

AAMC

LIVING HEALTHIER TOGETHER

It could happen to you

Women: Pay attention
to possible heart
attack symptoms

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 Anne Arundel
Medical Center



Your partner in

At the heart of our care

A message from **Victoria W. Bayless**, President and CEO

Last year, my family and I experienced health care through the eyes of the patient and patient's family. We had no choice but to place all our trust in others to take care of someone we love. Going through it personally made me realize that, while we at Anne Arundel Medical Center (AAMC) spend a great deal of time thinking about how to improve the patient experience, there's nothing like *being* a patient or a family member of a patient to help put things in perspective.

At AAMC, we're working to ease the uncertainty that sometimes comes when dealing with a complex, often fragmented, healthcare system. The most significant thing we've done is put you—the patient and family—at the center of what we call a system of care. We team up with you to design a care plan that makes sense. You and your family are invited into the decision-making process so that you have the best possible result.

We're also leveling the playing field by formally teaming up across care settings. Our teammates include physician offices, other hospitals, skilled nursing facilities, rehabilitation centers, home health agencies, hospices, and senior centers. Together, we're taking extra steps to ensure that patients get the care they need before and after their visit to the hospital.

This kind of collaboration ultimately means better healthcare outcomes—it's a win-win. Because, when you think about it, at the heart of every nurse, doctor, therapist, or other caregiver is someone who's been on the exam table or in the hospital bed. We're all in this together, and we at AAMC pledge to provide personalized service as your partner in caring.



In good health,

Joi

caring

Together, we can accomplish great things. Here are a couple examples of how we're teaming up with the community to live healthier together.

Teaching tomorrow's healthcare leaders

AAMC started the High School Health Care Exploration program to inspire our community's young people to pursue careers in health care. Now in its fourth year, this summer camp fills up months in advance. During the camp, students receive cardiopulmonary resuscitation (CPR) certification, practice basic assessment skills in our simulation lab, tour the emergency room, learn about helicopter transport, and spend time with AAMC staff on several units. In addition, students from the new BioMedical Allied Health Magnet Program at Glen Burnie High School visit AAMC throughout the year to shadow our professionals and gain real-world experience with health care.



Living Well With Chronic Conditions

Living with a chronic illness isn't easy. This workshop helps patients and their caregivers learn how to best manage symptoms associated with a chronic illness, such as heart disease or diabetes.



Kathleen Labb shares how the "Living Well With Chronic Conditions" workshop has made a difference in her life. You can watch her video at askAAMC.org/livingwell.



Get all the details in the calendar on page 18.

Above and beyond

AAMC is included in The Leapfrog Group's 2011 class of top hospitals in the country for safety and quality, illustrating our commitment to outstanding patient care. For details, go to askAAMC.org/awards.



Recycle me!

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





Shoutouts! What you're saying



NICU Facebook posts

On Sept. 10, 2011, the neonatal intensive care unit (NICU) at AAMC celebrated its anniversary with a “Sweet 16” party for its graduates. Check out the photos at askAAMC.org/photos.

“We had such an amazing time at AAMC’s NICU Reunion,” says Tricia Orilio, of Annapolis, Md., who attended the party. “Thank you all so much for everything. It’s obvious that a lot of hard work was put into this event, and we’re very thankful. Thank you for the adorable photo and frame, face painting, magic tricks, Elmo, music, delicious food, and good fun.”



When we posted this on our Facebook page:

Do you know a child who “graduated” from the AAMC NICU? If so, please tell them to RSVP for the AAMC NICU Reunion: Sweet 16! Reunite with caregivers and other NICU families at AAMC.

You said this:

“We have two alumni in our family! Thank you, AAMC!”

—Sara Boggess Meinsler, Odenton, Md.

“We’ll be there! Our son graduated in December 2009!”

—Tricia Orilio, Annapolis, Md.

“We can’t wait!!”

—Sarah Moran Provenson, Jacobus, Pa.

 You can read more patient feedback—and add your own—at askAAMC.org/shoutouts.

NEW PATIENT CARE TOWER


Looking good in green—and gold!

At AAMC, our healing environment was designed to be kind to our planet. Our new building is the first and only LEED-certified hospital tower in Maryland—and has earned us a gold rating from the U.S. Green Building Council. Our Hospital Pavilion South was built to be as ecologically kind as possible, with sustainability and efficiency at its heart. We’re proud to provide excellent care for our patients *and* our environment.

 Learn more about the greener AAMC at askAAMC.org/LEED.

What is LEED?

Leadership in Energy and Environmental Design (LEED) is an internationally recognized certification system for green building. It is based on credits earned for sustainable practices implemented in the design, construction, and function of the building and surrounding ecological system.

A photograph of Kermitt Wright, a 60-year-old man wearing a blue patterned zip-up jacket, light blue jeans, and a dark cap, standing on a rooftop terrace. He is holding a white folder and speaking to a group of people. To his left, a man in a red shirt and khaki pants stands with his back to the camera. In front of him, two women are seated in white wooden chairs, one with dark curly hair and one with blonde hair. The background shows a large, multi-story building with a red and beige facade, likely a hospital campus, under a clear sky.

“I tell them to be
the best
people
they can be
in this job.”

PATIENT AND FAMILY ADVISOR **Kermitt Wright**

Kermitt Wright has had more than his fair share of health problems, from cancer and heart surgery to gallbladder removal. Now in remission, he's giving back by serving as a patient advisor for the hospital. Once a month, Wright speaks to the new employee orientation class at AAMC.

“I tell them to be the best people they can be in this job,” says the 60-year-old, who was born and raised in Annapolis. “Sometimes you’ll run into patients who are dealing with some heart-wrenching situations. Always remember: You have the power to make their day.”



For information about becoming a patient and family advisor or other volunteer opportunities at AAMC, visit askAAMC.org/advisors.

OVERCOMING INCONTINENCE, ↳ a runner's secret

When 41-year-old Dunkirk resident Karen Metler ran her first marathon in Baltimore two years ago, she just wanted to run one more. She set her sights on the Marine Corps Marathon in Washington, DC, but it was a frightening thought. Urinary stress incontinence had turned training for that first race into an embarrassing and frustrating challenge.

"I would completely empty my bladder, and then after about 15 or 20 minutes of running, I'd have to make a pit stop," Metler says. "It was really embarrassing and was affecting my ability to train."

That was in 2009. By 2010, when she finally reached the finish line at the Marine Corps Marathon, urinary incontinence was no more than a memory, and Metler was hooked on long-distance running. Last summer, she was even training for her first ultramarathon: a 31-mile trail run.

Steps toward relief

What had changed Metler's life so dramatically was a visit to urogynecologist Briana Walton, M.D., director of Female Pelvic Medicine and Reconstructive Surgery at AAMC.

Dr. Walton diagnosed Metler with urinary stress incontinence, an involuntary loss of urine when any type of strain or pressure is placed on the bladder. Though running had presented the final straw, the mother of two and federal government accountant had spent the previous few years waging a silent battle against urinary leakage. Every time Metler laughed, coughed, or sneezed, she felt the embarrassment.

Dr. Walton says Metler's reaction to incontinence was not uncommon. Most women struggle with symptoms for an average of seven years before bringing it up with their doctor.

"The majority of women just deal with it," Dr. Walton says. It is an unfortunate circumstance because there are many treatments for incontinence, including, for some cases, simple exercises that

strengthen the urinary sphincter and pelvic floor muscles.

Finishing with a smile

Metler's condition was more severe, and Dr. Walton recommended a suburethral sling procedure often used for stress incontinence. Requiring two small incisions, the surgery involves placing a supportive mesh sling, or hammock, around the bladder neck and urethra. It can be done in an outpatient setting, and the results are immediate.

"The first laugh, cough or sneeze is usually accompanied by a smile because they did not leak," says Dr. Walton.

"It's wonderful," says Metler, who was so pleased she brought her marathon finish photo to her one-year follow-up visit. "I completely attribute being able to run again with ease to the procedure."



Karen Metler and Briana Walton, M.D.



Ladies Night: Power to the Pelvis

When: Thursday, Jan. 26, 6pm
Where: AAMC Health Sciences Pavilion,
Doordan Institute

Our experts, including Mara Holton, M.D., and Karen Hardart, M.D., tackle a health issue that many women face, but few discuss—pelvic health. We will cover what you need to know about many topics, including pelvic pain, urinary incontinence, and uterine fibroids.



Mara
Holton, M.D.



Karen
Hardart, M.D.

 To learn more or to register,
go to AAMCdocsTALK.com
or call 443-481-5555.



*With incontinence,
sneezing often can
cause urine leakage.*

Know the facts

The problem of incontinence is widespread and affects people of all ages, including children and young adults. Consider this:

- › There are several types of incontinence, with stress being the second most common.
- › 13 million Americans are incontinent—85 percent of them are women.
- › 1 in 4 women over age 18 experiences

episodes of leaking urine involuntarily.

- › 1 in 5 adults over age 40 is affected by overactive bladder or recurrent symptoms of urgency and frequency. Many don't reach the toilet before losing urine.
- › At least half of all nursing home residents experience urinary incontinence. Many of them experience loss of bowel control as well.

Source: Agency for Healthcare Research and Quality

The anatomy of smoking



How tobacco affects your body

If you're a smoker, you probably know you should stop. That's a good start, but you need a powerful motivator to follow through. Knowing the truth about the harmful effects of smoking may be what it takes for you to be successful.

Smoking can lead to cancers of the lungs, pancreas, kidneys, cervix, and stomach. Additionally, it can cause leukemia, a cancer of the blood. Smoking also increases your risk for eye diseases and dental problems.

Smoking affects nearly every part of your body, including:

Airways

Delicate tissues in your lungs become inflamed because of smoking. This can lead to serious disorders such as chronic obstructive pulmonary disease. Smoking can also cause cancer to develop in your lungs, throat, and mouth.

Bones and tendons

Smoking increases the risk for osteoporosis (weak bones and fractures) in both men and women. Overuse injuries, such as tendonitis, traumatic injuries, and sprains, are also more likely among smokers, according to the American Academy of Orthopedic Surgeons.

Brain

Blood clots that form in damaged arteries can travel to your brain and cause potentially fatal strokes.

Blood vessels

Damage to blood vessel linings can cause them to narrow, increasing blood pressure and restricting blood flow to the kidneys, stomach, arms, legs, and feet.

Heart

Smoking harms the cells lining the blood vessels and heart, increasing the risk for clots that can lead to a heart attack. Smoking can also contribute to an abdominal aortic aneurysm, the weakening of a major artery near the stomach.

Immune system

Some of the cells that destroy germs in the body are less likely to be found in smokers than nonsmokers. This leaves you at a greater risk for infections.



A few months after AAMC employee Sue Landy quit smoking, she used the money she saved on cigarettes to go on a Key West vacation. To watch the video, go to askAAMC.org/quitsmoking.

What our patients are saying



I am a former smoker and retired firefighter paramedic. I saw COPD (chronic obstructive pulmonary disease) patients every day, so I

know what smoking does to you. I talked on the phone with the AAMC Smoking Cessation folks before I went in to surgery. They gave me information about quitting. I quit very shortly before surgery—I wanted to do it for my own health and so I would heal faster. The doctor tells you—and evidence shows—if the patient's a nonsmoker, they heal faster.

—Jerry Norton, Owings Mills, Md.



Since I quit smoking, I've become a better friend because I can actually concentrate on what they're saying and really listen. When I was still

smoking, they would be talking and I would be listening, but I would also be thinking, 'OK, hurry this up, because I'm going to have to run outside and have a cigarette.' And now I don't have to do that anymore. I can just concentrate on what they're saying and listen.

—Patricia Markel, Crownsville, Md.



There's another list that's much more encouraging—the benefits of giving up smoking. Check it out, along with the American Cancer Society's guide to quitting smoking, at morehealth.org/quit4good.


AAMC lung screening program: It's a team approach



Stephen
Cattaneo, M.D.


AAMC's new lung screening program evaluates patients who are at high risk for developing lung cancer because of smoking. But the program isn't just about lung cancer—it's about lung health.

"We are excited about our screening program, since we now know that high-risk patients can live longer following low-dose computed tomography (CT) lung screening," says Stephen Cattaneo, M.D., director of thoracic oncology. "However, to fully benefit from screening, a collaborative effort is needed to not only find abnormalities, but also to properly care for them. That's why we created the Rapid Access Chest and Lung Assessment Program, with its team of experts from many different specialties."

 Find out if you qualify for our lung screening program by using our online assessment at askAAMC.org/lungscreening.

Program goals

- › Provide low-dose CT scan screening for patients at increased risk for lung cancer.
- › Provide a team approach among AAMC physicians, with ongoing follow-up for both noncancerous and cancerous conditions.
- › Provide timely evaluations and treatment plans for you and your referring physician.
- › Emphasize the importance of smoking cessation for health benefits that extend far beyond decreasing the risk of lung cancer.
- › Provide an opportunity to participate in a smoking cessation program or get individualized support from our counselors.

 Learn about our smoking cessation classes at AAMCevents.org. Or call 443-481-5555.



YOUR PARTNER IN THE JOURNEY

Cancer survivorship program

Patients completing treatment for cancer are often surprised that they feel more scared than relieved. They wonder, *What's next? How am I being monitored for recurrence? Which providers are responsible for what? How do I manage these symptoms? What is "normal" anymore?*



Monique
Willingham, N.P.

AAMC's cancer survivorship program, led by Ravin Garg, M.D., medical oncologist, and supported in part by a grant from Susan G. Komen of Maryland, works with breast cancer survivors to help answer some of those questions. The vision of AAMC's Geaton and Jo Ann DeCesaris Cancer Institute is to expand services to multiple cancer diagnoses.

Tools to empower

"We want our patients to be empowered, proactive, and aware throughout their lifetime survivorship journey," says





Ravin Garg, M.D.

Monique Willingham, a nurse practitioner with the survivorship program. Patients get a comprehensive treatment summary and future care plan during their visit. The patient's providers also receive the plan to ensure optimal care and communication.

We also have a support program that addresses the emotional, physical, and spiritual needs of cancer survivors, and our program connects patients to community resources. The ultimate goal is for our patients to live life to the fullest.



 Be inspired by survivors—watch their stories at askAAMC.org/survivorship.

 Find out more about cancer prevention, support programs and the AAMC Breast Center—visit askAAMC.org/breast or call 443-481-5301.



Women: This story could save your life

At 44, Lynne Powell never suspected a heart attack was coming. For many who know her, it was an astounding wake-up call.

The Severna Park mother of two had been a fitness instructor for 15 years. Her blood pressure and cholesterol were normal. Yet one morning she woke with pain in her jaw and a bit of tightness in her chest. She went about her routine and saw her children off to

school, but something didn't feel right.

Powell went online to research her symptoms. Surprised to find they fit the criteria for heart attacks in women, she called a friend, who insisted that she call 911.

"I wasn't the typical heart attack victim," Powell says. "And I didn't want to be overreacting." But she wasn't overreacting—she was having a heart attack.

Listen to your heart

"It's a common misconception that

people who are physically very fit cannot develop heart disease," says Marco Mejia, M.D., interventional cardiologist with AAMC, who treated Powell that day. According to Dr. Mejia, women tend to delay treatment because their symptoms can differ from classic male heart attack signs. Women may feel unusually fatigued or have



Marco
Mejia, M.D.

Venus and Mars: Heart-Healthy Together



Stephanie
Jacobs,
M.D.



Kofi
Essandoh,
M.D.

When: Thursday, Feb. 16, 6pm
Where: AAMC Health Sciences Pavilion,
Doordan Institute

Guests Stephanie Jacobs, M.D., and Kofi Essandoh, M.D., will address men's and women's heart attack warning signs, family history and genetics, and lifestyle and nutrition.



For more information and to register, go to AAMCdocsTALK.com
or call 443-481-5555.



Lynne Powell is glad she paid attention to her symptoms. Doing so saved her life.

shortness of breath or a general feeling of being unwell.

Lifesaving success

Powell's ambulance team performed an electrocardiogram, and when she arrived at the AAMC emergency department, she was rushed to the cardiac catheterization lab for an emergency coronary angiogram. The imaging allowed Dr. Mejia to see that her arteries were narrowed across a broad area with no localized blockage to clear, so he determined that medication was the best treatment.

The rapid response and quick diagnosis is part of a program called C-PORT, which AAMC adopted nearly 10 years ago. It requires a specialized team of physicians, nurses, and radiologic technologists who are on call 24 hours a day to rapidly evaluate and diagnose cardiac patients.

"The C-PORT program saves

lives," Dr. Mejia says. "It also improves outcomes by minimizing damage to the heart, which, in turn, improves long-term health."

Dr. Mejia attributes the program's success to the collaboration of emergency medical services in the field, the AAMC emergency department staff, the catheterization lab, and interventional cardiologists. Their quick diagnosis and rapid response made all the difference for Powell.

Eight weeks after her heart attack, Powell returned to fitness instruction and recently added Zumba to her repertoire.

"A heart attack was never a consideration for our family," says her husband, Mark. "It has continued to be a reminder of how fragile and precious our lives are, and we are immensely grateful to the great staff at AAMC for saving her life."

Take heart: Women and heart attacks

When it comes to heart attacks, there's no one-size-fits-all.

The warning signs usually associated with heart attacks in men, such as chest pain and discomfort, may not apply to women.

Their warning signs may be different and surprising—such as neck and jaw pain or fatigue. Make sure the women in your life know to get help immediately if they have any of the symptoms listed below for more than five minutes.


Need to know

Women's heart attack warning signs:

- › Jaw, neck, and back pain.
- › Trouble sleeping.
- › Indigestion and heartburn.
- › Nausea or vomiting.
- › Extreme fatigue.
- › Trouble breathing.

Never dismiss possible heart attack symptoms. If the symptoms last for more than five minutes, call 911 right away. Early treatment could save your life or that of someone you love, so share these tips with the women in your life.

 **Get more in-depth information about women's heart attacks, including warning signs and lifestyle and nutrition tips for prevention. Visit askAAMC.org/magazine for your free booklet.**

 Looking for more ways to love your heart? Attend the Rhythm and Rouge Gala! Turn to page 14 for details.

Don't get sidelined by a sports injury

You don't have to run, throw, or swing like a pro athlete to get hurt like one. No matter what type of game you play or how good you are at it, injuries are a part of sports.



Edward McDevitt, M.D., is a member of the communications committee of the American Academy of Orthopaedic Surgeons. He has served as team physician at the United States Naval Academy and orthopedic specialist for the U.S. Congress.

"If you take part in sports, you run the risk of getting injured," says Edward McDevitt, M.D., a sports medicine specialist at AAMC. "But there are things you can do to get yourself in proper shape for sports and avoid injuries."

Common mishaps

Accidents cause some sports injuries.

Others are the result of poor training or conditioning practices, improper equipment, or insufficient warm-ups and stretching.

You can injure any part of your body during a sporting event. But most sports injuries involve the musculo-skeletal system, which includes muscles, bones, and tissues, such as cartilage and ligaments.

Prevention strategies

While injuries will always be a part of sports, there are plenty of ways to reduce your risk. And it's important not to overdo it—don't try to get in a week's worth of activities in one or two days.

Some more tips for staying injury-free:

- Get in shape before taking part in sports.
- Build up your exercise level gradually.
- Stretch before and after physical activity.
- Always use appropriate protective gear.
- Learn to play your sport the right way.
- Know your body's limits.

And remember, there is never a good reason to try to play through pain. When you have pain from a particular movement or activity, stop the activity right away.

If you do get hurt

Many sports injuries can be treated with rest and rehabilitation. "The vast majority of sports injuries do not require surgery," Dr. McDevitt says. However, in some cases, surgery is needed to fix torn tendons and ligaments or to put broken bones back into place.

"Sports injuries that require surgery vary according to the severity of the injury, the amount of displacement of a fracture, and whether or not the fracture extends into a joint," Dr. McDevitt says.

Rehabilitation is a key part of treatment for any injury. It involves exercise to get the injured body part back to normal.

Finally, it's important to listen to your doctor. He or she will tell you that you shouldn't try to return to your sport until you're properly healed and can play without pain.

Stay in the Game: Sports Health

When: Thursday, March 29, 6pm

**Where: AAMC Health Sciences Pavilion,
Doordan Institute**

Special guests include Christina Morganti, M.D., and Robert Verklin, M.D. We'll also have ask-the-expert sessions focusing on bone health and osteoporosis, injury prevention, and wellness.



Christina
Morganti, M.D.



Robert
Verklin, M.D.



For more or to register, go to **AAMC docsTALK.com** or call **443-481-5555**.



Play defense: Know the signs of sports injuries


Injury type	What is it?	What are the signs?
Sprains	A sprain is a stretch or tear of a ligament—the band of connective tissues that joins the end of one bone to another. Ankles, knees, and wrists are the parts of your body you are most likely to sprain.	Signs of a sprain include tenderness and pain, bruising, swelling, and trouble moving the affected joint or limb. Sprains can range from mildly stretched ligaments to complete tears.
Strains	A strain is a twist, pull, or tear of a muscle or tendon—the tissue that connects a muscle to a bone.	Signs of a strain include pain, muscle spasms, and loss of strength. Strains can range from mild pulls or tears to the complete rupture of part of a muscle.
Shin splints	Shin splints cause pain and tenderness along or just inside the shin bone. Pain can also occur in the foot and ankle or at the inner edge of the bone where it meets the calf muscle.	Risk factors for shin splints include overtraining, running or jumping on hard surfaces, and running in shoes that don't provide enough support.
Knee injuries	Knee injuries can result from a blow or a twist to the knee, from an improper landing after a jump, and from running too hard or too much or without a proper warm-up. They are especially common in female athletes.	Signs of a knee injury include a popping noise, severe pain, inability to move the knee, and swelling.
Achilles tendon injuries	The Achilles tendon is the largest tendon in the body, connecting the calf muscle to the heel bone. It is also the most frequently ruptured tendon.	Signs of Achilles tendon problems include pain after exercise that gradually becomes worse, morning tenderness above the point where the tendon meets the heel bone, stiffness, and swelling.

Fractures


A fracture is a break in the bone that can occur either from a quick, one-time injury to the bone (acute fracture) or from repeated stress to the bone over time (stress fracture). Acute fractures can be simple—a clean break with little damage to surrounding tissue—or compound, a break in which the bone pierces the skin. A compound fracture is especially dangerous.

The most common signs of a stress fracture are pain that worsens with weight-bearing activity, tenderness, and swelling.

Free booklet offer

 From proper stretching to buying the right shoes, the information in this 32-page guide can help you stay healthy. Just go to askAAMC.org/magazine to make your request or call 443-481-5555.

Winter exercise tips



As the daylight wanes and the temperature drops, we're all tempted to hibernate inside rather than continue to exercise outdoors. But exercising in the cold can be fun and invigorating. Here are a few simple suggestions for safe winter workouts:

- 1 Wear layers of noncotton clothes to help avoid getting cold from sweating.
- 2 Wear a hat and gloves or mittens.
- 3 Be cautious if you exercise toward the end of the day—the temperature can drop rapidly, and it's easy to get too cold.
- 4 Stay well-hydrated at all times.
- 5 Be careful on slippery sidewalks and streets.
- 6 Opt for the gym on days when it's too cold or stormy.
- 7 Join a local running group, commit to meeting a friend, or go to a regular class at the gym.
- 8 Register for a fun run or race.

Always check with your healthcare provider before beginning or modifying an exercise plan.

These tips are from Jeffrey Spencer, M.D., a certified running coach for the Runner's Club of America and an ultramarathon runner.




Foundation announces the Baldwin Society

At this year's holiday donor luncheon, AAMC Foundation Board of Directors Chairman John Belcher announced the creation of the Thomas I. and Peggy A. Baldwin Society.

Named for the founder and first chair of the Foundation, Tom Baldwin and his wife Peggy, the Baldwin Society honors individuals, families and businesses that donate a gift of \$10,000 each year to AAMC. These gifts support a variety of programs and services as well as help to fund important new technologies, equipment, and facilities.

"The AAMC Foundation is grateful to this society for making a palpable difference each year in the lives of countless people who seek AAMC for healthcare services," Belcher says. "These individuals and businesses are helping to perpetuate a strong history of philanthropic support that has been instrumental in AAMC's growth and success in providing superior care for all who live, work, and play in this region."

 For more information about the Baldwin Society, contact Jan Wood at 443-481-4732 or jwood3@aahs.org.



First AAMC Foundation Chairman Tom Baldwin and wife Peggy



Turn the beat around— at Rhythm and Rouge

The AAMC Foundation recently hosted friends, gala committee members and event sponsors to acknowledge their support for the 2011 gala held last April. BB&T Bank's Chesapeake Region President Rick Springer and his wife, Jill, are co-chairing the 2012 gala and will play an important role in helping organize the April event to benefit cardiovascular services at AAMC.

"Jill and I are honored to be involved with such a dynamic group of people coming together for this

very important cause," Springer says.

More than 800 guests are expected to attend what has become one of the largest fundraising events in the central Maryland region. The 2012 gala—Rhythm and Rouge—will be held April 28 at the Baltimore Hyatt in support of the Heart and Vascular Institute. Sponsorships start at \$5,000 for a table of 10. There are a variety of sponsorship packages and marketing opportunities available.



From left: Larry and Liz Ulvila, Insurance Solutions; Rook Rogers, E-Landscape Specialty Solutions, LLC; Chuck and Sandy Goodman, CR Goodman & Associates, LLC




To learn more about the 2012 AAMC gala, tickets and sponsorship opportunities, contact Kendra Houghton, AAMC Foundation, at 443-481-4747 or khoughton@aahs.org.

Invest in great health care

If you have a will, you have a way to affect the future of health care. Please consider including the following language in your will or trust:

I give \$_____ or _____ percent of the residue of my estate to the Anne Arundel Medical Center Foundation, a tax exempt 501(c)(3) organization with a federal taxpayer identification number of 52-1331298, located at 2001 Medical Parkway, Sajak Pavilion, Suite 550, Annapolis, MD 21401.

 If you have questions, need help in finding a lawyer, or wish to inform us that you have already included us in your plans, please contact Bob Harrison at 443-481-4747 or rharrison@aahs.org. You also can learn more at askAAMC.org/giftplanning.



AAMC Golf Classic a swinging success

On Sept. 19, 2011, the AAMC Foundation held its 22nd annual Golf Classic at the Chartwell Golf and Country Club. This year's tournament raised more than \$190,000 to benefit AAMC's expanded emergency department.

Thanks to all of our sponsors, especially to our presenting sponsors: The Whiting-Turner Contracting Company; Manganaro MidAtlantic, LLC; E-Landscape Specialty Solutions, LLC; Rook Rogers, E-Landscape Specialty Solutions, LLC; Tori Bayless, president and CEO, AAMC; Michael Hughes, WRNR Radio 103.1 FM; and Kevin Critchlow, Manganaro MidAtlantic, LLC

1 From left: Sanford Robbins, M.D., AAMC, 2011 Golf Classic Golf Chair; Frank Palmer, The Whiting-Turner Contracting Company; Eric Drenner, E-Landscape Specialty Solutions, LLC; Rook Rogers, E-Landscape Specialty Solutions, LLC; Tori Bayless, president and CEO, AAMC; Michael Hughes, WRNR Radio 103.1 FM; and Kevin Critchlow, Manganaro MidAtlantic, LLC

2 Bayless and Dr. Robbins

3 From left: Shirley Knelly, AAMC vice president of quality, president of Pathways; Tim Brooks, Bank of America; and Cathy Martin, Adelman, Sheff & Smith

4 From left: Brian Goff, Insurance Solutions, Dr. Robbins; Mike Moraz, The Whiting-Turner Contracting Company; and Critchlow

5 From left: Rogers, Bayless, and Drenner



A message from the Foundation

The Heritage Society was founded in 1991. If you have included us in your plans, we would like to give you this pin to show our profound gratitude. Learn more at askAAMC.org/foundation.



Events & Classes

January | February | March | April

We've made it easier than ever to research and find classes at AAMC. Our online calendar of events is searchable, includes a shopping cart (just like online retailers), and allows you to register any time of day or night. Check it out at AAMCevents.org.

Here is a key:

FEE: Some classes include a fee to pay for instructors, teaching guides, and other expenses. Fees are noted when you register or make an individual appointment.

FREE: AAMC offers many free programs to benefit our community. These educational programs are part of our ongoing mission to improve your health status.

LOCATION: Most classes are held at AAMC. When you register, the location will be noted online, and you should receive a confirmation email explaining the place to go.

REGISTER: Unless otherwise noted, you can register for classes online or call the number listed.

theFacts: askAAMC

Feeling iffy? If the Internet isn't giving you the answer to your health concern—or if it's just confusing you—our nurse advice line, askAAMC, is here for you. Just call **443-481-4000**, and a nurse will talk to you about symptoms and give you advice on what steps to take.

Number of RNs at askAAMC:

12

Combined years of experience in nursing:

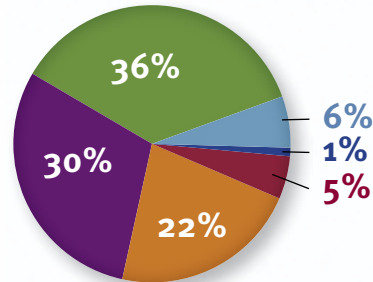
285

Combined years of experience in phone-advice nursing:

nearly **100**

Most common advice given:

- See doctor
- Home/self care
- Go to ER
- Call 911
- Call poison control
- Other



Top 10

reasons for calls to askAAMC:

- 1** Cough, colds, flu in children
- 2** Abdominal pain
- 3** Headache
- 4** Fever
- 5** Bites and stings
- 6** Rash and skin irritation
- 7** Bowel issues
- 8** Urinary symptoms (female)
- 9** Breathing problems
- 10** Postoperative questions

Love your heart!

Save-A-Life: Annapolis CPR Day

When: Saturday, March 10, 9am to 3pm
Where: AAMC Health Sciences Pavilion, Doordan Institute

Join us for this free event! Knowing cardiopulmonary resuscitation (CPR) is key to helping save lives. Join the

Annapolis City emergency medical services at AAMC for a learning day with CPR demonstrations, children's entertainment, and much more!

Heartsaver

In an emergency, it's important to act fast. So why not learn the skills you need help

save a life, including CPR? Turn to page 18 to get all the details.

Birth and Baby

Birth Classes Baby? Maybe

Feb. 15 and March 14

For those who want to be prepared before they get pregnant. Health, nutrition, and finances are covered. Check AAMCevents.org for dates in Bowie and Kent Island. **Free.**

Birth Class (four-week series)

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

Cesarean Birth Class

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

Hypnobirthing

Five-week introduction to a holistic approach to labor and delivery. **Fee.**

Marvelous Multiples

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

One Wonderful Day Saturdays, 9am to 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.**

Teen Birth Class

Designed for young women expecting their first baby. **Fee.**

Breastfeeding Breastfeeding Basics

To help you give your baby the best start. **Fee.**



Let us know to expect you!

You're pregnant. You've decided to have your precious little one at AAMC, a regional leader in birth services. We offer easy online registration at thesafesmartplace.com.

When should you register? We recommend the end of your first trimester. We hold a monthly drawing for cool prizes for all moms who register online.

✉ **COMING SOON!**
"Baby Steps to a Greener Nursery": Create a healthier and more environmentally friendly home for you and your baby. Contact jkeegan@aahs.org for details.



Breastfeeding and the Working Mother

For expectant/breastfeeding mothers who plan to return to work and continue breastfeeding. **Fee.**

Family Education Newborn Care

Expectant parents learn to bathe and diaper, swaddle and comfort, choose and prepare infant 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 baby really is different these days. **Fee.**

Car Seat 101

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

Super Sitter

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

Tours

Clatanoff Tour

› **Thursdays, 6:30pm and 8pm**

› **One Saturday each month, 1:30 and 3pm**

One-hour tour for pregnant women and their partners to preview the birthing facility. Plan to take the Clatanoff Tour early in pregnancy. **Free** (tours require registration).

Prospective Parent Tour

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

School's in session at the safe, smart place, with classes on everything from family planning to child care! We're here to help you navigate the winding road to parenthood. Visit thesafesmartplace.com for more information.



AAMC Family Educator Denise White shares her favorite tips, resources, and more for prospective and new parents at the Safe, Smart U. Join the conversation at facebook.com/SafeSmartU.



Events & Classes

January | February | March | April

Healthy Living

Aches and Pains

Hip and Knee Pain? How to Get Relief

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. Locations include Annapolis, Bowie, Kent Island, Odenton, and Pasadena. **Free.**

The Top 10 Things to Do for Arthritis

Feb. 8 or April 11, 11am

Includes discussion on diet, exercise, injections, medications, and surgery. **Free.**

Cancer Support Groups

Moving Forward

First Wednesday of each month, 6:30pm

For breast cancer patients, their families, and caregivers. **Free.**

Transition to Wellness

› **Last Monday of each month, 6:30pm, AAMC Breast Center**

› **First Wednesday of each month, 6:30pm, AAMC Health Services, Kent Island**

For breast cancer patients completing cancer treatment providing a “jumpstart to survivorship.” Provides coping tools, a checklist for healthy living, and more. **Free.**

Head and Neck Cancer Support Group

First Wednesday of each month, 6pm

For patients and families coping with head and neck cancer. **Free.**

Lung Cancer Support Group

Fourth Tuesday of each month, 6:30pm

Provides ongoing emotional support and information to patients and families coping with lung cancer. **Free.**

BodyWorks: Healthy lifestyle class for parents of pre-teens and teens

If you are interested in learning about ways to improve your family's diet and activity habits, join us for BodyWorks, a program for parents of children ages 9 to 15. In this eight-week program, you will learn how to eat healthy, recognize the benefits of physical activity, set goals and an action plan, and get tips on how to work together as a family to adopt a healthy lifestyle by shopping, cooking, and eating together. Call **443-481-6122** to learn more. **Fee** (financial aid available).



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).

Diabetes Support Group

Jan. 25, March 28, 7pm

Provides community and support for adults with diabetes. **Free.**

DocsTalk

Women's Health

Jan. 26, 6pm

Ladies Night: Power to the Pelvis. **Free.**

Cardiovascular Health

Feb. 16, 6pm

Venus and Mars: Heart-Healthy Together. **Free.**

Sports Medicine

March 29, 6pm

Stay in the Game: Sports Health. **Free.**

Healthy Aging

Food for Thought

Second Tuesday of each month, 5pm

Includes dinner. **Free.**

Upcoming topics:

- › Heart Health, featuring Scott Katzen, M.D., **Feb. 14**
- › Colorectal Cancer Awareness, featuring DeCesaris Cancer Center nurses, **March 13**
- › Vision 2020: Planning for Tomorrow's Healthcare, featuring CEO Tori Bayless and Foundation President Lisa Hillman, **April 10**

Annapolis Mallwalkers

Third Thursday of each month, 7:30 to 10am, food court
Free blood pressure screening. **Free.**

Heart and Vascular Dare to C.A.R.E.

This successful, ongoing screening and educational program has helped more than 30,000 community members learn more about their risks for vascular disease and has saved lives. If you are age 60 or over or have other risks, we invite you to learn more about screenings available at our Annapolis, Bowie, and Kent Island locations. Call **410-573-9483**. **Free.**

Heartsaver

The Heartsaver course teaches 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.**

Special Events and Workshops

Living Well With Chronic Conditions

- › **Feb. 7 to March 13 or April 3 to May 8, 9:30am to noon**
- › **Feb. 9 to March 15 or April 5 to May 10, 5 to 7:30pm**

This motivating six-week workshop (profiled on page 3) is designed for people with chronic conditions and their caregivers. Each session builds upon the last to help you set goals, make action plans, and improve your life. Learn how to:

- › Manage your fatigue and pain.
- › Communicate better with your doctors.
- › Decrease your frustration.

- › Eat healthfully.
- › Regain control of your life.

Free.

The Future Is Now! Are You Ready?

AAMC is sponsoring workshops with the Department of Aging and Disabilities. All are held at 6:30pm. Register at aacounty.org/aging, or call **410-222-4464, ext. 3094**. Upcoming topics include:

- › What to Do With Your Stuff, **Feb. 8**, Pascal Senior Center
- › Adaptive Devices and Change to Help You Stay in Your Home, **March 14**, Arnold Senior Center
- › Veterans Benefits, **April 11**, Pascal Senior Center

Smoking Cessation

Become Smoke-Free

March 17, 6 to 7:30pm

This seven-week program helps you break the habit. For individual counseling, call **443-481-5366** or **443-481-5367**. **Free** (fee for out of Anne Arundel County).

Weight Management

L.E.A.R.N. Program

Feb. 8 to April 25, 6:30 to 8pm

Lifestyle, Exercise, Attitudes, Relationships, Nutrition (L.E.A.R.N.) series is a weight-management program taught by a dietitian and exercise physiologist. It features label reading, a grocery shopping tour, and the latest research about getting the most out of workouts. Group atmosphere is motivational, supportive, and informative. **Fee.**

Nutrition Consultation

Make an appointment with a dietitian who can help if you need individual coaching on nutrition. Call **443-481-5364** to learn more. **Fee.**

Fitness—weekly classes and special workshops

It's a great time to get into a fitness routine, and AAMC has more than 25 fitness classes each week to get you energized. Join classes by the month, purchase class cards, or pay a drop-in fee. Learn more at AAMCEvents.org, including specific times and locations.

Weekly Classes

- › Barre.
- › Boot Camp Conditioning.
- › Core + Stretch.
- › Pilates for a Healthy Spine.
- › Pilates With Props.
- › Yoga Pilates Fusion.
- › Yoga and Meditation.
- › Yoga—Gentle Chair.
- › Yoga—The Next Step.
- › Yoga for Boomers.
- › Zumba.

Movement Workshops

Enjoy a wonderful class without a long commitment. These specialty fitness classes are perfect for trying something new. For more information, including specific times and locations, visit AAMCEvents.org and click on “Fitness.”

BLiS Moves

BLiS Moves is a fun fitness and dance-movement class that infuses yoga, martial arts, and African and Latin dance with a period of meditation.

Laughter Yoga

Chase the winter blues away with the power of laughter! When we consciously laugh, our brain begins producing natural mood boosters and even pain-reducing hormones.

Prenatal Yoga

A practice to embrace this wonderful time in a woman's life. Yoga postures and breathing exercises will be practiced to enhance a woman's comfort during pregnancy and birth.

StrongWomen

This evidence-based strength-training program is geared toward midlife and older women. StrongWomen provides knowledge, inspiration, and ongoing support.

Tai Chi for Back Pain and Arthritis

Tai chi is a gentle exercise that originated in China. Recent studies have shown that a tai chi program for people with arthritis or low-back pain is safe and beneficial, resulting in positive outcomes, such as reduced pain, stiffness, and fatigue, and improved physical function, muscle strength, flexibility, mobility, and balance.

Barre, balance and ballet

A varied and balanced workout have kept Ballet Theatre of Maryland's Nicole Kelsch injury-free throughout her nine-year career.

“A lot of injuries in dance come from an imbalance, where one day you have to do something different and the new muscles you are using aren't as strong,” she says.

Whether you are an accomplished athlete or just starting your fitness habits, you can balance your workout routine with one of AAMC's Energize Fitness Classes. Taking a tip from Kelsch's playbook, a ballet-style Barre workout can lengthen muscles for a lean appearance and strengthen important core muscles.



 To learn about the 2012 schedule for the Ballet Theatre of Maryland, which features Kelsch, go to balletmaryland.org.

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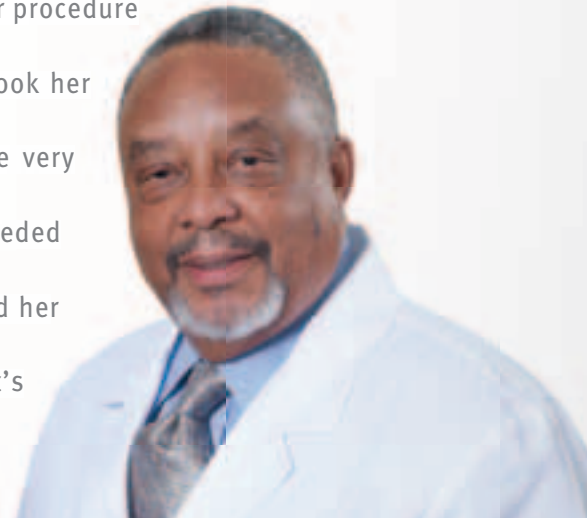


youtube.com/AAMCnews

Before my wife's knee surgery, we wanted answers.

Joel Wilkerson, M.D., Grasonville, Maryland

My wife is an avid tennis player and she wanted information about her procedure and recovery. I reached out to the joint specialists at AAMC. They took her through all the stages and answered all her questions. She's done very well—I still can't keep up with her. And when her close friend needed similar surgery, she came all the way from Phoenix, Arizona, and had her procedure done here, too. Expertise, caring and communication—that's why I refer to the joint specialists at AAMC.



For information about our knee and hip pain seminars, find us online at askAAMC.org/joint. Or call 443-481-5555.

 **Anne Arundel
Medical Center**
Joint Center

These are the doctors you want.