mohan Suntha, MD, MBA

Vice President of Business Development
Walter J. Furlong

Designed by McMurry/TMG, LLC



STAY CONNECTED WITH US



Visit our Facebook page to learn about the latest events and happenings at UM St. Joseph Medical Center.
[facebook.com/StJosephMedicalCenter](https://www.facebook.com/StJosephMedicalCenter)



Watch our doctors discuss prenatal care, joint replacement surgeries and more.
[youtube.com/SJMCTowson](https://www.youtube.com/SJMCTowson)



Get daily, real-time health information and updates from our experts.
twitter.com/SJMCTowson

WE WOULD LIKE TO HEAR FROM YOU

Please send us your comments, information requests, change of address or opt-out request to umsjmatters@umm.edu or 7601 Osler Drive, Jordan Center, Suite 163, Towson, MD 21204. Or call **410-337-1700**.

UM SJMC Named a **Top 25** Hospital Nationwide for Knee Revision

According to *Orthopedics This Week*, UM St. Joseph Medical Center (UM SJMC) ranked as one of the top 25 hospitals nationally for knee revision. UM SJMC was recognized for delivering high rates of care at reasonable prices.



David Dalury, MD, and his patient after her total knee replacement.

When compiling the list, the publication examined how many procedures were performed, how many problems occurred, procedure volume, complication rates, and charges for the procedure. To find an orthopaedic specialist, visit stjosephtowson.com/orthodocs.

TROUBLE IN DREAMLAND?

Although the risk of sleep apnea increases with weight gain, smoking and advancing years, it can occur at any age—from the very young to middle-aged and older people.

If you snore loudly at night, are drowsy during the day or feel as if you're going to fall asleep at red lights or in meetings, you may have sleep apnea. People with this disorder stop breathing for 10 to 60 seconds at a time as often as 300 times a night.

Sleep apnea can be diagnosed with a sleep study, performed at UM St. Joseph Medical Center's Sleep Disorders Center. Patients are tested in the comfort of a facility that feels like a five-star hotel. The study involves tracking a patient's brain waves, heartbeat and breathing at night. All rooms feature private bathrooms, and one sleep room is designed especially for children. Nightshift workers can have daytime sleep studies.



SCHEDULE YOUR SLEEP STUDY TODAY

To learn more or to schedule an appointment, please call **410-337-1240**.

* AN OUNCE OF PREVENTION

An ounce is the amount of sunscreen you need to protect your body. How much is 1 ounce? It's roughly equal to a shot glass. Most people don't apply that much, though, or they don't reapply it frequently enough.

The Skin Cancer Foundation recommends using a sunscreen rated at least sun protection factor (SPF) 15. This protects against 93 percent of UVB rays, whose absorption is linked to sunburn and skin cancer.

However, skin care experts recommend using higher SPF sunscreens to offer greater protection when people don't use enough sunscreen or don't reapply it every two hours, as recommended. Choose a sunscreen with broad-spectrum protection against both UVB and UVA rays. The latter penetrate your skin more deeply

and cause your skin to age and create wrinkles, and research shows they may also pose a cancer risk.

Remember to apply sunscreen 30 minutes before you head outdoors so your skin has time to absorb it. And use common sense: Limit outdoor activities when the sun is strongest, between 10 a.m. and 4 p.m., or keep to the shade; wear UV-protective sunglasses; and don't forget to slick on an SPF-containing lip balm.



SIGN UP FOR **FREE** SUNSCREEN!

For six quick tips about sun safety, and to sign up for free sunscreen, go to stjosephtowson.com/sunsafety.

An Alarming Trend

Pediatric sports injuries are on the rise

If you have a child who plays competitive sports, you probably know the joy of cheering on your child's team and the agony of watching your child or someone else's get injured.

According to findings presented at the 2010 Annual Meeting of the American Academy of Orthopaedic Surgeons, there has been a dramatic rise in pediatric sports injuries in recent years, and the trend is continuing, says Teri McCambridge, MD, of Towson Orthopaedic Associates

(TOA), part of University of Maryland St. Joseph Medical Center.

YEAR-ROUND SPORTS AND OVERTRAINING

"Young people playing sports are doing too much, too early, and playing multiple sports year-round. Overuse is the main cause of youth sports injuries," says Dr. McCambridge, who is board-certified in sports medicine and pediatrics.

Acute injuries also occur in youth athletics. An injury to the anterior cruciate ligament (ACL) is one acute injury that often requires surgery to successfully return the athlete to the playing field. The ACL, located in the center of the knee, provides stability when running or cutting.

"ACL tears usually occur during sports that require cutting motions, such as lacrosse, soccer, basketball, football and skiing," says

board-certified orthopaedic surgeon Scott Tarantino, MD, of TOA, who has performed hundreds of ACL repairs.

"It's a very technically demanding surgery," he explains. "Outcomes are clearly associated with the volume of cases performed."

BASELINE TEST FOR CONCUSSIONS

Emergency department visits for



Teri McCambridge, MD



Scott Tarantino, MD

children and teenagers with traumatic brain injuries, including concussions, from recreation and sports-related activities increased by 60 percent during the last decade, according to the Centers for Disease Control and Prevention.

"TOA offers a concussion clinic with evaluation, treatment, return to play and school guidelines. We also offer baseline concussion testing that parents can schedule for players before sports season. This information assists the physician in determining when a player is back to normal cognitive function after a concussion. The baseline provides evidence that the brain has returned to its prior level of function," Dr. McCambridge says. ♦

THE MOST COMMON PEDIATRIC SPORTS INJURIES

- Ankle sprains
- Wrist and elbow fractures
- Overuse injuries of the heel and knee
- Medial collateral ligament sprains (inner knee)
- Shin splints

Seek medical care for a sports injury, in case of:

- Acute injury caused by trauma
- Symptoms of swelling, deformity, persistent pain or loss of range of motion



GET YOUR CHILD TOP-QUALITY CARE

For a referral to a pediatric sports specialist or an orthopaedic surgeon, visit stjosephtowson.com/orthodocs or call the Doctors Directory at **410-337-1777**.



**Joshua Forman, MD,
and patient Kim Fulcher**

“I was so relieved,” she says. Even before her appointment, she had a CT scan at UM St. Joseph Medical Center. “I brought a copy of the CT scan right up to the doctor’s office,” Fulcher says. “I felt sure that I was in the very best hands.”

The Hodes Center has two very highly experienced hepatobiliary surgeons: Dr. Mackey and Mark Fraiman, MD, who understand the anxiety a possible pancreatic or liver mass can create. They do their best to get patients fast-tracked for diagnosis and treatment.

“Dr. Mackey told me that although I may have a tumor, it may not be cancer,” Fulcher says. “He was very informative and put my mind at ease.”

SOPHISTICATED TESTING

Dr. Mackey called his colleague gastroenterologist Joshua Forman, MD, who arranged to perform an endoscopic ultrasound (EUS), which would provide a detailed examination of Fulcher’s pancreas, the next day at UM St. Joseph Medical Center’s Digestive Disease Center.

“Dr. Forman was very kind, informative and professional,” Fulcher says. “He told me that I’d have the results before I left the center.”

And those results were a huge relief. “There were a few ulcers in the stomach, but there was no mass,” says Dr. Forman.

NO STONE UNTURNED

However, to be absolutely certain, Drs. Forman and Mackey followed up further on the diagnosis. Not only did Fulcher have an MRI, which also was negative, but Dr. Mackey contacted another radiologist to review Fulcher’s original ultrasound and ensure that it had been misinterpreted.

“We aim to get our patients taken care of quickly and expeditiously. Kim’s case also was presented at our multidisciplinary GI cancer conference, which also confirmed the absence of any pathology,” adds Dr. Mackey.

Fulcher is being treated for her ulcers by Dr. Forman. “I feel like God orchestrated my care at the Hodes Center,” she says. “The care just couldn’t have gotten any better.” ♦



PUTTING PATIENTS AT EASE

Fast diagnosis calms the anxiety of a cancer scare

For Kim Fulcher, driving an hour from her home in York, Pa., to the Hodes Liver and Pancreas Center at University of Maryland St. Joseph Medical Center in Towson is worth it.

That’s because last winter she got the scare of her life. She’d had an unusual bowel movement that was white, so she went to her internist, who ordered testing that included an ultrasound and blood work. “The ultrasound showed a mass at the head of my pancreas,” recalls Fulcher. “I looked up everything I could on the Internet. It was very grim.”

A NEXT-DAY APPOINTMENT

The saving grace was that Fulcher’s physician immediately referred her to the Hodes Center. She got an appointment the very next morning with Richard Mackey, MD, medical director of the Hodes Center.



IN GOOD HANDS

After a battle with cancer, Claire Conger is enjoying life again thanks to her five-member specialty cancer team

◀ **Indomitable spirit: Claire Conger, pictured with her three grandchildren, fought her sixth battle with cancer and came out on top once again. She credits her UM SJMC medical team for saving her life.**

Five-time cancer survivor Claire Conger found out, just days before her 55th birthday, that she had a sixth cancer: renal cancer. Most people would have been shaken, but Conger “wasn’t surprised,” she says. However, the kind of cancer startled her, since she’d had no symptoms.

Only 3 percent of all new cancers in the U.S. are renal cancer, also called kidney cancer. Conger was already a survivor of thyroid, oral, melanoma, uterine and ovarian cancers.

SEEING SOMETHING AMISS

Conger’s renal tumor was detected when she was rushed to her local hospital ER in Elkton, Md., with heart attack symptoms. Physicians were surprised to discover a mysterious mass on her kidney growing toward her heart. Needing further testing, she chose to be transferred to University of Maryland St. Joseph Medical Center, where her cancer was diagnosed.

“The cancer was the size of a football, was stage 3, and had spread,” says Conger.

“The tumor had grown from the renal vein into the vena cava, the main vein that returns blood to the heart,” says Marc Siegelbaum, MD, chief of Urology. “In some cases, the tumor will extend into the heart; fortunately, hers did not.”

Surgery would be necessary. “Renal cancer is curable if you can remove the tumor,” Dr. Siegelbaum says. “It is critical to have three different specialists perform this surgery.”

EXPERT-LEVEL SURGICAL CARE

During a five-hour surgery, Conger’s tumor was successfully removed by the specialty team of Dr. Siegelbaum; Stewart Finney, MD, chief of Cardiac Surgery; and two hepatobiliary surgeons, Mark Fraiman, MD, and Richard Mackey, MD, both with the Hodes Liver and Pancreas Center at UM St. Joseph Medical Center, as well as a cardiac anesthesiologist, Michael Boss, MD.

“We’ve done many vena cava surgeries and have become expert at it,” says Dr. Siegelbaum.

“This is a huge operation usually performed in major university settings,” agrees Dr. Finney. “Dr. Mackey and Dr. Fraiman



Mark Fraiman, MD



Richard Mackey, MD



Michael Boss, MD



Marc Siegelbaum, MD



Stewart Finney, MD

Teamwork:

Thanks to her team of specialty physicians (pictured), Claire Conger is back to her everyday activities.

are expert liver surgeons who can move the liver to make way for Dr. Siegelbaum to remove the kidney. Dr. Fraiman, who is also a vascular surgeon, cleaned out the tumor in the vena cava, while I clamped the lower right atrium of the heart. If the tumor extends to the heart, then I open the heart to remove the tumor. Her tumor was so close to the heart that I put her on a heart-lung machine even though her heart was still beating.”

CONFIDENT IN HER CARE

“All these physicians were a lifesaver,” declares Conger. “I have nothing but the best things to say. I did not feel worried once I realized what great surgeons I had.”

Because of her previous cancers, Conger did not have medical insurance at the time of her treatment. All her medical and surgical care was provided pro bono by UM St. Joseph Medical Center and the physicians themselves.

Conger is now back to her everyday activities, most enjoyably, babysitting her three grandchildren. “Those grandkids are a good reason to keep going,” she says. ♦



CONNECT WITH A UM SJMC EXPERT

For a physician referral, call the Doctors Directory at **410-337-1337** or visit stjosephtowson.com/findadoctor.

THE WAY TO A WOMAN'S HEART HEALTH

Know the symptoms and when to call for help

A recent American Heart Association survey showed that 47 percent of women would not call 911 right away if they experienced heart attack symptoms.

This doesn't surprise board-certified cardiologist Sonia Baker, MD, of UM St. Joseph Cardiovascular Associates.

"Women are the caretakers who put everyone else's needs first. One weekend, I saw a woman in the ER who was diagnosed with heart failure. When I told her that she would need open heart surgery in the next week, her first reaction was that she wouldn't have enough time to cook and freeze a week's worth of meals for her husband to eat."



WHY IT'S IMPORTANT TO BE AWARE

"Cardiovascular disease, which includes both heart attack and stroke, is the leading killer in the U.S.," says Dr. Baker.

Pressure in the chest, brought on by activity or stress, is a major symptom. And, "if it wakes you up at night or happens at rest, that's a really bad sign," adds cardiologist Daniel Plotnick, MD, also with UM St. Joseph Cardiovascular Associates. But often heart disease is silent.

HEART ATTACKS CAN HAPPEN WITHOUT MAJOR BLOCKAGES

"The majority of people who suffer heart attacks have blockages of 50 percent or less that wouldn't be picked up in a stress test. Small plaques that do not limit blood flow to the heart can rupture and cause a heart attack. Stress tests look for a 70 percent blockage or higher within a heart artery.

"That's why physicians encourage everyone to modify their risk factors for heart disease," says Dr. Baker.

"This includes watching one's weight, exercising, eating right, not smoking, and controlling blood pressure and cholesterol." Stress management is important, too, and she recommends methods such as meditation, yoga and relaxation techniques.

WOMEN'S SYMPTOMS MAY DIFFER FROM MEN'S

The classic heart attack symptom is described as "feeling like an elephant is sitting on your chest," says Dr. Plotnick. Yet women's symptoms often



**Sonia Baker,
MD**



**Daniel
Plotnick, MD**



Pain or discomfort in the arm, back, neck, jaw or stomach could be a sign of a heart attack

differ from men's. "Women may have more subtle symptoms prior to a cardiovascular event, such as increasing fatigue or insomnia," says Dr. Baker. Other signs may include:

- Uncomfortable pressure, squeezing, fullness or pain in the chest or shoulder that lasts or comes and goes.
- Pain or discomfort in the arm, back, neck, jaw or stomach.
- Cold sweat, nausea or lightheadedness.
- Shortness of breath

Risk factors for heart disease include high blood

pressure, high cholesterol levels, diabetes, smoking and a family history of coronary heart disease.

"Complications that occurred during pregnancy, such as preeclampsia, gestational diabetes and pregnancy-induced hypertension may help physicians identify women who are at future risk for a cardiovascular event," adds Dr. Baker. ♦



PHOTO BY THINKSTOCK



**CALL TODAY,
FOR BABY'S SAKE**
To schedule an appointment
at the Center for Advanced
Fetal Care, call 410-328-3856
or 888-349-8946.

"All we wanted was a chance to fight,"
JoDee DeVillier
says of her son,
Daniel, who had
been given only a 5
percent chance of
survival before the
DeVilliers sought a
second opinion at
the University of
Maryland Center for
Advanced Fetal Care.

'WE GIVE PARENTS HOPE'

Center for
Advanced
Fetal Care is
unmatched
at developing
treatment
plans for
expectant
parents

Today, there's no shortage of information about the ins and outs of pregnancy. Many books and websites give expectant parents a monthly, or even weekly, breakdown of what to expect as their baby grows and develops. This in-depth knowledge about what happens during a pregnancy is not only the result of firsthand accounts of mothers, but also comes from advances in perinatal medicine.

While most babies are born healthy, a small percentage of women develop complications during pregnancy that require specialized care. In Maryland and surrounding states, many expectant parents and obstetric caregivers turn to the University of Maryland Center for Advanced Fetal Care (CAFC).

"Pregnancy is usually a time of hope and new beginnings, so hearing that something could be wrong with your baby can be devastating for parents," says Christopher Harman, MD, professor and chair of obstetrics, gynecology and reproductive sciences at the University of Maryland School of Medicine and director of the Center for Advanced Fetal Care. "At the Center for Advanced Fetal Care, we help parents understand what is happening with their pregnancy and provide options for the best possible outcome for their child."

NO STONE LEFT UNTURNED

By the first 12 weeks of pregnancy, 90 percent of serious birth defects or chromosomal issues can be flagged. Women are often referred to the CAFC by their



▲ Ahmet Baschat, MD, director of fetal therapy, and Christopher Harman, MD, director of the University of Maryland Center for Advanced Fetal Care.

obstetrician to rule out fetal complications or to confirm a diagnosis. Detecting rare conditions requires special knowledge and experience with sophisticated testing methods and equipment. This diagnostic stage is the foundation of developing a plan that improves outcomes for mother and baby.

“Our job is not just to find abnormalities through ultrasound,” says Suzie Jefferies, a registered diagnostic medical sonographer at the center. “It is the first step in planning for the rest of the pregnancy. We give parents hope.”

Many parents-to-be who come to the CAFC with little hope about the future of their unborn child are surprised to learn that they have more options than they were initially presented. At each step, the team works with parents to make sure they understand all of the options and can make decisions with the most complete information possible.

FIXING PROBLEMS IN UTERO

As part of one of the few truly comprehensive fetal care programs in the U.S., our team of specialists uses the most advanced treatment options available, including a full range of fetal surgeries. Although many defects can be accurately diagnosed before birth, only a few require intervention while the baby is still in the womb. Fetal surgery can be necessary to repair life-threatening congenital abnormalities, such as cardiac malfunctions, urinary blockages, spinal defects and airway malformations.

Another condition that requires fetal surgery is twin-to-twin transfusion syndrome (TTTS) – a serious disorder that occurs when identical twins share a placenta and one baby receives too much blood while the other baby doesn’t receive enough. If left untreated, the result is often fatal for both babies.



ADDITIONAL CARE AFTER DELIVERY

THE UNIVERSITY OF MARYLAND CHILDREN'S HOSPITAL IS AN IMPORTANT PARTNER in providing exceptional neonatal care to the babies who start their journey at the Center for Advanced Fetal Care (CAFC). If it's determined that a baby requires immediate or long-term care after delivery, the appropriate pediatric specialists are brought in before the baby is born to work alongside the maternal-fetal medicine clinical team.

The integrated team includes perinatologists, perinatal nurses, genetic counselors, sonographers, neonatologists, geneticists and pediatric specialists, including pediatric surgeons. And unlike many hospitals in the region, the CAFC has direct access to all of the medical and surgical resources of the University of Maryland Children's Hospital for seamless postdelivery care for mother and baby. The pre- and postnatal plan of care is coordinated, and the expectant parents meet with key members of their baby's care team, all before the baby is born.



KIDS' SPECIALTY CARE

To discover more about the specialties available at University of Maryland Children's Hospital, go to umm.edu/pediatrics.

“When a woman is told that she is having twins, it is extremely important to determine as early as possible if the twins are identical,” says Ahmet Baschat, MD, professor of obstetrics, gynecology and reproductive sciences at the University of Maryland School of Medicine and director of fetal therapy at University of Maryland Medical Center. “The best time to make this diagnosis is in the first trimester.” Successfully treating TTTS requires both early detection and expertise in fetoscopic laser surgery.

HOPE RESTORED

JoDee DeVillier knows firsthand how it feels to have hope restored after a devastating diagnosis. About 20 weeks into her pregnancy, JoDee’s unborn son, Daniel, was diagnosed with posterior urethral valves, a congenital defect in males in which excess tissue grows in the urethra, blocking fetal urine from leaving the baby’s body. Their doctor said Daniel had only a 5 percent chance of survival.

The DeVilliers came to the University of Maryland for a second opinion. Dr. Harman performed two surgeries in utero, and Daniel was born at 31 weeks. He spent six weeks in the University of Maryland NICU and had two additional surgeries, and today is happy, well-adjusted and thriving.

“Before we came to CAFC, we didn’t have a chance,” says JoDee. “All we wanted was a chance to fight, and our prayers were answered through the University of Maryland.” In fact, the medical center is now part of the family—as a token of their appreciation, Daniel’s middle name is Christopher, named after the physician who saved his life.

From the first phone call to the Center for Advanced Fetal Care, families have a team of specialists on their side providing expertise, support and compassion. Highly trained perinatal nurses coordinate every aspect of care in one convenient, comfortable setting. “In many ways we are choreographers,” says perinatal nurse Debbie Kirby, who has been with the CAFC since its beginning in 1997. “We make sure there is consistency and continuity of care with every patient. We go above and beyond to accommodate parents during one of the most stressful times in their lives.” ♦

Advanced Prenatal Care, Close to Home

For parents concerned about the health of their unborn baby, the Perinatal Center at University of Maryland St. Joseph Medical Center (UM SJMC) offers the highest level of expertise and the latest prenatal screening and testing available.

“In the Perinatal Center, we see women with significant pregnancy complications and those with none, at every stage of pregnancy. We perform high-level ultrasound to identify problems in the baby, so the parents may receive all of the information they need to plan for the baby’s birth and care,” says Judith Rossiter, MD, head of Obstetrics and Gynecology and director of the Perinatal Center at UM SJMC, who is board-certified in both medical genetics and maternal fetal medicine.

Dr. Rossiter emphasizes the importance of mothers being appropriately counseled and guided through the complexities of prenatal screening and diagnosis. This personalized approach is a hallmark of the Perinatal Center, where three board-certified maternal fetal medicine specialists and three certified genetic counselors work with patients. The Perinatal Center performs the same level of ultrasound screening and diagnosis as that offered at the Center for Advanced Fetal Care (CAFC) at the University of Maryland. We work collaboratively with CAFC to co-manage pregnancies complicated by conditions that require invasive procedures to allow patients to receive expert care close to home.

“We provide a very high level of ultrasound and prenatal screening so that parents can be as informed as possible about conditions related to their pregnancy. We make sure that no patient leaves her ultrasound without knowing the results and receiving the information she needs for her next steps,” assures Dr. Rossiter.



Judith Rossiter, MD



QUESTIONS ABOUT YOUR PREGNANCY?

The Perinatal Center is open Monday through Friday from 8 a.m. to 4:30 p.m. To schedule an appointment, call **410-337-4480**. We offer an additional office location at Upper Chesapeake Medical Center. Call **410-337-1387** to schedule an appointment.

THE ROAD TO A SAFER PREGNANCY

Almost as soon as you find out you're plus-one, the advice starts coming. Friends, family and well-meaning mother-in-laws spout their rules of pregnancy that you must follow. But how you can tell old wives' tales from true words of wisdom? We're here to help you sort things out.

PROCEED

FISH: True, you want to steer clear of fish high in mercury, such as swordfish. But other seafood is safe and provides healthy omega-3s, which boost your baby's brain development. Salmon, cod, tilapia, shrimp, crab and scallops are all OK for moms-to-be.

RUNNING/JOGGING:

If you're a runner, there's no reason to stop now. Exercise is an important part of a healthy pregnancy. If you're experiencing complications, ask your doctor which types of activities are best for you.

CAUTION

HAIR DYE: Only a trace amount of chemicals are absorbed through the skin, making the main concern inhaling the fumes. Most Ob-gyns recommend skipping the hair dye during the first three months of pregnancy.

CAFFEINE: Experts agree that the less you consume the better, because your baby can't process it as well as you can. Avoid caffeine altogether in the first trimester, and limit yourself to 200 milligrams a day after that.

HALT!

DELI MEAT: Because of the possibility of it being contaminated with listeria, bacteria that can lead to miscarriage, deli meat is a no-no. The only exception? Heating it up until it's steaming, which will kill any bacteria.

RAW EGGS: This is probably a no-brainer, given raw eggs' link to salmonella. But keep in mind that raw egg can be found in some Caesar salad dressings, Hollandaise sauce and cookie dough.

WELCOME TO THE WORLD!



73,052

The number of babies born in Maryland in 2011.



AUGUST

The most popular month for babies to be born nationwide.

The top 5 boys and girls names in Maryland in 2011 were:



Mason
Jacob
Michael
Ethan
Ryan



Sophia
Olivia
Isabella
Madison
Ava



July 11–Sept. 12 | The Weight of the Nation Series

University of Maryland St. Joseph Medical Center is pleased to present this discussion, screening and lecture series. Thursdays, July 11, Aug. 1, Aug. 22 and Sept. 12 from 5 to 6:30 p.m. in the Noppenberger Auditorium. Attend all or just one of the series, which includes a screening of the HBO documentary *The Weight of the Nation*, UM St. Joseph Medical Center staff and physician panel discussions, and complimentary dinner (each session). To register, call **410-337-1337** or visit stjosephtowson.com/events.

DIABETES WELLNESS

Programs are offered by the Diabetes Management Center. To register, call 410-337-1382.

DIABETES SELF-MANAGEMENT PROGRAM

Please call for dates and times.

DIABETES TYPE 1 TOOLBOX

For ages 18 and older to provide self-care tools.

DIABETES INFORMATION EXCHANGE

First Tuesday of every month, 1 p.m.

FAMILY PROGRAMS

For more information, dates and fees, call 410-337-1880.

- Baby Care Class
- Breastfeeding Class
- Childbirth Education with Tour
- Grandparents Update
- Infant Massage
- Kangaroo Kapers

WELLNESS PROGRAMS

CARDIAC REHAB, PHASE II
To help recovery from cardiac events and reduce future risk. Fee may be reimbursable by insurance. Call 410-337-1366 to register.

LYMPHEDEMA MANAGEMENT

To reduce swelling through physical therapy and education. Fee may be reimbursable. Call 410-337-1412 to register.

PULMONARY REHAB CLASS

To increase breathing and exercise capacity for those with lung disease. Call 410-337-1302 for fee and to register.

SAFE DRIVER ASSESSMENT

Includes vision testing, cognitive assessment and brake reaction time. Call 410-337-1412 for fee and to register.

BREAST CANCER SOS (SURVIVORS OFFERING SUPPORT)

410-427-2513

CAREGIVERS GROUP

First Thursday of every month
410-337-1109

CROHN'S DISEASE & COLITIS

Tuesdays, Sept. 10 and Nov. 12, 7 p.m.,
St. Clare Conference Room
410-337-1537

LUNG CANCER SUPPORT

410-337-4543

PREGNANCY LOSS HOTLINE

443-632-7679

SUPPORT

BALTIMORE OSTOMY ASSOCIATION

Sundays, Sept. 22 and Nov. 24
2–4 p.m., Canticle Room
410-337-1845

HEALTH SCREENINGS AND BLOOD DRIVES

Unless designated otherwise, all events are FREE and you can call 410-337-1479 to register.

BONE DENSITY SCREENING

Suitable for adults who want to know how their lifestyle is impacting their bone density and for those with certain risk factors (family history, small body frame, inactivity, smoking, excessive caffeine or alcohol consumption, low calcium and vitamin D intake). Consists of quick, painless ultrasound test of the heel bone (not diagnostic). For those who have not had a DEXA scan or an ultrasound bone test in the past year. Appointment required.

Thursday, July 18, 9 a.m.–noon
Thursday, Aug. 22, 9 a.m.–noon

FOOT SCREENING

Visual check and education for a full range of foot problems. Appointment required.

Thursday, Aug. 29, 4–7 p.m.

VARICOSE VEINS SCREENING

Screening for those ages 20–70 who have visible vein distortion (elongated, rope-like, bulged and thickened veins underneath the skin). Can be a sign of an underlying disorder. Left untreated, can lead to a chronic, debilitating and limb-threatening condition. Risk factors include family history of varicose veins, personal history of phlebitis, or pregnancy. Screening includes visual inspection of legs and recommendations for treatment. Appointment required.

Wednesday, Aug. 21, 4–7 p.m.

AMERICAN RED CROSS BLOOD DRIVE

Schedule a lifesaving donation. For medical and eligibility questions, call 866-236-3276 before scheduling your appointment.

Tuesday, July 16, 7 a.m.–4:30 p.m.



Body Composition ANALYSIS

To identify your unique body makeup and associated health risks. The Tanita SC-331S professional scale uses bioelectric impedance analysis to determine weight, body fat, body mass index, total body water, muscle mass, metabolic rate and more. Appointment required.

- Tuesday, July 23, 4:30–6:30 p.m.
- Thursday, Aug. 8, 4:30–6:30 p.m.
- Friday, Sept. 6, 4:30–6:30 p.m.



MARYLAND'S HEALTH MATTERS!

LOCATIONS NEAR YOU:

1 UNIVERSITY OF MARYLAND MEDICAL CENTER
 22 S. Greene St., Baltimore
 410-328-8667
umm.edu

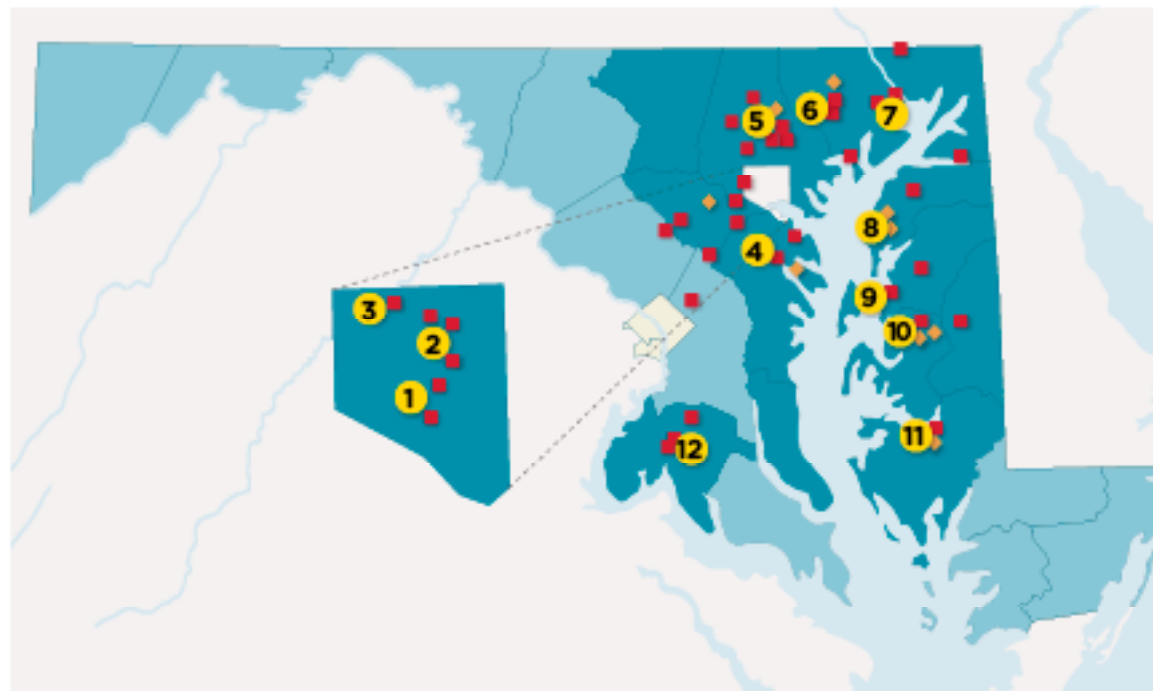
2 UMMC MIDTOWN CAMPUS
 827 Linden Ave., Baltimore
 410-225-8000
umm.edu/midtown

3 KERNAN ORTHOPAEDICS AND REHABILITATION
 2200 Kernan Drive, Baltimore
 410-448-2500
kernan.org

4 UNIVERSITY OF MARYLAND BALTIMORE WASHINGTON MEDICAL CENTER
 301 Hospital Drive, Glen Burnie
 410-787-4000
mybwmc.org

5 UNIVERSITY OF MARYLAND ST. JOSEPH MEDICAL CENTER
 7601 Osler Drive, Towson
 410-337-1000
stjosephtowson.com

6 UPPER CHESAPEAKE MEDICAL CENTER
 500 Upper Chesapeake Drive, Bel Air
 443-643-1000
uchs.org



MAP KEY: ● HOSPITAL ■ PHYSICIAN OFFICE ◆ HEALTH CARE CENTER

7 HARFORD MEMORIAL HOSPITAL
 501 S. Union Ave., Havre de Grace
 443-843-5000
uchs.org

8 UNIVERSITY OF MARYLAND SHORE MEDICAL CENTER AT CHESTERTOWN
 100 Brown St., Chestertown
 410-778-3300
shorehealth.org

9 UNIVERSITY OF MARYLAND SHORE EMERGENCY CENTER AT QUEENSTOWN
 115 Shoreway Drive, Queenstown
 410-827-3900
qaemergencycenter.org

10 UNIVERSITY OF MARYLAND SHORE MEDICAL CENTER AT EASTON
 219 S. Washington St., Easton
 410-822-1000
shorehealth.org

11 UNIVERSITY OF MARYLAND SHORE MEDICAL CENTER AT DORCHESTER
 300 Byrn St., Cambridge
 410-228-5511
shorehealth.org

12 UNIVERSITY OF MARYLAND CHARLES REGIONAL MEDICAL CENTER
 5 Garrett Ave., La Plata
 301-609-4000
charlesregional.org