

LIVING HEALTHIER TOGETHER



Inspired to change

After a close call, Father Jim
Kiesel makes heart
health a priority

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Healthy resolutions

Happy New Year! This issue is full of inspiring stories and health information, including:

- › Father Jim Kiesel, our cover story, whose quick actions upon suffering a heart attack ultimately saved his life (page 4).
- › Susan Dennis, whose decision to have weight loss surgery helped her reclaim control of her life (page 10).
- › Advice from the experts on statins, a kidney-friendly diet, and exercising safely with arthritis (page 15).

We dedicate February to heart health awareness. AAMC provides the community with a wide range of high-quality cardiac services, from prevention and diagnosis to interventional catheterization, angioplasty and rehabilitation. These life-saving programs are nationally recognized and accredited.

But did you know that when our patients need heart surgery, they're forced to leave the trusted care of AAMC for another hospital? It's true: Last year, more than 500 Anne Arundel County residents left the county for heart surgery.

That's why we are working to bring a cardiac surgery program to AAMC. Such a program means patients and their families can get their care here without added stress and disruption. It means high-quality care, improved service and easier access for hundreds of patients and their families every year.

This February, AAMC will submit a "certificate of need" application to the State of Maryland to implement a cardiac surgery program.

Thank you for your support and encouragement of our pursuit of this critical "missing link" in cardiac services, and for trusting AAMC to be your healthcare provider of choice.

In good health,

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

How we



Improving care for people with cancer

Anne Arundel Medical Center's DeCesaris Cancer Institute is one of only six programs in the nation to receive a 2014 ACCC Innovator Award from the Association of Community Cancer Centers. AAMC was selected for its symptom management clinic. The clinic gives cancer patients rapid access to treatment and coordination of care with the oncologists and infusion team. As a result, patients with cancer are experiencing fewer hospital admissions and emergency room visits, and are happier with their care.

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

're helping



Globally minded

Recently, AAMC donated a shipment of surplus equipment and supplies to Global Links, a medical relief and development organization in Pittsburgh that provides necessary medical equipment to needy communities around the world. The supplies donated are not expired or recalled; they are items AAMC no longer uses, for various reasons, that cannot be sold back to the vendors. Items donated included more than 2,800 scrubs, safety syringes, operating room gowns, IV poles, CPR boards, hair nets, stretchers, and cribs.



Surplus supplies from AAMC will help improve care in communities that need it—all over the world.

» To learn more about AAMC's green efforts, visit askAAMC.org/Green.

Marathon medals given to kids with chronic illnesses

Running a marathon takes patience, perseverance and practice. Crossing the finish line and receiving a medal is the ultimate victory for runners.

Through a charity called Medals4Mettle and local business Charm City Run, hundreds of runners took their hard-earned medals and gave them away to children who are bravely battling serious illnesses at AAMC.



Medals4Mettle honorees and their families.

Not every marathon is the same, but it takes the same qualities to win.

Interested in donating a medal? Drop it off at a Charm City Run store, which has locations in Annapolis, Baltimore, Clarksville, Timonium, and Bel Air.

» To learn more about how AAMC partners with the community, visit askAAMC.org/Community.



Video

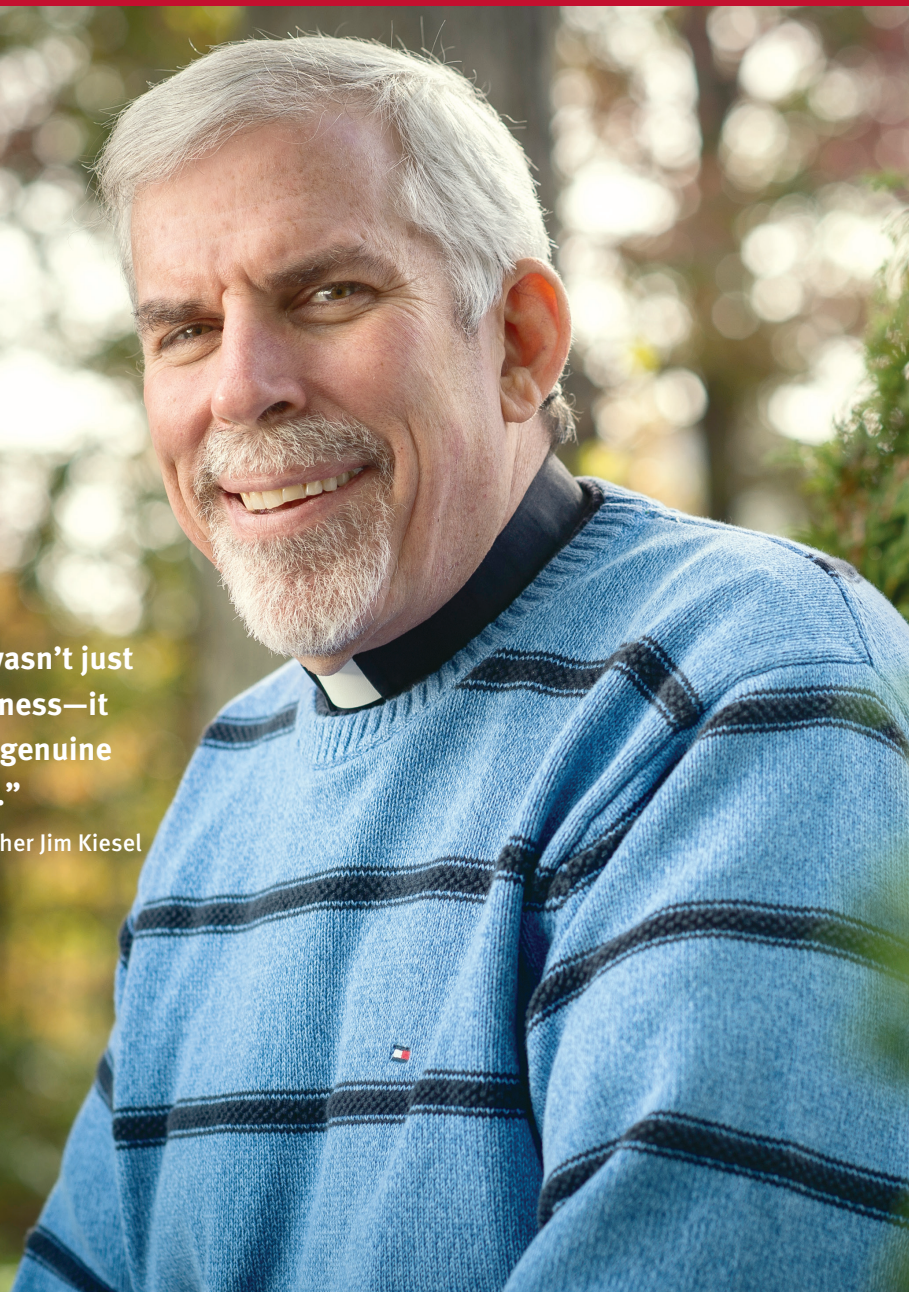
Watch a video about our cancer symptom management clinic at askAAMC.org/Cancer.

Heaven can wait

AAMC's
world-class
cardiac care
saved Father
Jim Kiesel's
heart

“It wasn’t just
business—it
was genuine
care.”

—Father Jim Kiesel



It had been a good night. After celebrating Mass, Father Jim Kiesel, a pastor at St. Joseph Parish in Odenton, took out to dinner a group of seminary students he was supervising.

“We had a ball,” Father Jim says. “I felt great.”

But when he got home, Father Jim, 58, says he started having pains in his chest and a tingling down his arm. His chest felt heavy. So he phoned a parishioner, who is also a nurse, for advice.

“She told me to call 911 immediately.”

It was the best advice he could have received. When Father Jim arrived at the emergency room of AAMC, he was quickly diagnosed with what’s called ST-segment elevation myocardial infarction, or STEMI, the most severe and dangerous form of heart attack, in which the blood flow in a coronary artery is completely blocked.

Elizabeth Reineck, MD, an interventional cardiologist at AAMC, says the situation was grave: “The artery to the back side of his heart was completely blocked. We worked rapidly to get him to the catheterization lab and open up his artery.”



Elizabeth
Reineck, MD

1,000 lives—and counting

Luckily, Father Jim had arrived at the right place. AAMC’s Emergency Heart Attack Program has saved more than 1,000 lives since its introduction in 2002. It’s a certified intervention center, and the response time is among the best in the country.

“The goal is to open a patient’s artery within 90 minutes from the time they arrive at the hospital,” Dr. Reineck says. “But here at AAMC, the vast majority of our patients have their artery open within 60 minutes.”

Is your heart at risk? Learn your heart age and risk for heart disease with our free assessment at askAAMC.org/Heart.

In the catheterization lab, Father Jim received an emergency angioplasty. During the procedure, a balloon-tipped tube is threaded into the blocked artery and then inflated. He also received a stent, a tiny wire-meshed tube that holds the artery open.

Father Jim says he feels incredibly lucky. The intervention saved his life, and the care that followed as he recovered at AAMC was compassionate and professional.

“Anything I needed, they were right there to help me,” he says.

The doctor-patient partnership

Father Jim says what has really stuck with him is the way Dr. Reineck and fellow cardiologist Jerry Segal, MD, interacted with him, “as an equal.”

“So often doctors are in and out, but Dr. Reineck and Dr. Segal really took time with me,” Father Jim says. “It wasn’t just business—it was genuine care.”

For her part, Dr. Reineck says she works hard to create a partnership between doctor and patient. “If you respect

patients, they are more likely to value the information you provide,” she says. “For instance, if you help patients understand why the medication is important, they are much more likely to take it.”

It’s worked for Father Jim. Despite eating well and exercising regularly, he admits he had one serious vice before his heart attack—cigarettes. “I’d been a smoker since I was 17.”

But no longer. “I’m a reformed smoker now,” he says.

Father Jim is also participating in AAMC’s cardiac rehabilitation program, which offers medically supervised exercise and counseling.

Now, Father Jim is again at work at St. Joseph, easing back into normal life. He says perhaps his biggest challenge these days is learning to let people take care of him instead of always taking care of others.

“I have a long life ahead,” he says. “I’m confident of that.”

And he adds happily, “I also expect to have a long relationship with my cardiologist.”

Caution: Heart at work

Caring for your heart’s plumbing, electricity and fuel system

Thursday, Feb. 19, 6pm

Join our hosts John Martin, MD, and Briana Walton, MD, along with their special guests for lively conversation and insight on keeping your heart in top-notch condition. Free.

Plumbing: Tips for keeping the “pipes,” your arteries, clean.

Electricity: The importance of heart rhythm and rate.

Fuel: Managing stress and creating life balance for improved health and well-being.

Register online at AAMCdocsTALK.com or call **443-481-5555**.

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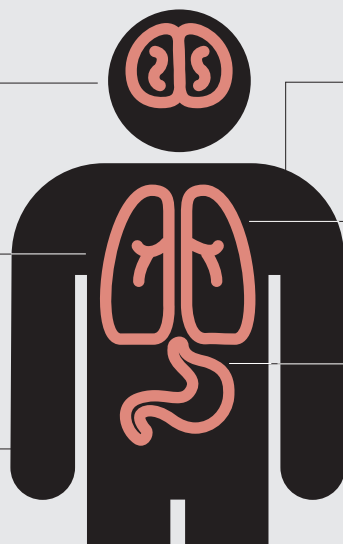
ANATOMY OF HEART ATTACK SYMPTOMS



Head: Light-headedness or sudden dizziness

Chest: Pain, pressure, fullness or squeezing in the middle of the chest that lasts more than a few minutes or comes and goes

Skin: Cold sweat



Arm(s), back, jaw, neck, shoulder(s): Pain or discomfort

Lungs: Shortness of breath, with or without chest discomfort

Stomach: Nausea or discomfort

MAKE THE CALL NOW

Don’t wait more than five minutes to call 911 if you think you are or someone else is having a heart attack. Fast action can save lives.



A free *Heart Attack and Recovery* booklet can help you stay informed. Visit askAAMC.org/Magazine or call 443-481-5555.

How can you get enough vitamin D?

Get some sun. The sun's ultraviolet rays create vitamin D in your skin cells. You don't need a lot of sun. A 10-minute walk in the midday sun can create as much as 15 times the amount of vitamin D that you need every day.

Eat foods that are rich in vitamin D.

- › Meat, poultry and fatty fish are rich in vitamin D.
- › Shrimp, mackerel, sardines, and fresh herring also are rich in vitamin D.
- › Vitamin D is added to some foods, including tofu, orange juice and some dairy products.

Eat breakfast. Two eggs, a glass of orange juice and a bowl of cereal with milk can add a dose of vitamin D to your day.

Talk to your doctor about supplements.

If you don't get much sun and your diet is low in vitamin D, a supplement may help.

Source: *ChoosingWisely.org*

VITAMIN D TESTS

When you need them— and when you don't

Many people don't have enough vitamin D in their bodies. Low vitamin D increases the risk of broken bones. It may also contribute to other health problems. That's why doctors often order a blood test to measure vitamin D.

But many people do not need the test. Here's why:

A test usually does not improve treatment. Many people have low levels of vitamin D, but few have seriously low levels. Most of us don't need a vitamin D test. We just need to make simple changes so we get enough D.

Even if you are at risk for other diseases, like diabetes and heart disease, a vitamin D test isn't usually helpful. The test results are unlikely to change the advice from your doctor. It is much more important for you to make lifestyle

changes first—to stop smoking, aim for a healthy weight and be physically active.

Extra tests lead to extra treatments and costs. Getting tests that you don't need often leads to treatments you don't need or treatments that can even be harmful. For example, if you take too much vitamin D, it can damage your kidneys and other organs.

When should you have the test?

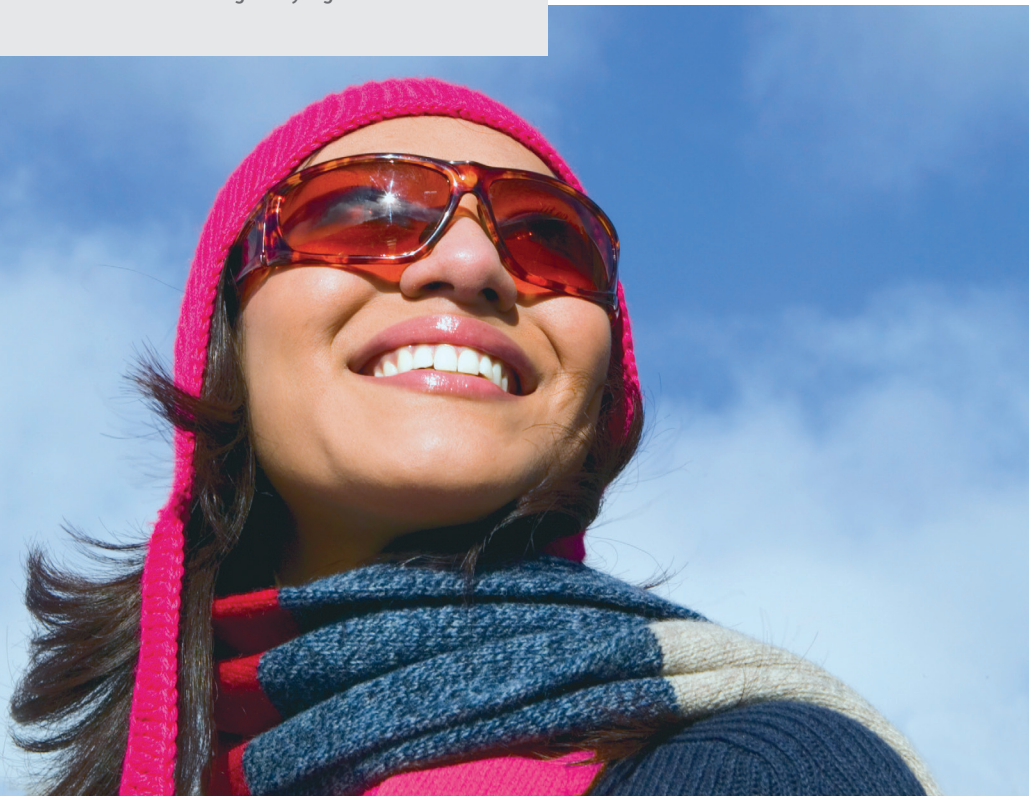
Talk to your doctor about your risks. Here are some conditions where you might need a vitamin D test:

- › If you have osteoporosis. This disease makes your bones weak, so that they are more likely to break.
- › If you have a disease that damages your body's ability to use vitamin D. These include inflammatory bowel disease, celiac disease, kidney disease, liver disease, and pancreatitis.
- › If your doctor suggests getting a vitamin D test, ask about your risks. If your risk is high, you should get the test. If your risk is low, ask if you can avoid the test. Ask if you can boost your vitamin D with sunlight and food, and possibly supplements.
- › If your doctor does need to keep track of your vitamin D, make sure the same test is used each time.

Source: *ChoosingWisely.org*

This report is for you to use when talking with your healthcare provider. It is not a substitute for medical advice and treatment.

✓ Choosing Wisely® is a national initiative that encourages patients and doctors to have important conversations about the necessity of test and treatments. To learn more, visit askAAMC.org/ChoosingWisely.



To learn more about bone health and to take a quiz, visit askAAMC.org/Bones.

► **Get inspired to act!** 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 Healthier

Aches and Pains

Hip and Knee Pain 101

Wednesdays, Jan. 14, Feb. 11 and March 11, 10–11:30am
Doordan Institute, Belcher Pavilion, 7th Floor

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.**

Special Events

AAMC docsTALK: Caution: Heart at Work

Caring for your heart's plumbing, electricity and fuel system

Thursday, Feb. 19, 6pm

Join our hosts John Martin, MD, and Briana Walton, MD, along with their special guests for lively conversation and insight on keeping your heart in top-notch condition. **Free.**

Plumbing: Tips for keeping the “pipes,” your arteries, clean.

Electricity: The importance of heart rhythm and rate.

Fuel: Managing stress and creating life balance for improved health and well-being.

Register online at AAMCdocsTALK.com or call **443-481-5555**.

AAMC docsTALK: Living Well With Bone and Joint Pain

Thursday, March 19, 6pm

Join Dr. Martin and Dr. Walton for a discussion about living well with bone and joint pain. Our panel of experts will discuss ways to prevent pain and healthy strategies for managing pain. After the show, join us for our breakout sessions, where our experts will be available to answer specific questions. **Free.**

Register online at AAMCdocsTALK.com or call **443-481-5555**.

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AAMC
talk

CPR for the Community

Heartsaver (AED)

Wednesday, Feb. 25, 6–9pm
Doordan Institute, Belcher Pavilion, 7th Floor

Open to the community. Learn cardiopulmonary resuscitation (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.**

Diabetes

Diabetes Education

Make an appointment with a diabetes educator if you need coaching on better managing your condition. Physician referral needed. Call **443-481-5380** to learn more. **Fee.**

Diabetes Self-Management Education Classes

Call **443-481-5380** to learn more. **Fee** (covered by some insurance plans).

Workshop: Living Well With Diabetes

Feb. 2 to March 9, 9:30am–noon and 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.**

Fitness—Weekly Classes and Special Workshops

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



Smoking Cessation

Become Smoke-Free

Jan. 15 through Feb. 26, 6–7:30pm

This seven-week program helps you break the habit. **Free** (fee for people from outside of Anne Arundel County).

Individual Counseling

Get a treatment plan, advice, encouragement, and resources for breaking the habit. Call **443-481-5367**. **Free** (fee for people from outside Anne Arundel County).

Classes & Events

WINTER 2015

Support Groups

Call 443-481-5555 or visit AAMCevents.org for a complete list of groups.

Better Breathers Club

Feb. 26, 9–10am

Provides support, education and socialization for people with COPD or another chronic lung disease, their loved ones, and their caregivers. Call 443-481-4088. **Free.**

PE/VTE (Pulmonary Embolism/Venous Thromboembolism) Online Support Group

This online support group meets bi-monthly. For more information, contact Erica Dour at edour@natfonline.org or visit natfonline.org/lnk/osg. **Free.**

Young Adult Cardiac Support Group

Mondays, Jan. 12, Feb. 9, March 9, 4:30pm

Call Dianne Walters at 443-481-1928 for more information.

NEW! Kidney 101: Taking Care of Your Kidneys

Wednesdays, Jan. 28 and March 25, 10–11am; Feb. 25 and April 22, 6–7pm

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.

Weight Loss Management

Nutrition Consultation

Make an appointment with a dietitian for individual nutrition coaching. Call 443-481-5555 to learn more. **Fee.**

Weight Loss Surgery Seminar

Jan. 6, 7, 13, 21, and 27, Feb. 3, 4, 10, 18, and 24, and March 3, 4, 17, 18, 24, and 31, 6–7:30 pm

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. You will have plenty of time to ask

questions and get answers about the procedure and also make an appointment. For more information, call 443-924-2900. **Free.**

¡NUEVO! Cirugía Para Bajar De Peso Seminario (Weight Loss Surgery Seminar)

Jan. 20, Feb. 17, March 10, 6–7:30pm

These seminars are presented in Spanish only. **Free.**

The Mayo Clinic Diet

Mondays, Jan. 12 to March 30, 5–6pm

Tuesdays, Jan. 13 to March 31, 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.**

Anne Arundel Medical Center locations

■ Annapolis

AAMC Medical Park

2000-2003 Medical Parkway
Annapolis

Pathways

2620 Riva Road, Annapolis

■ Regional

AAMC Pavilion–Bowie

4175 North Hanson Court, Bowie

AAMC Pavilion–Kent Island

1630 Main Street, Chester

AAMC Pavilion–Odenton

1106 Annapolis Road, Odenton

AAMC Pavilion–Pasadena

8109 Ritchie Highway, Pasadena

AAMC Pavilion–Waugh Chapel

2401 Brandermill Blvd.,
Waugh Chapel

● Anne Arundel Medical Group

Primary Care and Specialties

● Community Clinics

● FastCare Walk-in Clinic



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

Birth and Baby

Birth Classes

Early Pregnancy

Two-hour class for mothers-to-be 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. **Free.**

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**. **Free.**

Cesarean Birth Class

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

Marvelous Multiples

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

One Wonderful Day Saturdays, 9am–5pm

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

Refresher Birth Class

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

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. **Free.**

Prenatal Yoga

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

Breastfeeding

Breastfeeding Basics

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

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. **Free.**

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. **Free.**

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. **Free.**

Grandparents Update

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

Sibling Preparation

For children 3 to 7 years old to help them prepare for the arrival of a new baby. **Free.**

Super Sitter

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

Smart Woman Series

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

Gut Reaction: Taking Care of Your Digestive Health

Jan. 8, 6:30–8pm

Adrian Park, MD, chair of surgery at AAMC, and Courtney Doyle, MD, surgeon, will discuss symptoms and treatment options for common digestive health disorders such as irritable bowel syndrome, reflux and Crohn's disease. **Free.**

How to Be Happier: Increase Your Positivity Factor

Thursday, Feb. 5, 6:30–8pm

Tom Muha, PhD, a psychologist, will discuss the connection between health and happiness as well as strategies you can use to maintain a positive outlook. **Free.**

Tours

Prospective Parent Tour

For couples thinking about

Baby? Maybe

Saturday, Jan. 10, 10am

Wednesday, April 22, 6:30pm

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.**



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.**

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.

Win at losing

Find the weight loss option that's right for you

What Susan Dennis says is most extraordinary about her life now is that it is so ordinary. In the last few months, she's taken many long walks, gone to a baseball game, flown to Florida on vacation, and walked down the beach in a swimsuit. Nothing that unusual for a 40-year-old woman, except if you are Susan Dennis.

Flash back a year, and Susan says you wouldn't recognize her. She weighed over 300 pounds and had full-blown diabetes, high blood pressure and a host of other serious health issues.

"I didn't go out, I didn't like seeing friends, walking was a chore," Susan says. "I felt weighed down by myself, by everything. It wasn't a happy existence."

Susan has struggled with her weight since she was 16. Over the years she tried fad diets, weight loss groups, even

medically supervised prescription diets. But nothing worked. Finally, with her health in steep decline, her endocrinologist suggested bariatric surgery.

At first, Susan balked at the idea. "I told her no. I thought it might be the easy way out and that I could do it on my own."

But as her health worsened, Susan finally realized she needed help.



Alex Gandsas, MD

The right decision

Susan decided to have gastric bypass surgery with Alex Gandsas, MD, who leads AAMC's Weight Loss and Metabolic Surgery program. Susan says she liked that the care felt "very personalized."

Dr. Gandsas says it's essential to have a rigorous bariatric surgery program that addresses the whole person.


"We are helping our patients engage in a different life," Dr. Gandsas says. "The

surgery helps them change course and shed weight, but it's only one component. We want them to have all the tools they need to permanently succeed."

At AAMC, weight loss patients begin preparing for surgery six months in advance with medical testing, diet, exercise, and nutrition counseling. And it doesn't end there. After surgery, patients continue to receive careful monitoring and meal plans.

Just 4½ months after her surgery, Susan was doing great. In addition to having lost 83 pounds, her blood pressure was down and her diabetes was fully controlled. What's more, Susan says she's happy all the time. "I just feel wonderful, I feel like I can take over the world."

But for now she's content trying to live her extraordinarily ordinary life. Next on the list: yoga classes.

 Visit askAAMC.org/WeightLoss or call 443-924-2900 to learn more about weight loss and bariatric surgery.



Read on

Visit our *Living Healthier Together* blog at askAAMC.org/Living to read more weight loss success stories.

Weight matters

If you're struggling with being obese or overweight, it's important to know that you really can lose unwanted pounds and gain better health.

Is there a secret to slimming down? "Not really," says Meetu Agrawal, MD, a primary care doctor. "It takes time and determination, but weight loss success is within your reach."

Check your BMI

How do you know if you're overweight or obese? One way to check is with the body mass index (BMI)—an estimate of body fat based on your height and weight. Having a BMI of 25 to 29.9 indicates that you are overweight. Having a BMI of 30 or greater signifies that you are obese. You can calculate your BMI by going to cdc.gov/bmi.

"Both obesity and being overweight can increase your risk of high blood pressure, heart disease, type 2 diabetes, and other serious health problems," says Dr. Agrawal.

What are your options?

Weight loss, even a modest amount, can often help improve your health. Lifestyle changes—such as cutting calories, eating healthy foods and exercising regularly—

How much do you know about managing your weight? Take a quiz at askAAMC.org/WeightQuiz.



Journey to better health

Since having weight loss surgery, Susan Dennis' health has improved in the following ways:

- › To date, she has lost 125 pounds.
- › Her blood pressure has normalized and she no longer takes medication.
- › Her diabetes is gone. She has normal A1C and glucose levels and no longer takes medications.
- › Her high cholesterol returned to normal levels.
- › Her mild sleep apnea is gone.
- › Feelings of depression and sadness have been replaced with "nothing but positivity."

"I feel more alive than I have ever felt in my life," says Susan.



A free *Healthy Weight* booklet can help you maintain a healthy weight. Visit askAAMC.org/Magazine or call 443-481-5555 to request yours today.

are the basic tools.

Sometimes, however, diet and exercise alone aren't enough to help people lose sufficient amounts of weight to improve their health. In that case, medicines or surgery may be an option.



Meetu Agrawal, MD

Prescription weight loss medicines

work by curbing appetite or limiting the body's absorption of fat.

Bariatric surgery could be an option if your BMI is 40 or more or if you have a weight-related health condition, such as type 2 diabetes, and your BMI is 35 or greater.

Having bariatric surgery requires a lifelong commitment to healthy eating, exercise and long-term medical follow-up. You should discuss the risks, benefits

and required lifestyle changes with your doctor before making a decision.

Discover a new you

"Think of your weight-loss efforts as a new way of life, rather than a quick fix. Your doctor can help you get started today," advises Dr. Agrawal.

A gift from the heart


Pat Tate knew there was something wrong. The petite, athletic woman who'd walked every morning for 15 years was having trouble making it to the top of hills during a vacation in Montreal with her daughter. While her primary care doctor did not find anything wrong, a work-up by a cardiologist when she returned revealed the cause for her distress—her lower descending artery was 99 percent blocked. Pat was treated immediately with cardiac catheterization and a stent.

Although she has made a full recovery, the experience had a profound impact on her: “After my experience, I realized how important it is to have the best cardiac services available in our community. Time is of the essence with heart and vascular procedures, and our services must meet the needs of the community.”

When she was asked to join the Cardiac Philanthropy Council at AAMC, Pat jumped at the opportunity.

AAMC's Heart Institute is thriving. Each year our team cares for more than 15,000 patients and performs more than 30,000 cardiac and vascular-related tests and procedures. We now have more than 30 cardiology medical staff and seven vascular surgeons, and we have expanded our Heart Station to care for the growing number of patients seeking care at AAMC. None of this growth would have been possible without the support from our community.

So what's next? AAMC's two current cardiac catheterization labs are used to visualize and detect heart conditions, including coronary artery diseases that can lead to life-threatening heart attacks. In three years, there has been a 36 percent growth in cardiac catheterizations performed at AAMC. This growth has created the need to add a third cardiac catheterization lab. Under the leadership of new chairs Pat Tate and Pam Batstone, Anne Arundel Medical Center Foundation's Cardiac Philanthropy Council is leading an effort to raise \$500,000 in philanthropic donations to match a state of Maryland bond bill that will help finance this \$1.5 million project.

 For more information on how you can help support cardiac care in our community, contact Jan Wood at 443-481-4747 or jwood3@AAHS.org.




Barry and Pat Tate are active champions of AAMC's Heart Institute.

Many ways to give

An important part of AAMC's success is you, our many community members who give thoughtfully at all levels to ensure AAMC is there for anyone in need, providing expert medicine, talent and technology. Gifts don't have to be large to make a difference, and there are a variety of ways to give. For example, you can:

- › Participate in our Annual Fund campaign
- › Host or support a community event that benefits AAMC
- › Join our Auxiliary and volunteer your time
- › Participate on a Philanthropic Council
- › Sponsor one of our events such as the Denim & Diamonds Bash, the gala or our golf tournament
- › Attend Foundation events
- › Make a milestone or memorial donation
- › Remember AAMC in your plans by making a bequest or beneficiary designation

 To discuss how you would like to show your support, please contact the Foundation at 443-481-4747.

Running for a cure

Dawn Orso, a founder and board member of the Building Traditions Society at AAMC, was diagnosed with breast cancer in January 2014 at the age of 42. In her honor, the inaugural Dawn Orso 5K/1-Mile Family Fun Day took place on Oct. 12, 2014, at Camp Letts in Edgewater. AAMC hosted this event honoring Dawn's tremendous journey through breast disease, her positive outlook on life, and her drive to help others who might be suffering through the same disease she is recovering from today.

With almost 600 attendees, the event raised more than \$30,000 in support of the AAMC Research Institute and the AAMC Breast Center, allowing them to continue clinical trials to find better cures and better treatment for breast cancer right here in our community. Thank you, Orso family, sponsors and attendees!




Dawn Orso, founder and board member of Building Traditions Society, crosses the finish line raising funds for the AAMC Research Institute.



Nick Capurro, Elizabeth DeCesaris, Brian Messineo, Kristen Messineo, Sonny Messineo, Geaton Messineo, Lilly Messineo, Josie Wellington, and Camilla Messineo enjoy the day while supporting the Dawn Orso 5K/1-Mile Family Fun Day.

Denim & Diamonds: A night under the stars

Join us for the Denim & Diamonds Bash on April 25, 2015, for a new twist on the old-fashioned "tent party" featuring fabulous cuisine, a great band, unique auction prizes, and a "come as you like" theme. From your favorite pair of denims to your best cocktail dress, everything is "in" at Denim & Diamonds. This event celebrates AAMC and the renovation of the Clatanoff Pavilion.

 For more information about Denim & Diamonds, including advertising and sponsorship opportunities, call Kendra Smith Houghton at **443-481-4739** or visit askAAMC.org/Denim&Diamonds.



We couldn't do it without you! Thank you to our community partners

AAMC has been an integral part of our local and regional community since 1902. We truly appreciate all the community does to support AAMC and its caregivers. Here we honor those individuals and groups that make a difference every day in the lives of thousands of patients and families through their support of AAMC.

- Annapolis Car Show—Koons Ford
- Annapolis Half Marathon
- Annapolis Irish Festival
- Anne Arundel County Professional Firefighters
- Bosom Buddies
- Caring Collection
- Cleo's Fine Oils
- Eat.Drink.Cure.—
Mary Clapsaddle and Christine Romans
- Fish for a Cure
- Healing in Heels—Charm City Run
- Journey for the Cure
- Ledo's Pizza
- Luna Blu
- Old South Country Club—
Pink and Blue Tournament
- Pinot on the Pier—Rich Nieman
- Severn Town Club—Holly Ball
- Severna Park High School
- St. Margaret's Church
- The Knitting Boutique
- Tiny Miracles—Amanda Fiedler
- Transformations Gym
- Visual Concepts—Angels Calendar
- W by Worth—Paula McCloud

DONATIONS BENEFITED:

- Annual Fund
- Blood Donor Center
- Breast Cancer
- Cardiac Rehabilitation
- Community Clinics
- DeCesaris Cancer Institute
- Diabetes
- Heart & Vascular
- NICU
- Therapeutic Music





All together now

During his time in the Army, Will Younkin, a biomedical engineer at AAMC, enjoyed with his fellow soldiers what he calls “esprit de corps.”

“It’s a phrase that means unity, brotherhood,” he says.

Will applies this same concept to his teammates at AAMC. “We depend on each other so much at the hospital and work toward a common goal: caring for patients and their families.”

About three years ago, Will had an idea for how to capitalize on this work camaraderie. Partnering with EnergizeSM, AAMC’s wellness movement, Will sent out an email asking who might be interested in forming a work softball team.

“We immediately got 56 responses,” says Will, with a smile.

So they started with two softball teams. Now, three years later, 180 employees (including some friends and family members) represent “Team AAMC,” competing on three softball teams and two kickball teams.

The teams have done well, winning two recreation league championship titles.

“There are two rules to follow,” Will says. “Rule #1: Show up. And rule #2: Have fun.”

People from a wide spectrum of physical ability as well as job roles—from housekeepers to nurses and doctors to executives—all play together.

“People who previously didn’t interact at the hospital now see each other and talk about how they’re going to beat a certain team this weekend,” says Will.

Playing a team sport has encouraged other healthy habits in employees.

“I know one person who is playing after having a double knee replacement. Others have started running 5K races, something they previously didn’t believe was possible,” he says.

What’s next for AAMC team sports? “We just started an indoor volleyball team,” says Will. And he’s looking into organizing some training for extreme sports like the Warrior Dash.

“We depend on each other at the hospital and work toward a common goal: caring for patients and families.”

— Will Younkin

▼ ARTHRITIS

Q I have arthritis. How can I safely exercise?

A Many people cite arthritis as the main reason why they don't exercise.

But exercise is good for people with arthritis. Regular exercise can make your joints less achy, boost your energy and help you do day-to-day tasks more easily.

Before you begin an exercise program, heed this advice: Talk to your doctor. Ask what activities are best for you. Start out slow with each exercise. And listen to your body. If you feel pain, stop.

Here are some other suggestions:

Make some muscle. Strong muscles help support joints. For example, for knee arthritis you should strengthen your quadriceps. You can use handheld or machine weights to build up your muscles. Or work out with an elastic band.

Be flexible. Limber up with shoulder circles, leg swings and knee-to-chest pulls (done lying down). Stretching also can help reduce stiffness. Be sure to hold each stretch for about 30 seconds.

Get moving. Aerobic exercise is good for your heart, lungs and mood, and it can help you control your weight.

So take a walk—on a trail or treadmill. Hop on a bike or into a swimming pool. Water takes a load off your joints during aquatic exercises, and many people with arthritis say it offers significant pain relief.



▶ **Barbara Semakula, MD,** is a sports medicine specialist at Orthopaedic and Sports Medicine Center. **410-268-8862**

▼ KIDNEYS

Q What is a kidney-friendly diet?

A Eating the right foods is especially important when you have kidney disease. Here's why: Some foods are better for your kidneys than others. And choosing the right ones can help slow your disease.

So what are kidney-friendly foods?

For one thing, they're low in sodium, a key component of salt. The National Kidney Disease Education Program advises everybody with kidney disease to limit sodium intake to less than 1,500 milligrams daily. This safeguard helps control blood pressure, which can help keep kidney disease from getting worse.

To go easy on sodium, eat fresh foods more often—packaged foods are often high in sodium—and check the nutrition facts label on packaged foods for sodium. A daily value of 20 percent or more means the food is high in sodium.

Your doctor may also tell you to reduce the amount of protein, potassium and phosphorus in your diet. Avoiding foods that are high in these three P's may also help your kidneys stay healthier longer.

It's important that a kidney diet is individualized to your specific needs, so talk to your doctor about what's best for you.

Additional source: Academy of Nutrition and Dietetics

AAMC is offering a new free class, "Kidney 101: Taking Care of Your Kidneys." It meets every fourth Wednesday of the month. For more information, see page 8 or call 443-481-5555.



▶ **Ann Caldwell, RD,** is a registered dietitian at AAMC. **443-481-5555**

▼ HEART HEALTH

Q What are the risks and benefits of statins?

A When cholesterol numbers edge outside the healthy range, doctors often recommend that patients make some smart diet and exercise changes. But when those remedies fail to bring cholesterol back in line, the next step is usually prescription medication—often one of the drugs known as statins.

Statins are powerful medications that curtail the amount of cholesterol made in the liver. In so doing, these drugs can slow the formation of arterial plaque.

But like all medications, statins can pose some risks to certain users. Possible side effects include:

- › A slight risk of higher blood sugar levels and type 2 diabetes
- › Muscle weakness due to interactions with other drugs
- › In rare instances, memory loss or confusion

Just for you

Here are a few things to keep in mind if you're prescribed a statin:

- › Be sure your doctor knows what other medications you take.
- › Follow up with your doctor. He or she may want to monitor your glucose levels after you begin taking a statin.
- › If you feel confused or have other side effects, tell your doctor right away.
- › For your heart's sake, keep up with your healthy diet and exercise program.

Source: U.S. Food and Drug Administration



▶ **Jonathan Altschuler, MD,** is a cardiologist with Cardiology Associates in Annapolis. **410-573-6480**

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WINTER 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**.

Recycle me!

We care about your health and the environment. We encourage you to share with others and recycle when finished.

Powered by knowledge. Inspired by caring.

A thousand moments each day, a nurse is there—to know and to care. Knowing what it means to relieve pain, help you feel better and heal. This is the essence of nursing care at Anne Arundel Medical Center.

Has an AAMC nurse made your day brighter? Tell us at facebook.com/AnneArundelMedicalCenter.



Pediatric nurse Kimberly Kingston with patient Ayden.

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