LIVING HEALTHIER TOGETHER

Making C-sections family friendly

A new family-centered birth experience is born

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LEADING the Way



Spring into better health

Spring is a time of renewal—a time to recommit to the goals and values that will drive Anne Arundel Medical

Center (AAMC) for the rest of the year—and to plant seeds for the future. AAMC is committed to serving the community, as clearly stated in our mission to enhance health. Our recent community benefit report gives a snapshot of the work we do to fulfill our mission. See some highlights at right.

As a non-profit organization, we fulfill our responsibility by providing programs, treatments, outreach, and education based on a community health needs assessment that is conducted every three years.

We partner with many community organizations to reach our goals. They include reducing obesity, heart disease, and lung and skin cancer deaths, improving access to primary care and mental health and substance abuse treatment, and improving care for elderly and low-income residents.

In this issue of AAMC Magazine, you'll find:

- The story of Kristen DeBoy Caminiti, a Crofton woman who challenged our family birthing center care providers to break ground by performing the first family-centered C-section (pages 4 and 5).
- > Details about health screenings and guidelines for when you should have them (page 10).
- > The inspiring tale of two AAMC nurses who are biking across the country this June in support of multiple charities, as well as empowering young women to follow their dreams (page 14).

Thank you for allowing AAMC to be your trusted partner in health.

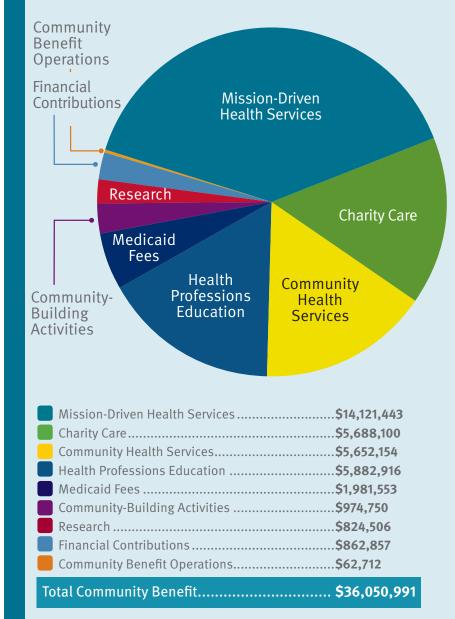
In good health,

Jon

Victoria W. Bayless President and Chief Executive Officer Anne Arundel Medical Center

Helping the c

Last year, AAMC provided more than \$36 million in community benefit.



To learn more about our community benefit and partnerships, visit us online at **askAAMC.org/Community**. You'll also find our action plan based upon seven community health indicators and what AAMC is doing to improve your health.

ommunity live healthier

We are committed to improving the health of the community—not just in 2014 but beyond. Take a look at three things we did last year:

Reducing the rate of lung cancer deaths

AAMC is committed to diagnosing lung cancer in people as early on in the disease process as possible. That's because the earlier you catch it, the better your chances are for survival. We do this by providing low-dose CT Scans for low-income residents and, when necessary, enrollment in the rapid access chest and lung assessment program (RACLAP) for early intervention and diagnosis.

Good news: The lung screening is covered by most insurances and Medicare, if you meet the screening criteria. If something suspicious is found, the RACLAP ensures patients get the information needed to decide on a course of action.

Learn more at **askAAMC.org/Lung** or call **443-481-5838**.





Helping kids say no

Amanda Larkins is a prevention educator who visits high school students in their classrooms as part of a partnership among Anne Arundel County Public Schools, county coalitions and AAMC's Pathways Prevention Program. The goal is to help students make good choices by arming them with information about the dangers of alcohol and drug use and strategies for resisting peer pressure. Here, freshmen at Northeast High School in Pasadena spin the "Wheel of Misfortune," take turns testing their knowledge of drinks and drugs, and practice saying no.

To learn more, visit **askAAMC.org/Pathways**.



Becoming tobacco free

Since tobacco use is the leading cause of lung cancer and other related diseases, AAMC is committed to decreasing the use of tobacco products. We offer smoking cessation help through classes, individual counseling and support groups—all free to people who work or live in Anne Arundel County. AAMC is a tobacco free campus, which discourages the use of these products by employees, patients, visitors, and volunteers. Starting July 1, 2015, AAMC will take a leadership position as a major employer in Maryland and stop hiring nicotine users.

See page 7 for smoking cessation class dates and other available free resources. Or visit **askAAMC.org**/ **StopSmoking** or call **443-481-5366**.

Let us help you live healthier! Sign up for *Healthier U*, our free monthly e-newsletter, and get the latest health news and information delivered to your inbox each month. Visit **askAAMC.org/email** or call **443-481-5555**.

Kristen, Matt and Connor Caminiti, moments after Connor was born. "It was so great to be able to share the experience of meeting our baby together rather than me going with the baby to a separate room," says Matt.



AAMC's patient-focused care helped Kristen DeBoy Caminiti have her dream birth experience

Kristen DeBoy Caminiti has a photo she loves. Actually it's more than that.

"It's my favorite picture, ever," she insists. In the photo, taken by her husband, Matt Caminiti, Kristen cradles her son just seconds after his birth. She has her cheek against his, their eyes are closed and Kristen looks wrapped in grace.

It's a beautiful photo. Yet for many mothers it might not seem that unusual. That's because when a healthy baby is delivered vaginally, he or she is usually put right on the mother's chest. Early skin-to-skin contact is good for both mom and baby, and, as an added benefit, it makes for a great picture.

But for generations now, immediate skin-to-skin contact hasn't been an option for women giving birth by cesarean section. In a traditional C-section, after the baby arrives, he or she is briefly held up for mom to see, then whisked off by the neonatal team while the obstetrician finishes surgery. It can take close to

Special delivery

half an hour before mother and child are reunited.

Kristen and Matt know the routine well. Their first two boys arrived this way. While they still remember the births fondly, Kristen says she never got the birth experience she'd dreamed about.

"You know, I'd always imagined that moment of my baby being born and being put on my chest and getting to hold and kiss and love him," Kristen says.

Then, a couple of weeks into her third pregnancy, a friend posted a video that caught Kristen's attention. It was about family-centered cesarean techniques catching on in Britain. The techniques were relatively easy, and the goals simple including letting mom see the birth and getting the baby onto mom's chest as soon as possible. After viewing the video, Kristen was elated. "I thought, 'Wow, this is cool.' I decided I'd do everything I could to make it happen for me."

AAMC adapts

AAMC is committed to patient- and family-centered care. So when Kristen asked her OB-GYN, Marcus Penn, MD, whether he'd be open to a family-centered cesarean, the answer was yes. While the techniques had never been tried before at the hospital, that didn't bother Dr. Penn.



Marcus Penn, MD

"I knew it would be different than the norm, but I didn't think it would be that hard to do," says Dr. Penn. "So I met with the hospital's clinical team, and we started setting it up." Kristen was an ideal

test case. Since she was having a scheduled cesarean, there was plenty of time to plan. Also, she'd done her research. If all went well, Kristen had this wish list:

- > She wanted her head lifted and the drape lowered so she could see the birth.
- > She wanted the baby placed immediately on her chest.
- > She hoped her husband might be able to cut the umbilical cord.

That was it. Of course, this list meant changes to cesarean routines that hospitals and doctors have honed to perfection over the decades. EKG leads would have to be on Kristen's side instead of her chest and the pulse oximeter on a toe instead of a finger. She'd need the IV in her non-dominant hand so she could hold her baby, and everyone needed to be careful not to break the sterile operating field.

Because it would be a first for all involved, the Caminitis and hospital staff crafted a written birth plan together.

Learn more about AAMC's family birthing center at SafeSmartPlace.com.



"It was super-positive," Kristen says. "Everybody was on board."



Still, there were concerns. Anesthesiologist John McAllister, MD, says he fully supported the effort but wanted to be sure caregivers could still do their jobs and that the mother was

John McAllister. MD

to change. "Our primary goal is always patient safety," he says.

"A significant amount of planning went into this," says Henry Sobel, MD, chair of Women's and Children's Services



Henry Sobel, MD

aware plans might have

at AAMC. "It truly

care provider." The

nursing staff worked

hard to prepare and

something outside of

their comfort zone.

were very willing to try

was a team effort that involved every

Success story

On Oct. 1, 2014, Kristen's son Connor was born. The birth went exactly as planned.

"When Dr. Penn pulled Connor's head out, it was so amazing," Kristen remembers. "He had dark hair!" After delivery, the baby was passed

straight to Kristen. Matt was at her side. "It was magical," she says.

And Connor stayed there, on Kristen's chest, for the rest of surgery.

"They were sewing me up and there were all those people there, and yet it



Betsev Snow, RN

was the most peaceful experience I've ever had. It was just me and my baby and my husband. That is all that mattered."

Betsey Snow, RN, the senior director of Women's and

Children's Services for AAMC, says the birth represents the first big change to cesarean procedures in years. The last big change, she says, "was in the '80s,

when dads were finally allowed in the operating room."

Besides the advantages of early skin-to-skin contact, Betsey says a family-centered C-section may be particularly helpful to women who'd hoped for a vaginal delivery but couldn't have one.

"A lot of women feel like they failed because they couldn't have a vaginal delivery," says Betsey. "This is a way to give them another option."

Of course, AAMC still recommends vaginal deliveries when possible. And in emergency situations, these techniques might not be appropriate. But Betsey believes family-centered C-sections may one day be the norm. Kristen, for one, says she'd love that.

"It's something I hope for," she says. "I want other moms to have the same amazing experience I had."

Get ready for your big day with birth and parenting classes at AAMCevents.org.

🗹 Choosing Wisely



chronic kidney disease Making hard choices

Chronic kidney disease (CKD), which gradually makes it harder for your kidneys to filter waste from the blood, can cause anemia, bone disease, heart disease, and other health problems. Proper care often includes seeing several specialists. Even with careful treatment, it can get worse and may lead to the need for dialysis or a kidney transplant.

Choosing the right care for CKD can be a challenge. How do you know if a treatment, test or procedure is the right choice for you? Here are some things to consider:

Anemia drugs

Anemia is common in people with CKD. Drugs called erythropoiesisstimulating agents (ESAs) can help the body make new red blood cells. You should generally consider ESAs only when you have symptoms of anemia, including breathlessness and fatigue.

Dialysis treatment

The decision to start long-term dialysis should be part of an individualized, shared decision-making process between you, your family and other caregivers and your doctor. Ask for a full explanation of the benefits and risks of dialysis. Discuss how the treatment fits with your desires and what to expect if you decide not to pursue dialysis.

Intravenous catheters

Some medical circumstances can require doctors to place a peripherally inserted central venous catheter (PICC) in your arm. But if your kidney disease has advanced to stage 3 or higher and a doctor says you need a PICC line, ask for a second opinion from a kidney-disease specialist. If you eventually need to be treated with dialysis, it will be important to have your arm veins available for dialysis catheters. In many cases, it is possible to place the PICC line in veins in your neck instead.

Cancer screening

Screening for cancer can save lives, but many people on hemodialysis might prefer focusing on more pressing health problems. That's because those other health problems pose a much greater, and more immediate, risk to most people on dialysis. Talk with your doctor about routine screening based on your cancer risk factors, symptoms and expected survival on dialysis.

Protect your kidneys

These steps can slow the progress of kidney disease and prevent complications:

- > Control blood pressure. Keep blood pressure below 130/80 mm/Hg, or even lower if you have protein in your urine. Two kinds of drugs stand out for protecting kidneys: ACE inhibitors, such as lisinopril (Prinivil, Zestril and generic) and enalapril (Vasotec and generic), and ARBs—blockers such as candesartan (Atacand) and losartan (Cozaar and generic).
- Control diabetes. Aim for an A1C level, a marker of long-term blood sugar control, of seven percent or less.
- Limit potassium intake. Diseased kidneys have a hard time excreting the mineral. Talk with a registered dietitian for advice on a healthy, appetizing, low-potassium diet.
- Exercise. That can lower your blood pressure, control diabetes and prevent weight gain.
- > Avoid certain drugs and supplements. Many can injure kidneys, including certain antidepressants, antibiotics, antivirals, pain relievers, statins, proton-pump inhibitors, and supplements containing aristolochia or wild ginger. Talk with a doctor to see if any medicine or supplement you use is unsafe for you.
- > Quit smoking. The habit can double the rate of progression to end-stage renal failure.

Source: Choosing Wisely[®] is a national initiative of the ABIM Foundation that encourages patients and doctors to have important conversations about the necessity of tests and treatments. Developed in cooperation with *Consumer Reports* and the American Society of Nephrology (ASN).

1 To learn more, visit **askAAMC.org**/ **ChoosingWisely**.

Learn more about taking care of your kidneys at AAMC's monthly Kidney 101 class. Register at AAMCevents.org or call 443-481-5555.

& Events

SPRING 2015

Spring into good health. Join the health experts at AAMC for wellness classes and events that will put you and your family on the road to lifelong health. Register at **AAMCevents.org** or call **443-481-5555**.

Living Healthy 101 Classes

Kidney 101: Taking Care of Your Kidneys

Wednesday, April 22, 6–7pm

This class is designed to raise awareness about the importance of kidney function to your overall health. Participants will learn how the kidneys work, what can cause kidney disease, how kidney disease is detected, and what you can do to keep your kidneys healthy. **Free.**

Hip and Knee Pain 101

- Wednesdays, April 8, May
 13, June 10, and July 15,
 10–11:30am
- Thursdays, April 23, May 28, and Aug. 20, 6–7:30pm

Learn what's causing the cracking and grinding in your joints, as well as ways to treat the pain. The small group class is a great way to get your questions answered. **Free.**

COPD 101: Learn to Breathe Easier

Tuesday, April 14, 6–7:30pm

Managing COPD is not easy. Learn what you can do to cope best and feel better. In this class you will learn how to improve daily function,



Pathways Family Wellness Workshop April 17 to 19, May 2, June 19 to 21, July 18, and Aug. 14 to 16

A therapeutic and educational program for family members of adults or teens with substance use disorders. The program brings together family members for on-site group therapy, educational sessions and personal growth. The program equips family members with communication skills, relapse prevention strategies and coping mechanisms for ongoing recovery. Fullday and weekend sessions available. Call **410-573-5449** or visit **PathwaysProgram.org. Fee.**

decrease flare-ups, use a spacer and inhaler correctly, and use exercise to improve your ability to carry out everyday activities.

CPR for the Community

Heartsaver (CPR and AED)

April 22, May 13 and 27, June 10 and 25, July 15 and 29, and Aug. 12 and 26, 6–9pm

Open to the community. Learn CPR, automated external defibrillator (AED) use, relief of choking in adults and children, infant CPR and relief of choking, and use of barrier devices for all ages. **Fee.**

Fitness

Choose from a large menu of ongoing fitness classes or movement workshops. Enjoy excellent instruction at a reduced price surrounded by the comfort of AAMC. To learn more, visit **askAAMC.org/Fitness**. You can download a complete schedule with class descriptions. **Fee.**

Living Well Series Living Well With Diabetes

April 6 to May 11, 9:30amnoon or 6-8:30pm

This six-week workshop is designed for people with pre-diabetes or type 1 or type 2 diabetes. Participants will learn about complications associated with diabetes as well as how to manage blood sugar and understand the relationship between food and blood-sugar levels. Learn how to read nutrition labels, deal with stress and improve communication with doctors. To register, call **410-222-4366. Free.**

Mayo Clinic Diet

Tuesdays, May 12 to July 28, 4–5:30pm

Discover better health through better weight management. This 12-week program puts you in charge of reshaping your body and your lifestyle by adopting healthy habits and breaking unhealthy ones. The program is led by a registered dietitian and cardiac rehab specialist. The weekly classes offer a motivational group atmosphere that is both supportive and informative. **Fee.**

Smart Woman

This informal health education program for women provides access to doctors and other health experts during monthly seminars in a fun networking environment. **Free.**

Hear, Speak and See No Evil: Ear, Mouth and Eye Health

Thursday, May 14, 6:30–8pm

Our experts will discuss these common issues that can arise as we age:

- > Hearing loss.
- Cataracts and other eye issues.
- > Oral health.

Free.

Smoking Cessation

Become Smoke Free

April 21 through June 2 June 11 through July 23 6–7:30pm

This seven-week program helps you break the habit. **Free** for people who work or live in Anne Arundel County; fee for all others.

Individual Counseling

Get a treatment plan, advice, encouragement, and resources for breaking the habit. Call **443-481-5367**. **Free** for people who work or live in Anne Arundel County; fee for all others.

Register at AAMCevents.org or call 443-481-5555, unless otherwise noted in class descriptions.

& Events

Weight Loss Surgery Weight Loss Surgery Seminar

This free seminar is designed for people who are obese by 100 pounds or more and who want to learn about surgical weight loss options. Meet our bariatric surgeons, who will describe three different options for surgical weight loss, the process involved and what is required before, during and after surgery. During this small group session, you will have plenty of time to ask questions and get answers about the procedure and also make an appointment. The seminar is available in English or in Spanish. For more information, call 443-924-2900. Free.

Support Groups

When you're facing a medical challenge, having a good support system can mean the world. AAMC offers a variety of support groups for people with heart disease, Alzheimer's disease, diabetes, food addiction, postpartum depression, and many more. Most support groups are free and held in the AAMC Doordan Institute. Call **443-481-5555** or visit **AAMCevents.org** for a complete list of groups available to you.

Cancer Support Groups

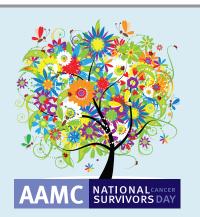
AAMC offers several free supports groups for people with cancer and their families.

- Head and Neck Support Group: 443-481-5801
- > Lung Cancer Support Group: 443-481-5830
- Prostate Support Group: 443-481-4289

Celebrate National Cancer Survivors Day

June 7, noon-4pm You, your family

and supporters are invited to join the AAMC Geaton and JoAnn DeCesaris Cancer Institute team to socialize and connect with other cancer survivors while



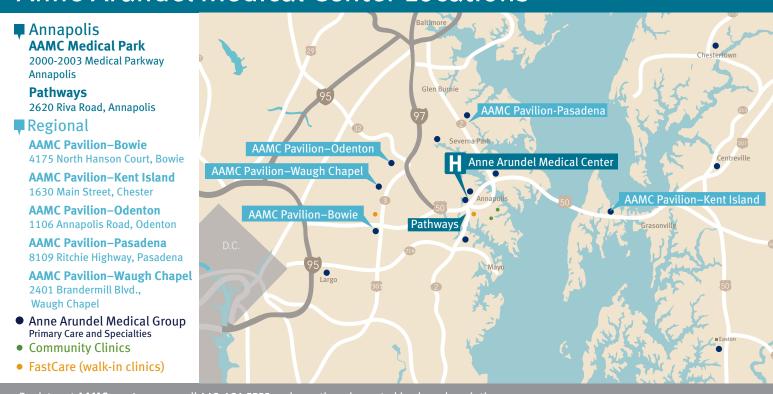
enjoying refreshments, talks and break-out sessions. Parking is conveniently located in Garage E. Register by visiting **askAAMC.org/NCSD** or call **443-481-5864**. **Free.**

Other Cancer Programs

> Forward After Cancer: A

six-week psychoeducational program focused on healthy behavior change for individuals who have completed all active treatment for breast cancer and have no evidence of disease. **443-481-4289** > Pillars4Life Online Skill Building Program: A nineweek psychoeducational program focused on integrating powerful selfcare practices into daily life. 443-481-4289

Anne Arundel Medical Center Locations



Register at AAMCevents.org or call 443-481-5555, unless otherwise noted in class descriptions.

Family Birthing

Birth Classes

Early Pregnancy

Two-hour class for mothers-tobe during the first trimester. Learn about the early weeks of pregnancy, your body changes, the importance of nutrition, and prenatal fitness. **Free**.

Birth Class (four-week series)

Various times—each session is two hours. **Fee.**

Online Birth Education Program

This new eLearning may be right for moms who have given birth before and need a refresher, or moms-to-be who have time restraints, scheduling conflicts or are on bed rest. To learn more, call **443-481-6122. Fee.**

Cesarean Birth Class

Two-hour class especially for families who are planning or scheduled to deliver by cesarean section. **Fee.**

Marvelous Multiples

Especially for families expecting twins, triplets or more. **Fee.**

One Wonderful Day

Saturdays, 9am–5pm

An eight-hour class focused on childbirth. **Fee.**

Refresher Birth Class

Experienced moms and birth partners review labor and birth basics with an emphasis on what might be different this time. **Fee.**

Spa Mama

This two-hour class focuses on breathing and relaxation for labor and birth. Learn positions for greater ease during the last weeks of pregnancy. **Fee.**



Prenatal Yoga

Yoga postures and breathing exercises will be practiced to enhance a woman's comfort during pregnancy and birth. **Fee.**

Breastfeeding

Breastfeeding Basics

Prepare for a successful and rewarding breastfeeding experience. Learn how to prepare for breastfeeding, how to hold your baby, how often and how long to feed, how to avoid common problems, and more. **Fee.**

Breastfeeding and the Working Mother

Learn the secrets to maintaining a good milk supply, choosing just the right pump and how to juggle it all. **Fee.**

Birth and Baby Support Groups

- Breastfeeding Support Group
- Mommy & Me Playgroup
- Back to Work and Breastfeeding
- > NEW! Postpartum Depression Support Group

Family Education Car Seat 101

Expectant families learn how to select a car seat, properly install it and secure the child. You are encouraged to bring your car seat to class. **Fee.**

Newborn Care

Expectant parents learn to bathe, diaper and comfort an infant, how to prepare formula, how to tell when the baby is sick, and when to call the doctor. **Fee.**

Grandparents Update

Styles change, trends come and go, and caring for a baby really is different these days. **Fee.**

Sibling Preparation

For children three to seven years old to help them prepare for the arrival of a new baby. **Fee.**

Super Sitter

For kids ages 11 to 15 to learn how to be a great babysitter. **Fee.**

The Safe, Smart Place on Facebook

Get tips on how to be a safe, smart parent from the experts at AAMC. Like our Safe, Smart U Facebook page at **facebook.com/SafeSmartU**.

For more information about the safe, smart place to have your baby, visit **SafeSmartPlace.com**.

Baby? Maybe

Wednesday, April 22, 6:30pm Saturday, July 11, 10am

Is a baby in your future? Learn how to have a safe pregnancy from the experts at AAMC. We'll cover smart nutrition prior to and during pregnancy, tips for exercise, budgeting for baby, and why Anne Arundel Medical Center is the safe, smart place to deliver your baby. A tour of the Clatanoff Pavilion is included. **Free.**

Tours

Prospective Parent Tour

For couples thinking about starting a family. See our birthing facilities and learn why AAMC is the safe, smart place to have your baby. **Free.**

Clatanoff Tour

One-hour tour for pregnant women and their birth partners to preview the birthing facility. Plan to take the Clatanoff tour early in pregnancy. **Free.**

Pediatric Surgical Tours

First and third Sunday of each month, 3–4:30pm, Hospital Pavilion South, Lobby

Prepare your child (and yourself) for his or her surgery by attending this age-appropriate inside view of what will happen on your child's day of surgery. **Free.**

Check up on your health

A little prevention goes a long way



Don't let illness sneak up on you. Paying attention to your health, even when you feel fine, can make staying well easier in the long term.

Susan Shultz, CRNP

make staying well easier in the long term. "Regular screening tests and checkups with a primary care provider are

good ways to take control of your health," says Susan Shultz, CRNP. These exams can make it easier to spot problems early, when treatment is often more effective. They might even prevent a problem from developing in the first place.

Before your checkup, you should review your family medical history. Your primary care provider (PCP) will want to know if close relatives had health conditions such as heart trouble, stroke, diabetes, or cancer.

"Also, tell your PCP about any changes in your own health," says Susan. "That includes new lumps, skin changes, pain, dizziness, sleep problems, and changes in eating, bowel or urinary habits."

Your PCP can then recommend which preventive health services and screenings you should have and when you should have them.

To find out which screenings are recommended for you, make an appointment to see your PCP. Sources: Agency for Healthcare Research and Quality; American Heart Association

Need a doctor? Let us help you find one that meets your needs. Visit askAAMC.org/FindaDoc or call 443-481-5555.



docs X talk

10 » AAMC MAGAZINE | SPRING 2015

Attend our **free** live show, docsTALK, on Thursday, April 30, at 6pm to learn more about screenings. Register online at **AAMCdocsTALK.com** or call **443-481-5555**.

Spring Screenings Right test. Right time.

Know what tests are right for you and when.

Looking for Cancer: Learn what screenings are available to detect cancer when it is still treatable, with Stephen Cattaneo, MD, thoracic surgeon.

Knowing Your Heart: Know what your blood pressure and cholesterol numbers are telling you about your heart, with Jonathan Altschuler, MD, interventional cardiologist.

Understanding Healthy: Understand tests for diabetes, osteoporosis, and other health screenings and immunizations, with Gillian Lowe, MD, primary care physician.

Learn what steps you can take to prevent cancer with our free Preventing Cancer booklet. Visit askAAMC.org/Magazine or call 443-481-5555

SCREENING TESTS by age for WOMEN



CHLAMYDIA Test yearly through age 24, if sexually active. **CERVICAL CANCER** Have a Pap test every 3 years, starting at 21. **BLOOD PRESSURE** Start screening at least every 2 years. CHOLESTEROL Start screening every 4 to 6 years. **BREAST CANCER** Have a clinical breast exam every 3 years. 25 **CHLAMYDIA** Continue screening, depending on risk factors. **CERVICAL CANCER*** Have a Pap test plus an HPV test every 5 years (preferred) or a Pap test every 3 years.* DIABETES Ask your doctor about screening. **BREAST CANCER** Have a clinical breast exam and mammogram every year. 45 DIABETES Start screening at least every 3 years. **COLORECTAL CANCER** Beginning at age 50 and continuing until age 75. Talk to your doctor about screening options. If you have a history of smoking, start screening at age 55 and continue until age 80. Ask your doctor about your risk factors. 65 **OSTEOPOROSIS** Start screening, depending on your risk factors. These recommendations are for most women Talk with your doctor about what's right for you

had normal results can stop screening at age 65

WIRED IN TO WELLNESS»

Social scene

@annearundelmedicalcenter #annearundelmedicalcenter, then and now:





Caroline Baldwin, Elizabeth Mitchell, Margaret Ellis, and Ruby Fuller dig in at the groundbreaking ceremonies for Medical Park, Nov. 8, 1987. AAMC's Hands on Health program for children was started by pediatric nurse Nancy Achenback in 1979.

Rain couldn't dampen AAMC's 99th birthday party, which was the last public event held at the downtown hospital.

f /AnneArundelMedicalCenter

One of the best things about spring? Fresh fruits and vegetables. The trick can be getting kids to eat them. Share your kid-friendly veggie recipe and get more tips for eating well this season.

@AAMCNews

Spring is here! It's time to **#getoutside**. What are your favorite walking, hiking or biking trails in **#Annapolis** or **#Maryland**?

Pinspiration

Check us out at **pinterest.com/AAMCHealthierU** and find boards on health and wellness, recipes, books, parenting, pregnancy, and more.



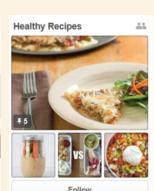
Walk for 20 minutes, and you may prevent early death |





More like.... Deskercise! Check out these moves to get tone and stay fit while you work!

DESK EXERCISES



Psst!

Want to get free stuff? Visit **askAAMC.org/Magazine** to request free health booklets, a pedometer or a stretch band.

Mobile download and blog

Read the magazine on your smartphone or online, plus find even more great content like patient stories, great health articles and videos at **askAAMC.org/Living**.



Healthy inbox

Sign up for our monthly e-newsletter, *Healthier U*, for the latest health information and news. Customize your content and forward to friends and family. Other e-newsletters include *Safe, Smart Us* for parents, *Safe, Smart U* for pregnancy and *docsTALK*, which gives you insider updates about upcoming shows. To sign up, visit **askAAMC.org/eNews.**

HEALTHIER LIVING HEALTHIER TOGETHER	
AGING Health Information especially for sentors.	
Exercising as you age Staying active is one of the best things a senior can do to enjoy a langer. healthier and more independent title.	GET MORE HEALTH INFORMATION VIEW OUR SERVICES
Falls among seniors are on the rise Falls among those 65 and older is higher than in recent years. And it has to do with more than just an aging population.	
Quick antiviral action urged this flu season For some, antiriral flu meds can keep a mild case of the Worss from turning more service.	
Are you at risk for a heart attack? Many risk factors can be charged to help lower your chances of having a heart attack.	
Caregivers need care too Dan't forget to take care of yourself.	



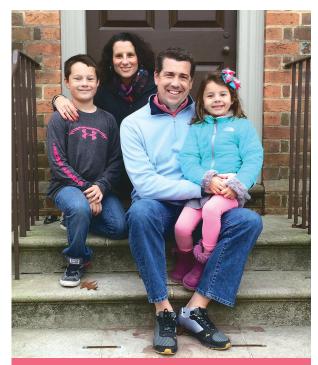
Making philanthropy a **family affair**

Kim and Pat Wergin, Annapolis residents and vice president and partner of Annapolis Subaru, Annapolis Volvo, Annapolis Hyundai, and Gateway Subaru, joined the Building Traditions Society (BTS) to effect change within their own community.

"You don't think about the hospital until you need it, yet everyone will be touched by it at some point in their lives," says Kim. "We feel really lucky to have a wonderful hospital right here, close to home."

"It is truly rewarding to see that we are making a difference," says Pat.

Kim and Pat make philanthropy a family affair, believing that starting philanthropy young is important. "We are teaching our children to use their gifts to help the greater cause; be a part of the change," says Pat. The Wergins, like so many BTS families, enjoy being able to include their children in the family donation days and fundraising events planned by the BTS membership.



The Wergin family—from left, Chase, Kim, Pat, and Gracie—enjoy making a difference together.

Building Traditions Society

The Building Traditions Society (BTS) is a young donor society of like-minded families who give \$1,000 annually to AAMC. Collectively, BTS members have raised close to \$400,000 through membership, fundraisers and social events to support various AAMC programs that directly impact patient care.

Funds raised are allocated each year by the members. In 2014, BTS supported a full-time Neonatal Intensive Care Unit nurse navigator, a child life specialist, community clinics, mental health services, and Pathways' new Project ALERT program.

Project ALERT offers a free classroom-based comprehensive lesson series that educates seventhand eighth-graders in Anne Arundel County schools against drug use. This program is funded entirely by philanthropic donations.

BTS members are recognized in the community as philanthropic leaders. Let's make a difference together!



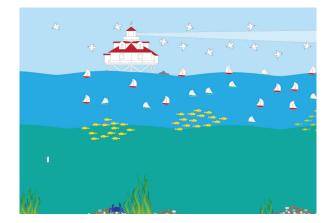
Polly Hurlburt, certified child life specialist, Pediatrics Department, provides asthma education to a patient.

To learn more about becoming a member of the Building Traditions Society, please contact Lisa Michelsen, AAMC Foundation, at **443-481-4735** or **lmichelsen@AAHS.org**.

Celebrate your child and help care for others

Kids Who Care gives families an opportunity to celebrate the beautiful children in their lives and support AAMC's vision of providing comprehensive 24/7 care to children in our community. Your child can be recognized on an icon on this special wall outside the AAMC Pediatrics Department. Is your child a fish, a sailboat or a bird?

When you donate to the AAMC's Pediatric Emergency Department Kids Who Care wall of honor, your child becomes part of a legacy for future generations, and your gift has an immediate and substantial impact on the care of thousands of our youngest patients and their families.



C For more information, contact Heather Matheu at **443-481-4738** or **hmatheu@AAHS.org**.

Young philanthropists—Kids Who Care



Left to right: Sannie Gargano, P.J. Dettor, Brian Hiltabidle, Dylan Gergar, and Jake Lilly. Captain Ed Darwin is not pictured. Henry David Thoreau wrote, "Goodness is the only investment that never fails." Here are a few examples of the incredible work being done in our community by tomorrow's leaders. Jake Lilly (14) and P.J. Dettor (15) have watched their parents organize and participate

Jake Lilly (14) and P.J. Dettor (15) have watched their parents organize and participate in the annual Fish 4 A Cure fishing tournament that has benefited the DeCesaris Cancer Institute for years. They rallied a group of Severn School

students to honor a young friend who had died from cancer. Their team raised \$3,200 to support cancer programs at AAMC.

High school student Kendall Peret wanted to take action when her mother was diagnosed with breast cancer in 2013. "Fundraising with ribbon lollipops was a different way to bring awareness to breast cancer and hopefully inspire others that every donation can help with treatment and research," says Kendall. "It gave me a chance to give back to the Breast Center to help take care of others."



Left to right: Kendall Peret and her mother, cancer survivor Tiffin Bumpass

Community business acts locally, thinks globally



From left: Cathy Copertino, Executive Director, DeCesaris Cancer Institute; Robert Buras, MD, FACS; Brian Wuest, Vice President, Thompson Creek Window Company; Rick Wuest, President and CEO, Thompson Creek Window Company; and Jan Wood, President, AAMC Foundation.

Thompson Creek Window Company held its annual Going Pink fundraiser for breast cancer in October. Throughout the month they donated \$5 for every window purchased, had lunches, sold pink wristbands, and had pink Thompson Creek-branded shirts for each employee, raising \$11,000 for the AAMC Breast Center.

"We chose the AAMC Breast Center because it is important to us that all women have access to care and treatment, and we were particularly pleased to learn that AAMC provides financial assistance to those who are struggling to make ends meet while undergoing treatment," says Rick Wuest, President and CEO, Thompson Creek Window Company.

Interested in supporting AAMC through a community event or other corporate opportunity? Call **443-481-4747**.



"When did doing something 'like a girl' become an insult?"

BIKE //

That is the question Always feminine products asked us this year during their Super Bowl commercial.

AAMC nurses Kristin Seibert and Andréa Williams started asking this question last summer when they decided to train for Race Across America, a 3,000-mile bicycle ride that starts in Oceanside, California, and finishes in Annapolis. And in June 2015, Kristin, Andréa and their team of six other women will become only the second eight-woman team ever to complete the race.

"It started as a joke," says Kristin, a labor and delivery nurse and mom to a one-year-old girl. "Then it kind of spread and got bigger and bigger. Finally, we just knew we had to do it."

And just like that, Bike Like a Girl was born. Initially inspired by that groundbreaking commercial, they have, in a short amount of time, created a brand that stands for strength, digging deep and pushing oneself to the limits.

"I see so many girls with negative self images," says Andréa, a recovery room nurse with two daughters, ages 18 and 20, and a son who is 16. "I want to show them that when you set your mind to something, you can achieve it."

Team training consists of cycling five days a week and strength training on days off. With most members being working moms, how do they fit it all in?

"It's a struggle each day," laughs Andréa. "Some days you have meltdowns. You may miss a workout and it's okay. Everyone understands."

Bike Like a Girl is raising money for three charities: World Bicycle Relief, Women's Cycling Association and Bicycle Advocates for Annapolis & Anne Arundel County.

"This was a dream at first," says Kristin. "I never would have guessed I'd be this close to doing something I once believed was impossible. I want girls to know it's okay to have a big goal."

"I never would have guessed I'd be this close to doing something I once believed was impossible. I want girls to know it's okay to have a big goal." *—Kristin Seibert*



For more information, visit BikeLikeAGirl.org. For a free Fitness booklet, visit askAAMC.org/Magazine or call 443-481-5555.



V KIDS HEALTH

How can I help my child make smart choices?

Your child may not be able to avoid peer pressure, but you can help him or her prepare for it. Here's how.

Talk about the dangers. Ask what your child thinks about issues like drinking, smoking or taking drugs. Point out the consequences, such as addiction and bad health. And set clear rules and expectations. Start the conversation when your child is still in grade school—and (hopefully) before he or she has been pressured to experiment.

Practice saying no. From "no, thanks" to "I can't—my parents would kill me," it will help if your child has an answer or two rehearsed and ready to go.

Model smart choices. Your actions will always speak much louder than your words. If you want your child to avoid bad habits, set that good example yourself.

Build a strong foundation. Your child's very best defense against peer pressure is a healthy sense of confidence and self-esteem.

Offer praise for a job well done, spend family time together, surround your child with positive people, and help your child find activities where he or she can excel and cultivate a sense of accomplishment.

These steps will help instill positive values in your child, which can help him or her make the smart choice—even when you're not around to see it.



Timothy Fry, DO, is a family medicine doctor with Annapolis Primary Care. 443-481-1150

HEALTHY SKIN

How can I keep my skin looking healthy?

Our skin says a lot about how healthy we are. Healthy-looking skin is often an indication of a healthy person, while the opposite is also true. To improve your skin's health:

Get moving. Regular exercise is important to help slow the aging process. Staying active also helps with balance, endurance and strength. Additionally, add something to your routine that reduces stress, such as tai chi or yoga.

Eat your veggies. Fruits and vegetables are loaded with antioxidants, which help to keep your body healthy and aging better. Load up on fruits, vegetables, whole grains, lean protein, and be sure to get plenty of water.

Get plenty of rest. Getting poor sleep or not getting enough sleep (seven to nine hours per night for adults) is associated with a poorer quality of life, according to the National Institutes of Health.

Watch the sun time. Sun exposure in small amounts is needed for the body to make vitamin D, but more than that and you are risking skin cancer and premature aging. Take precautions, such as wearing a hat or sunscreen or seeking shade.

Skip the tanning bed. According to the American Academy of Dermatology, research shows that using a tanning bed increases your risk of getting a melanoma by 75 percent. The Surgeon General stated that a 2014 analysis estimated 400,000 cases of skin cancer may be related to indoor tanning in the United States annually.



Sanjiv Saini, MD, is a dermatologist at MD Dermatology, with locations in Edgewater, Glen Burnie and Lexington Park. 410-956-7777

WOMEN'S HEALTH



What is a urogynecologist?

A urogynecologist is a physician who specializes in treating women with a variety of disorders to the pelvic floor.

Before the urogynecology specialty was created, women with pelvic-floor disorders typically had to visit multiple specialists and receive treatment for problems in the urinary, gastrointestinal and reproductive systems separately. A urogynecologist can manage many of these conditions comprehensively.

In addition to completing medical school, a urogynecologist must have completed a four- or five-year residency program in urology or obstetrics and gynecology, plus an intensive three-year fellowship in female pelvic medicine and reconstructive surgery.

The National Institutes of Health estimates one-third of women in the United States will experience pelvic-floor disorders in their lifetime. Childbirth, repeated heavy lifting, chronic diseases, and surgery can weaken the pelvic floor. Inherited factors also can contribute.

While pelvic-floor disorders become more common as you get older, they are not inevitable. A range of treatment options are available to minimize the symptoms or repair the damage, including physical therapy, biofeedback, pelvic floor exercises, sling procedures, nerve stimulators, collagen injections, pessaries, graft and mesh augmentation, and surgery. A urogynecologist also specializes in treatment after prior surgeries have failed.



Kay Hoskey, MD, is a urogynecologist with the Women's Center for Pelvic Health with locations in Annapolis, Bowie and Odenton. 443-481-1199

Need a doctor? Have a medical question? Get advice from nurses you trust. Call our nurse advice line, askAAMC, at 443-481-4000.

WAAAMC

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SPRING 2015: Anne Arundel Medical Center (AAMC), a regional health system headquartered in Annapolis, Maryland, serves an area of more than 1 million people. In addition to a 57-acre Annapolis campus, AAMC has outpatient pavilions in Bowie, Kent Island, Odenton, Pasadena, and Waugh Chapel (see the map on page 8). This publication was created by AAMC to give you and your family information to live healthier. For copies, call 443-481-5555 or email aamcpr@AAHS.org. If you prefer not to receive future mailings, please visit askAAMC.org/Mailings or call 443-481-5555.

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