

MARYLAND'S

H E A L T H



M A T T E R S™

UM ST. JOSEPH MEDICAL CENTER



Elite Sports Medicine Care Close to Home

Towson Sports Medicine and Towson Orthopaedic Associates offer a full continuum of athletic care

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UM SJMC'S CANCER
INSTITUTE PROVIDES
ADVANCED CARE
FOR LUNG CANCER
AND COPD

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HEALING THE HEARTS OF MARYLAND

Patients are living life to the fullest after treatment at the University of Maryland Heart and Vascular Center. See page 10.



UNIVERSITY of MARYLAND
ST. JOSEPH MEDICAL CENTER

BE A PART OF SOMETHING GREATER.

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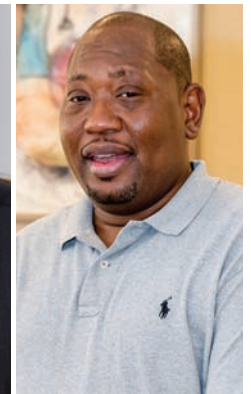


ON THE COVER: Morgan, a high school varsity basketball player, got fast, expert care for an injury that occurred at an after-school game.

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BE A PART OF SOMETHING GREATER.



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Watch our doctors discuss prenatal care, joint replacement surgeries and more.
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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 requests to umsmatters@umm.edu or 7601 Osler Drive, Jordan Center, Suite 158, Towson, MD 21204. Or call **410-337-1700**.

WELCOME Nurse Practitioner Kim West to Hereford Health Park

UM SJMC Health Park at Hereford welcomes highly experienced nurse practitioner Kim West, CRNP. With a background in hospital, emergency and primary care nursing, West offers a wealth of experience to the community.

“My 20-plus years of experience in geriatric and adult medicine has made me a very good diagnostician with a depth and breadth of ability to assess and treat a variety of conditions,” says West.

West is pleased to return to practice in northern Baltimore County, where she was on staff at Greater Baltimore Medical Center’s Hunt Valley and Hunt Manor locations for nine years. Most recently, she worked at a clinic on the Eastern Shore where she served an underinsured, underserved population and “was very active in dealing with the opioid crisis,” she adds.

PREVENTING CHRONIC DISEASE

“I encourage patients to be very engaged in their health care,” says West. “Together we create a plan for their good health. I help motivate them to adopt healthy lifestyles. I try to keep them from crossing over into chronic diseases like diabetes and heart disease.”

MANAGING HIGH BLOOD PRESSURE

At the heart of any primary care practice is helping patients manage or even avoid high blood pressure. In 2017, the



Kim West, CRNP

“I encourage patients to be very engaged in their health care. Together we create a plan for their good health.”

American College of Cardiology and the American Heart Association lowered the definition of high blood pressure to 130/80 from 140/90.

“In primary care, we’ve always considered prehypertension as hypertension and counseled patients on lifestyle changes,” says West. “We are more aggressively treating high blood pressure since it leads to stroke and heart attack. Diet, exercise and medication are all very important. We see patients for follow-up and may send them home with a blood pressure cuff to monitor themselves.”

West has implemented a new telehealth tool, using Skype and a secure program to follow up with patients from the comfort of their own homes or work.

THE OPIOID CRISIS

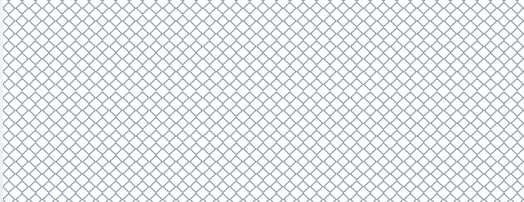
In addition, West is interested in helping families and individuals affected by the opioid crisis, assuring discretion, privacy and appropriate referral. For several years, she worked for the Center for Addiction Medicine in Baltimore.

West received her master’s in nursing from the University of Maryland School of Nursing and has a bachelor’s in nursing from the University of Delaware.



CONTACT US

To make an appointment with Kim West, CRNP, or to schedule a visit with any of the health practitioners at UM St. Joseph Health Park at Hereford, call **443-491-3333**.



On average, a person takes 23,040 breaths a day and almost 8.5 million breaths a year. Most of us take these breaths for granted. But if you suffer from pulmonary disease or are a smoker or former smoker, your lung health could be in jeopardy. The mission of The Cancer Institute at University of Maryland St. Joseph Medical Center (UM SJMC)—an affiliate of the University of Maryland Greenebaum Comprehensive Cancer Center—is to help all patients achieve their best lung health, no matter what their history or present condition.

Although the number of smokers has dropped dramatically in the U.S., about 36.5 million Americans still smoke cigarettes, according to the American Cancer Society. About 80 to 90 percent of lung cancers are linked to smoking, according to the Centers for Disease Control and Prevention. Smoking is also estimated to cause 80 percent of chronic obstructive pulmonary disease (COPD). If you or a loved one smokes, used to smoke, has been exposed to secondhand smoke or has COPD, this article is for you.



MAKE EVERY BREATH COUNT

UM SJMC'S CANCER INSTITUTE OFFERS
ADVANCED CARE FOR LUNG CANCER AND COPD

MEET DR. STEWART

One of the first steps for treating lung cancer is removing it with surgery. This may be followed by chemotherapy and radiation therapy.

At UM SJMC, a multidisciplinary team of physicians, nurses and other cancer specialists creates a customized treatment for every patient as part of our whole-patient,



Shelby Stewart, MD

personalized treatment plan.

Assistant professor of surgery at the University of Maryland School of Medicine and board-certified

thoracic surgeon Shelby Stewart, MD, specializes in removing cancerous tumors and diseased tissue from the lungs and affected lymph nodes. "Having had cancer in my family, I understand what patients are going through emotionally, so I take a personalized, educational approach," Dr. Stewart says.

"The best part of my job is when I am able to give patients the good news that I've removed everything," she says.

EARLY DIAGNOSIS AND LONGEVITY

Indeed, lung cancer is a complex disease with a risk of recurrence. "Lung cancer is a silent disease, so we need imaging to identify it early," says Dr. Stewart.

COULD YOU HAVE COPD?

Chronic obstructive pulmonary disease (COPD) is a group of diseases including emphysema and chronic bronchitis that disrupt the air flow in and out of one's lungs. It is often caused by smoking, but it can be caused by persistent, poorly controlled asthma.

"UM SJMC offers consultation with a pulmonology physician, evaluation of pulmonary function and a management and follow-up program," says board-certified pulmonologist Cynthia Soriano, MD, head of pulmonary medicine.

"COPD is a treatable, but not curable, disease," says Dr. Soriano. "Treatment can improve quality of life and includes use of inhalers, nebulizers, oral medications and pulmonary rehabilitation. We assess the need for oxygen. Early evaluation and management can help preserve optimal lung function.

"Symptoms of COPD include wheezing, coughing, shortness of breath and congestion," says Dr. Soriano.

ARE YOU ELIGIBLE FOR SCREENING?

Low-dose CT lung cancer screening is available for people who are at high risk for lung cancer. You're considered at high risk if you:

- Are ages 55 to 77
- Are a current smoker or have quit within the last 15 years
- Have a smoking history of at least 30 pack-years (i.e., one pack per day for 30 years, two packs per day for 15 years)

"Patients whose lung cancer is found at stage 1 or 2, instead of stage 4, are more likely to live disease-free for a longer period of time," she says. "Smokers or ex-smokers in the group of high-risk patients eligible for screening are in the window of a curable group."

AN INSIDE LOOK AT LUNG TUMORS

Low-dose radiation CT lung cancer screening is a miraculous tool available at UM SJMC through a partnership with Advanced Radiology. "This screening is for high-risk patients ages 55 to 77 who have smoked for 30 years or more and are current smokers or have quit within the last 15 years," says Dr. Stewart.

"We are grateful that we can catch many lung cancers early thanks to low-dose CT scanning," says board-certified radiologist Randy Becker, MD, of Advanced Radiology. "We use a software computer program to pick up suspicious nodules, and then we analyze them. We've seen lives saved and lives extended." ♦



BETTER BREATHERS SUPPORT GROUP

Fridays, 2 - 3:30 p.m., May 18, July 20, September 21 and November 16. Call **410-337-1302** to register.

For anyone with a chronic lung disease such as COPD or lung cancer. Learn ways to cope with your diagnosis and live life to the fullest. "We discuss topics such as inhaler use, portable oxygen and how your home is set up. We practice breathing exercises and try to help prevent hospital readmissions," says respiratory therapist Greg Goode. "The group's participants help each other out, sharing tips and providing support," says respiratory therapist Sarah Tencza.



SMOKING CESSATION CLASSES

Call **410-427-2548** for information about fall classes.

Free nicotine replacement therapy: gum, patches, lozenges and Chantix available to eligible class participants. Funded by the Baltimore County Department of Health.

Quitting before age 40 reduces the chance of premature death from a smoking-related disease by 90 percent; quitting by age 54 reduces it by two-thirds.





Morgan was cleared to play basketball wearing a custom brace that she was fitted with during a visit to After Hours Injury Care.



ELITE SPORTS MEDICINE

CARE IN YOUR COMMUNITY

TOWSON SPORTS MEDICINE AND TOWSON ORTHOPAEDIC ASSOCIATES OFFER A WIDE RANGE OF SERVICES—FROM AFTER HOURS SPORTS INJURY CARE TO A FULL CONTINUUM OF ATHLETIC CARE

What does a parent do when their child is injured while playing after-school sports? Rush to the nearest emergency room? Find an urgent care center? That's the predicament that Stephanie Jones thought she was in when she saw her daughter Morgan go down on the basketball court with an injured knee during a game at Oldfields School, where Morgan is a junior.

TIMELY AFTER HOURS INJURY CARE

Fortunately, the school's athletic trainer, Claire Guidera, knew about After Hours Injury Care. "I was nervous about Morgan's injury. It was swelling, and I iced it. I wanted her to see an orthopaedic doctor," she says. "It's my job to assess a student's injuries and make sure they see a trained physician in a timely manner."

Guidera says she had sent a couple of students to Towson Sports Medicine and Towson Orthopaedic Associates, where they received excellent care. “It was almost 7 p.m. so we called ahead to let them know that Morgan and her parents were on their way,” she adds. “They assured us they would wait for them.”

“My daughter was able to walk into the clinic and be seen right away. I was so relieved,” recalls Jones. “By the time we arrived, they had all her health information from the school trainer. They immediately did X-rays and diagnosed a sprained knee. She was fitted with a brace on the spot.” Morgan was seen for a follow-up visit the next week and was cleared to play basketball wearing the brace.

EXPERT CARE, PEACE OF MIND

“Morgan and her parents were afraid that she’d torn her ACL, which could have finished her for the season,” says Mary Jo Holloran, CRNP, the orthopaedic nurse practitioner who treated Morgan. “It was good to be able to allay their fears. I really love this after hours service. It’s very rewarding to help athletes who are in pain and worried about their injuries.”

Morgan, who plays varsity and AAU basketball and plans to play in college, has had her share of sports injuries over the years. “This was so much easier and better than going to an emergency room, where I’ve gone before and had to wait for hours,” she says.

Her mother agrees. “This was our first experience with Towson Sports Medicine and Towson Orthopaedic Associates, and it was wonderful,” says Jones.



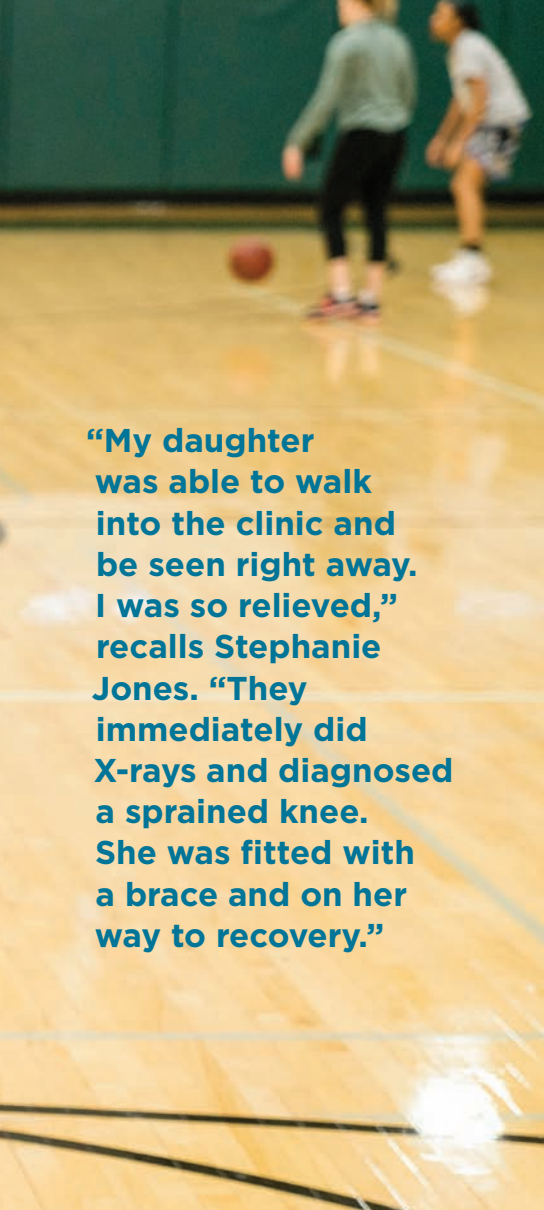
SEAMLESS CARE FOR ALL AGES

Holloran describes the broad scope of care offered: “We see all sorts of athletic and orthopaedic injuries. Our patients range from young children to adults who come after work. While our main focus is sports injuries, we see everything from sprains to fractures to falls. The care is seamless. We can perform X-rays, and we have durable medical equipment services to fit patients with braces, boots, splints and crutches. We do casting. We also schedule patients with expert orthopaedic physicians and physical therapists for follow-up care.”

FROM WEEKEND WARRIOR TO OLYMPIC LEVEL

The After Hours Sports Injury Program is one of many services customized by Towson Sports Medicine and Towson Orthopaedic Associates to support elite athletic care in the community.

“We provide access to the full range of sports medicine for athletes of any ability and age, from the weekend warrior to school athletes to Olympic-level athletes,” says board-certified pediatric sports medicine specialist Teri McCambridge, MD. “Our staff consists of sports medicine trained physicians, physician assistants, certified athletic trainers and nurse



“My daughter was able to walk into the clinic and be seen right away. I was so relieved,” recalls Stephanie Jones. “They immediately did X-rays and diagnosed a sprained knee. She was fitted with a brace and on her way to recovery.”

MEET PHYSIATRIST TIFFANY TSAY, MD

Physiatrist Tiffany Tsay, MD, who is board-certified in sports medicine, joined Towson Orthopaedic Associates last fall to offer this unique specialty to patients. Also known as physical medicine and rehabilitation, physiatry is a branch of medicine that aims to enhance and restore functional ability and quality of life to those with physical impairments.



“We are happy to welcome Dr. Tsay to our team,” says Teri McCambridge, MD. “Dr. Tsay specializes in a variety of conditions that affect functionality. She is trained in assessment of neurological entrapments; she treats concussion and specializes in nerve testing, also known as EMG.”

“As a physiatrist, I treat a wide range of musculoskeletal and nerve-related health issues, which may range from sports injuries such as ligament tears to carpal tunnel syndrome and back pain,” says Dr. Tsay. “I help patients maximize their function and get back to what they love to do. I take care of athletes of all ages and find

that those who are highly motivated do the best.”

Dr. Tsay offers an array of treatment modalities and will create and manage a treatment plan for patients that may include exercise, anti-inflammatories, physical therapy, diagnostic ultrasound, injections of the joints and referral to other specialists as needed.

Dr. Tsay completed a fellowship in primary care sports medicine at the Geisinger Health System and her residency in physical medicine and rehabilitation at the University of Pennsylvania. She sees patients and performs EMG studies at the Towson and Bel Air locations. She also staffs Towson Sports Medicine and Towson Orthopaedic Associates’ After Hours Sports Injury Care Program.



MAKE AN APPOINTMENT

To contact Dr. Tsay’s office, call **410-337-7900**.

practitioners. We also offer diagnostic testing, injury screening and baseline concussion testing along with comprehensive rehabilitation by sports physical therapists.”

Thanks to Towson Sports Medicine’s high quality of care and outstanding reputation, many area school athletic programs have contracted to have certified athletic trainers on the sidelines covering practices and events. Towson Sports Medicine provides outreach services to many high schools featuring injury evaluation services, instruction on injury prevention/rehabilitation, concussion care and other health-related concerns. ♦



After Hours Sports Injury Care

Staffed by sports medicine physicians and nurse practitioners.
8322 Bellona Avenue, Suite 100, Towson, MD 21204. Monday through Thursday, 4:30 – 7:30 p.m. Walk-in or call ahead to **410-616-1400**.

Healing the Hearts of Maryland

MEET THREE PATIENTS FROM ACROSS THE STATE WHO ARE LIVING LIFE TO THE FULLEST AFTER TREATMENT AT THE UNIVERSITY OF MARYLAND HEART AND VASCULAR CENTER

The University of Maryland Heart and Vascular Center brings together leading experts in cardiovascular care and surgery. Even for the most advanced diseases and urgent cases, experts have the experience, skill, innovation and compassion that patients need.

As a part of the University of Maryland Heart Network, the Heart and Vascular Center cares for patients in coordination with hospitals within the University of Maryland Medical System and is a trusted resource for community hospitals across the state. Below are three stories of patients who are thriving today thanks to the University of Maryland Heart and Vascular Center.

CARE OF A LIFETIME, FOR A LIFETIME

When John Wise started experiencing severe chest pain, he immediately sought help at a local hospital, where doctors determined that he had suffered a heart attack. He then underwent a diagnostic cardiac catheterization to determine how well his heart was working.

The test revealed that Wise's heart had several blockages and was functioning at 20 percent of the capacity of a healthy heart. Surgeons at another hospital performed a quadruple coronary artery bypass. Although the bypass surgery went perfectly, Wise's heart muscle was still in bad shape. It was difficult for doctors to stabilize him, and he was placed on life support.

Wise's doctors consulted with the team at the UM Heart and Vascular Center, which sent an ambulance equipped with a special life-assist machine called ECMO (short for extracorporeal membrane oxygenation) to transport Wise to UMMC. Once there, Wise's family met with Bartley Griffith, MD, a professor of surgery at the University of Maryland School of Medicine and a UMMC cardiac surgeon, and Erika Feller, MD, an assistant professor of medicine at the University of Maryland School of Medicine and a UMMC cardiologist, to discuss the best course of action. One thing was certain: Wise's heart was dying.

Wise's sister, Tammy Baker, made the decision for her brother



to undergo ventricular assist device (VAD) surgery. VADs are temporary pumps that are typically installed on one side of the heart to replace lost pumping function and allow the heart muscle to heal. Wise was so sick that he needed a unique biventricular assist device (BiVAD) installed on both sides of his heart. UMMC's robust VAD program offers a number of types of VAD systems to fit the needs of each patient and includes a team of VAD engineers who monitor patients 24/7, a level of support not found at many heart centers.

After the successful procedure and round-the-clock monitoring and adjustments, Wise's heart started to bounce back.

“Remarkably, John’s heart was back to 40 percent functionality within days of surgery,” Dr. Griffith says. “When he was well enough for us to remove the device, his heart function stayed stable on its own.”

Wise persevered through numerous complications, including infections, pneumonia and severe blood loss. He had great support staff at UMMC to help him relearn how to walk and eat and to make sure he was well enough for discharge after a long two months at the hospital.

Wise, now 54, will continue to see Dr. Feller for regular follow-up appointments.

“Although I do not remember the first seven weeks of my stay [due to being on life support], I can never thank everyone enough for saving my life,” Wise says.

EXPERTISE UNDER PRESSURE

Rachel Obitz, 32, experienced chest pressure and numbness in her hands for months, symptoms that she reasoned were related to her job as a paramedic. She shrugged off the discomfort as a minor inconvenience, potentially caused by heavy lifting and texting too much.

“I thought the pain was just part of the job. I’m so used to taking care of others that I didn’t think to take care of myself,” Obitz says.



Rachel Obitz

One day while driving, Obitz lost all feeling in her left arm and her hand turned blue. She went to a local emergency room, but she was transferred to the R Adams Cowley Shock Trauma Center within a few hours.

Obitz was diagnosed with thoracic outlet syndrome (TOS), a rare and often misdiagnosed disorder in which arteries, veins or nerves are pinched between the collarbone and first rib. Rajabrata Sarkar, MD, PhD, professor of surgery at the University of Maryland School of Medicine and head of the Division of Vascular Surgery at UMMC, performed the surgery to remove her first rib and alleviate the pressure.

“Thoracic outlet syndrome typically occurs in people who do a lot of upper-extremity exercise,” Dr. Sarkar says. “Luckily for Rachel, and all of our

patients, we have a multidisciplinary team of professionals in thoracic surgery, vascular surgery and orthopaedics who have expertise in diagnosing and treating patients with TOS.”

Dr. Sarkar and colleagues at UMMC are researching blood vessel growth in hopes of determining preventive protocols. In the short term, they have fine-tuned surgical methods to ensure strong outcomes.

Within seven weeks, Obitz was back to work. She did exercises at home and now has full motion of her arm. She considers herself lucky—a couple of colleagues have also experienced TOS but never returned to work after surgery.

“I’d like to thank the whole team who cared for me at UMMC—I have a newfound outlook on my own health and am grateful for the opportunity to live my life on my own terms,” Obitz says.

INNOVATION IMPROVES OUTCOMES

Michael Moore’s blood pressure had been on the high end of the spectrum for a long time, which he attributed to poor diet and stress at work. One day while he was driving on the Baltimore Beltway, he blacked out. When he regained consciousness, he was speeding at 80 mph; he pulled off to the shoulder, and a bystander called 911.

Paramedics rushed him to the closest hospital for a chest scan, which revealed that he was experiencing a thoracic aortic aneurysm, or swelling of the aorta in his chest due to weakness in the aortic wall. He was immediately transferred to UMMC.

Shahab Toursavadkahi, MD (known to his patients as Dr. Tour), assistant professor of surgery at the University of Maryland School of Medicine and co-director of the Center for Aortic Disease within the Heart and Vascular Center, examined Moore and told him his condition was severe.

JOHN WISE’S DOCTORS



Bartley Griffith, MD

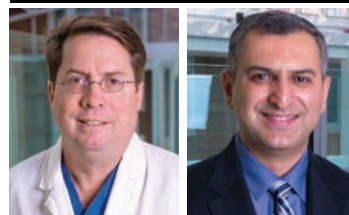
Erika Feller, MD

RACHEL OBITZ’S DOCTOR



Rajabrata Sarkar, MD, PhD

MICHAEL MOORE’S DOCTORS



Bradley Taylor, MD

Shahab Toursavadkahi, MD

The aneurysm was dangerously close to bursting, which could be fatal. His best chance of survival was an experimental procedure called investigational branched thoracic endovascular aortic repair (TEVAR) surgery. Moore was determined to do anything that would give him a second chance. When he heard that the procedure had been successful at UMMC and hospitals abroad, he knew it was worth a shot.

"We were chosen to participate in a national feasibility trial for this surgery because we're recognized as a high-volume center for conditions affecting

the thoracic aorta,"

Dr. Toursavadkahi says.

"We're the only center in Maryland that offers this trial," says Bradley Taylor, MD, associate professor of surgery and co-director of the Center for Aortic Disease at UMMC. Drs. Toursavadkahi and Taylor are co-investigators of this groundbreaking clinical trial and performed Moore's surgery together.

The procedure uses minimally invasive techniques to insert a tube-shaped device into the aorta to create a new blood-flow pathway. The device provides surgeons with greater access to the aorta without open-heart surgery.

This translates into a shorter hospital stay and quicker recovery time for patients. For Moore, it meant he could return home one week after surgery.

"This experience gave me a new perspective on life itself. It made me more responsible in caring for myself and made me acknowledge that things could be better," Moore says. Moore's blood pressure stabilized after surgery. He relearned how to walk with the help of in-home rehabilitation therapy, started eating better and lost 20 pounds. He currently sees Dr. Taylor for his follow-up care. ♦



Michael Moore

A CARDIOLOGIST'S HEARTFELT MESSAGE

THE NO. 1 KILLER OF WOMEN IS HEART DISEASE

Board-certified cardiologist Shannon Winakur, MD, is on a quest to make women aware that "heart disease is your biggest health risk, not breast cancer."



Shannon Winakur, MD

"The message hasn't gotten through," she says. "Advertising campaigns have brought breast cancer to the forefront, which is extremely important, but cardiovascular disease is the No. 1 killer of women in the U.S. by a multiplier of 10 compared with breast cancer.

"Annually in the U.S., breast cancer takes the lives of roughly 40,000 women, but about 400,000 women die of cardiovascular disease, which includes heart disease, stroke and hypertension," says Dr. Winakur, who is with UM St. Joseph Cardiovascular Associates.

Although women may suffer heart attacks at a later age than men, the five biggest risk factors for heart disease are the same for both. They are: high blood pressure, diabetes, high cholesterol, smoking and family history.

UNIQUE RISK FACTORS

Women have additional risk factors, which are: complications during pregnancy, such as preeclampsia or gestational diabetes; a history of autoimmune disease, such as lupus or rheumatoid arthritis; certain cancer treatments such as radiation to the chest, especially used for Hodgkin lymphoma, or cancer of the left breast, and a history of physical or emotional abuse or trauma.

HEART-TO-HEART WITH YOUR DOCTOR

"Women need to feel empowered to take care of their heart health," says Dr. Winakur. "If you think you're having symptoms of a heart attack, call 911. Women aren't good at putting themselves first. I've known women who thought they had the flu, but it was a heart attack. Your heart health starts with a conversation with your primary care physician. You should do this every year, just like getting a mammogram!"



FOR MORE INFORMATION

To learn more about the University of Maryland Heart and Vascular Center and the treatments described in this article, visit umstjoseph.org/healthy.

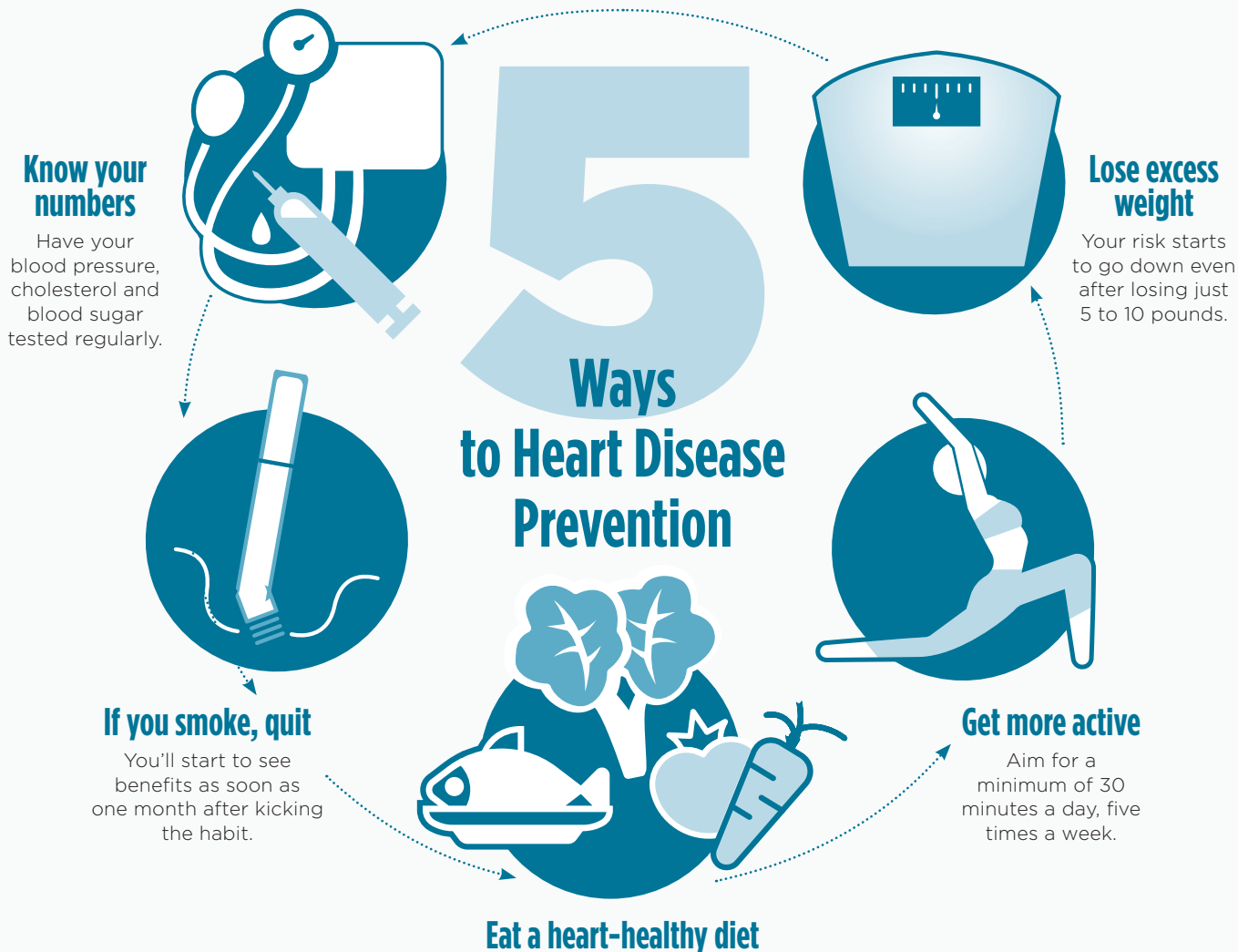


CONTACT US

To make an appointment with Dr. Winakur, call **410-427-2021**.

Be Heart Smart

Heart disease is the leading cause of death in the U.S., but only two of the major risk factors—age and family history—are out of your control. Learn about the other modifiable risk factors and the key lifestyle changes that can help you lower your risk and live a heart-healthier life.



HEART DISEASE RISK FACTORS YOU CAN CONTROL

- High blood pressure*
- High cholesterol*
- Physical inactivity
- Being overweight
- Smoking
- Diabetes
- Poor diet

* You have less control when it's due to a genetic predisposition.

KNOW THE SIGNS OF HEART ATTACK

- **Chest pain**
You may feel pressure or squeezing in the center or left side of your chest. You may also feel pain in your jaw, neck, shoulders, arms, abdomen or back.
- **Shortness of breath**
This can happen even if you're resting.
- **Less obvious symptoms**
Women are more likely than men to report more unusual symptoms such as nausea, vomiting or dizziness.

Spring Into Health

Unless designated otherwise, call **410-337-1337** to register. All events are *FREE* unless designated otherwise.

HEALTH SCREENINGS AND CLASSES

BONE DENSITY SCREENING

Suitable for adults who want to know how their lifestyle is impacting their bone density and for those with risk factors. Consists of quick, painless ultrasound test of the heel bone (not diagnostic). For those who have not had a DEXA scan or ultrasound bone test in the past year. **Appointment required.**

■ **Friday, June 1,**
11 a.m. to 1 p.m.

■ **Friday, Aug. 3,**
10 a.m. to noon

CV Fitness Classroom (1st floor main hospital next to gift shop)

BODY COMPOSITION ANALYSIS

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

■ **Friday, May 11, 2 to 4 p.m.**

■ **Wednesday, June 13, 4 to 6 p.m.**


■ **Friday, July 6, 11 a.m. to 1 p.m.**

■ **Friday, Sept. 7, 2 to 4 p.m.**

CV Fitness Classroom (1st floor main hospital next to gift shop)

STROKE AND ABDOMINAL AORTIC ANEURYSM SCREENING

Clogging of the carotid arteries in the neck can reduce blood flow to the brain and result in a stroke. Abdominal aortic aneurysms often have no symptoms until rupture, which can be fatal. A painless ultrasound can be used to detect both of these conditions. A combined screening for anyone 65 years



LIVING HEALTHY WITH HIGH BLOOD PRESSURE

Workshop is meant for people who have been diagnosed with hypertension or high blood pressure wanting to learn how to better manage their condition. **Registration required.**

- Thursday, May 24, 1 to 3:30 p.m.
- Thursday, July 12, 1 to 3:30 p.m.

CV Fitness Classroom

and older with at least one risk factor. Requires fasting for four hours before screening.

Appointment required.
To register, call 410-337-1479.

■ **Wednesday, May 30,**
4 to 7 p.m.

Pain/DDC Center

STEPPING ON

Seven-week, evidence-based fall prevention program. The workshop focuses on how strength and balancing exercises, medication management, home safety, footwear, vision and mobility are important in preventing falls. As a result of the program, participants will increase overall strength, achieve better balance, gain more confidence, and have a greater sense of independence and a reduced risk of falling. **Registration required.**

■ **Thursdays, Jul. 26 to**
Sept. 6, 9:30 to 11:30 a.m.

Irwin Center

WEEKLY YOGA CLASSES

No registration required.

Call **410-337-1479** for questions and directions.

■ **Monday yoga class,**
4:30 to 5:30 p.m.

■ **Wednesday chair yoga,**
noon to 12:30 p.m.

Irwin Center

AMERICAN RED CROSS BLOOD DRIVE

To schedule a lifesaving donation, call **410-337-1479**. For medical and eligibility questions, please call **866-236-3276** before scheduling your appointment.

■ **Friday, June 22,**
7 a.m. to 4:30 p.m.

■ **Tuesday, August 28,**
Noon to 5:30 p.m.

CHILDBIRTH PREPARATION CLASSES

Classes include baby care, breastfeeding, grandparents update and infant massage classes for parents and baby. Call **410-337-1880** to register. Fees apply.

STROKE SURVIVOR SUPPORT GROUP

Provides a forum for learning, listening and socializing with others. Our free stroke support group encourages participants to share their experiences and offer comfort and empowerment to others. A team of stroke professionals will provide

information about healthy living, stroke management and support after experiencing a stroke.

■ **Third Tuesday of the month,**
2 to 3:30 p.m.

The Orokawa Y in Towson

EVENTS

7TH ANNUAL WOMEN'S HEALTH CONFERENCE

A day devoted to women's health education, empowerment and inspiration. This year's keynote speaker is Megan Knight from ABC 2 News. For more details and to register, visit umstjoseph.org/healthy.

■ **Saturday, May 19, 9 a.m. to 1 p.m. (registration and continental breakfast begin at 8 a.m.)**

Canticle Room

NOT ALL WOUNDS ARE VISIBLE: LET'S TALK ABOUT DEPRESSION AND ANXIETY - PART I

This community conversation, hosted by the University of Maryland Medical System, will focus on the impact of depression and anxiety on the family, primarily women and children. For more information about locations where this event will be livestreamed or to RSVP, visit umstjoseph.org/healthy.

■ **Wednesday, May 23; 9 a.m. to 12:30 p.m.**

Noppenberger Auditorium

KNOW STROKE: RISK FACTORS AND PREVENTION

Learn how to reduce your risk of stroke from a team of experts including neurology, pharmacy and physical therapy. Lunch will be provided. To register, visit umstjoseph.org/healthy.

■ **Tuesday, May 29,**
noon to 1:30 p.m.

Canticle Room

WHEN YOU NEED URGENT CARE, THERE'S A CONVENIENT CHOICE

CHOICEONE OPENS AT THE ROTUNDA TO MEET THE COMMUNITY'S NEEDS

Finding a high-quality urgent care provider after work or school, when your doctor's office is closed or on weekends can be stressful. That's why University of Maryland St. Joseph Medical Center has partnered with ChoiceOne Urgent Care to offer high-quality urgent care that families, individuals and the elderly can count on.

The newest ChoiceOne Urgent Care center is in midtown Baltimore at the iconic Rotunda building on West 40th Street. Other ChoiceOne centers in partnership with UM SJMC are in Towson, Dundalk and Phoenix.

EXPERIENCED MEDICAL PROVIDERS

ChoiceOne offers patient-centered urgent care in a welcoming, spa-like environment staffed by physicians and nurse practitioners with emergency department, urgent care and family practice backgrounds.

These experienced providers treat illnesses and injuries that include sinus

When to Visit Urgent Care

- Colds, coughs and flu
- Cuts and bruises
- Minor broken bones
- Burns, rashes and bites
- Sprains and strains
- Vomiting and diarrhea
- Respiratory infections
- Other infections (skin, UTIs)
- Nausea and headaches
- Eye injuries
- Sports and camp physicals
- Occupational health services
- Vaccinations (including for travel)

**When in doubt in
an emergency, dial 911!**

infections, cold and flu symptoms, pink eye, animal and insect bites, sprains, severe sunburns, rashes and food poisoning. They also perform stitches for lacerations and cuts.

All ChoiceOne Urgent Care centers offer diagnostic testing such as X-rays, EKGs and on-site lab tests.

WORKERS' COMP WELCOME

The ChoiceOne staff handles workers' compensation cases and is capable at filling out the complex forms connected to these cases.

The ChoiceOne partnership with UM SJMC supports collaboration and coordination of care, providing access for patients to UM SJMC specialists when a referral is needed.

FOLLOW-UP WHEN NEEDED

Follow-up evaluations are available. Conditions such as cellulitis, pneumonia and lacerations may need next-day care. ChoiceOne will send reports to the patient's primary care doctor for follow-up, but if the physician is not available, ChoiceOne can provide continuity of care. ♦



CHOICEONE URGENT CARE IN THE COMMUNITY

Open 8 a.m. to 8 p.m. every day, including most holidays.

Baltimore at The Rotunda:

711 W. 40th St., Suite 173

Towson: 1220A E. Joppa Road, Suite 109

Dundalk: 1730 Merritt Blvd.

Phoenix: 14237 Jarrettsville Pike

Walk-ins welcome, or patients can make same-day or next-day reservations online by visiting ChoiceOneUC.com. ChoiceOne accepts most insurance plans and private payment. Call **888-246-4236** for more information.



UNIVERSITY of MARYLAND
ST. JOSEPH MEDICAL CENTER

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**We stay late
because you
play late**

**Walk-in hours
4:30-7:30 p.m.
Mon -Thurs**



Towson Sports Medicine and Towson Orthopaedic Associates understand that sports injuries happen at all hours. That's why we are extending our practice hours Monday through Thursday at our Towson office to better treat injuries when they happen.

Towson Orthopaedic Associates has sports medicine specialists on site until 7:30 p.m. If you have an acute injury — adult or pediatric — that needs to be seen call 410-616-1400.

Towson Office

**Ruxton Professional Center, Suite 100
8322 Bellona Avenue, Towson, MD 21204**



towsonortho.com/afterhours