Preventing Cancer:
Color Your Diet with the Power of Food

Prostate, Gynecologic and Thyroid Cancer:
What You Need to Know
President’s Message

Dear Friends,

As a member of Johns Hopkins Medicine, HCGH is dedicated to promoting health education, awareness and disease prevention. We also are committed to being a leader in safety, evidence-based practice, and in providing family-centered care.

As a new member of our community, I am pleased to see such an interest and focus on healthy behaviors – in our schools and throughout our community. Though we are a relatively healthy county, we can always do better. In fact, we are evaluating all of our food and beverage options for the hospital’s patients, employees and visitors. While we already provide healthy meals, especially to our inpatients with dietary restrictions, and we have taken measures to reduce the number and positioning of sugary beverages in the hospital cafeteria, we have plans in place to do more.

I invite you to read the articles in this issue of Wellness Matters that contain disease prevention tips from our experts. Take advantage of the access to this information and take control of your health. Of particular interest is the article on the power of food in preventing cancer. Look for our online articles at hocowellandwise.org for more in-depth information about this topic.

I wish you good health.

Sincerely,

Steven C. Snelgrove
President

Wellness Matters

In this issue, we focus on the active role you can take in preventing and treating cancer. From nutrition tips to early detection, our experts will help provide you with the tools you need to stay healthy.

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Wellness Matters is published by Howard County General Hospital, a private, non-profit, health care provider, and a member of Johns Hopkins Medicine. Your physician should be consulted in regard to matters concerning the medical condition, treatment and needs of your family.

Please direct comments regarding Wellness Matters to 410-740-7810. Hospital Information: 410-740-7890

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New Options for Prostate Cancer Screening

Prostate-specific antigen or “PSA” is a blood test that screens for the level of a protein in the blood that can indicate prostate cancer. For many years, it has been the only screening tool for prostate cancer.

According to the Centers for Disease Control, approximately 30 million PSA screenings are done every year, and about 1.5 million of the screenings are found to be abnormal. Of the one million men who undergo a biopsy due to an abnormal PSA test, 250,000 are diagnosed with prostate cancer. This means that three out of four men with an increased PSA are found to be negative for cancer after having a biopsy.

The American Urology Association (AUA) released its new clinical guidelines on prostate cancer screening in 2013, creating a stir of questions by patients. The panel decided that, from a public health perspective, the current strategy of PSA-based screening that measures the level of enzyme in the prostate provided high rates of over-diagnosis, needless biopsies and over-treatment.

“We still believe the PSA test is the standard,” says Dr. Alan Partin, M.D., Ph.D., chairman, professor and urologist-in-chief of the Department of Urology and the James Buchanan Brady Urological Institute at The Johns Hopkins Hospital. “However, in the past, when an elevated PSA was found and the biopsy was negative, we would routinely biopsy again. Today, due in part to research Johns Hopkins participated in, we can offer two new tests: the Prostate Health Index (PHI) blood test and PCA3 urine test. As these tests become more widely available, urologists will be able to follow those 750,000 men each year and avoid performing some additional biopsies.”

Marc Applestein, M.D., a urologist on staff at HCGH notes that, “These new tests will offer men new options. PHI testing will be more widely available soon and, at present, neither the PHI nor the PCA3 tests are covered by insurance. There is still debate and a lack of consensus about recommendations for men about screening. Men should discuss their family history and when to start PSA testing as well as what new testing options are available with their urologist.”
Thyroid Cancer

A Highly Survivable Cancer with Early Detection

According to the National Cancer Institute, thyroid cancer forms in the thyroid gland, an organ at the front of your voice box (larynx) that makes hormones to help control heart rate, blood pressure, body temperature and metabolism. A healthy thyroid is a little larger than a quarter and usually can’t be felt through the skin.

Thyroid nodules, lumps in the thyroid, are common. Most thyroid nodules are benign and usually not harmful. However, some nodules can be cancer. These malignant cells can travel to nearby lymph nodes and spread through blood vessels to the lungs, liver or bones. It is estimated that 62,980 new cases of thyroid cancer will be diagnosed, and 1,890 deaths from thyroid cancer will occur this year. The incidence of thyroid cancer is increasing.

“Early diagnosis of thyroid cancer is key: The most common types of thyroid cancer can be treated successfully and even cured if they’re found early.”

- Rosalie Naglieri, M.D.

Types of Thyroid Cancer

There are several types of thyroid cancer, but the most common is papillary. Approximately 86 percent of people with thyroid cancer have this type. It usually grows slowly and, if diagnosed early, most people with this type can be cured. According to Dr. Naglieri, “Ninety to ninety-five percent of thyroid cancers are very treatable, and five percent are more aggressive. They are found more often in women in their 20s and 30s, and pregnancy can often accelerate the growth of the cancer.”

Diagnosis

Thyroid cancer is not caught on blood work but typically found during an exam by an internist or gynecologist, or by the patient who notices a lump. Although there are few symptoms of thyroid cancer, being hoarse for no known cause or having trouble swallowing may be signs to have your thyroid examined.

- During the physical exam, your doctor feels your thyroid for lumps (nodules) and checks your neck and nearby lymph nodes for growths or swelling.
- If a mass or nodule is suspected, an ultrasound test can confirm the presence of thyroid nodules.
- During a fine needle aspiration, a sample of thyroid tissue will be biopsied to determine if thyroid cancer is present.

Treatment

“If you are diagnosed with thyroid cancer, your thyroid will be removed by an endocrine surgeon or ear, nose and throat surgeon during a procedure called a thyroidectomy,” says Dr. Naglieri. “Treatment options will depend on the type of thyroid cancer and if lymph nodes are involved.”
Q: How common are lumps in the breast?
Breast lumps are common, particularly in young women in their late teens and early 20s. Women also may feel a breast lump during pregnancy or breastfeeding. Lumps in older women tend to be less common but more dangerous.

Q: What causes breast lumps?
Most breast lumps are benign or “normal;” however, breast lumps also can be caused by cancer. We cannot always explain what causes benign breast lumps.

Q: What are the different types of breast lumps?
Fibroadenomas are benign masses in the breast. They are not cancer and will not become cancer. They occur most often in younger women but also can happen in later years.

Cysts are fluid-filled lumps that may cause pain and are usually benign. Other tumors are less common, can be benign or malignant and should be removed. The important thing to remember is that breast cancer also can present as a lump.

Q: What should you do if you detect a lump?
Any change in the breast should be evaluated by your physician or provider. Your provider will need to know when you noticed the lump and if it has changed in any way; also tell your provider about any changes in the skin or nipple discharge and if you notice any other lumps or changes in the breast or armpit. Tests such as an ultrasound, mammogram or MRI may be ordered.

Q: How are breast lumps treated?
Treatment is determined by the type of breast lump. Most often, a biopsy of the lump will be needed to determine the type. Fibroadenomas can be watched over time for changes. Cysts can be drained with a needle to remove fluid. Other tumors and breast cancer must be removed by a surgeon.

Q: Is there anything you can do to prevent breast lumps?
You may not be able to prevent breast lumps, but for your breast and overall health it is important to eat a healthy diet with fruits and vegetables. Do not smoke, and consume alcohol only in moderation. Exercise and maintain a healthy weight. Perform self-breast exams once a month and have breasts examined annually by a medical provider. Report any changes in your breasts to your provider as soon as you notice them.

Q: Who is at the greatest risk for developing breast lumps?
Anyone can develop a lump, but people who have a prior personal history of breast cancer or family history of breast cancer are at a higher risk of developing a malignant tumor.

Visit hcg.h.org/videos for more information on screening and treatment for breast conditions.
“Food is a powerful arsenal against disease,” says **Lynda McIntyre, R.D., L.D.**, an oncology nutrition specialist with Johns Hopkins Medicine. “Consuming plant-based foods, which are rich in antioxidants, helps to protect the body’s cells from damage and decrease your risk of cancer.”

HCGH oncologist **Nicholas Koutrelakos, M.D.**, agrees, also noting that “eating fruits, vegetables and grains that contain beta carotene and vitamin C can help prevent cancer-causing carcinogens from forming and help to reduce obesity and heart disease.”

**A Brightly Colored Diet**

“I encourage patients to ‘eat the rainbow;’ in other words, eat brightly colored fruits and vegetables that are high in antioxidants,” says Lynda. “Try to consume seven to eight servings of fruits and vegetables each day (three servings of fruit/four servings of vegetables). A serving size is 1/2 cup, and you should try to eat at least one cup at every meal.”

**A Word from the Nutritionist**

How to Add Color and Spice up Your Diet

Lynda recommends eating:

- Foods that are orange and dark green (high in beta carotene): spinach, mangoes, carrots.
- Oranges! One orange contains every anticancer phytochemical that has been discovered. Part of the power of the orange is in the zest itself – adding that to salads increases the nutrition density of that food.
- Cruciferous vegetables: broccoli and kale (four-five times per week).
- Vitamin C-rich foods daily: strawberries, citrus, mango, bell peppers, kiwi.
- A variety of fruits and vegetables - not just one color - but three to four different colors.
Herbs and spices (dried is acceptable and has more concentrated antioxidant benefit).
- Turmeric and curry are healthy additions.
- Cinnamon: Just a half of a teaspoon has as much antioxidant properties as a 1/2 cup of raspberries. Add cinnamon to everything you can think of – cereal, apples, coffee – and it will increase the nutrition density of your food.
- Thyme and oregano are powerful antioxidants – just 1/2 teaspoon provides a lot of health benefits.

Plenty of fiber: 30 grams per day from whole grains, whole wheat, beans (kidney, red, lentils, garbanzo, legumes) and peas.

A combination of foods. Certain foods can maximize nutritional impact when combined. Foods containing beta-carotene, combined with certain fats, bolster nutrition. For example, carrots dipped in hummus and sautéing spinach in olive oil increases the absorption of the beta-carotene. When we combine foods that contain iron with those containing vitamin C, the absorption of iron is increased. For example, a spinach and strawberry salad.

Foods containing Omega 3 fatty acids. “Our bodies do not make these,” says Dr. Koutrelakos. “They have great nutritional benefit and are only found in foods that we eat, such as fish and beans.”

Beyond Fruits and Vegetables

Additional suggestions from Lynda:
- Eat lean protein: turkey breast and chicken breast. You can include lean red meat once a week.
- Your cooking method is important. Keep it “slow and low” temperature whenever possible. Be careful when grilling not to char.
- Marinades with lemon and rosemary or wine and beer help to decrease cancer-causing agents in grilling.
- Limit alcohol intake to three-four times per week.

Dr. Koutrelakos adds:
- Exercise/activity is as important as diet. Studies have shown that people who are sedentary and obese are at a higher risk of getting colorectal cancer. Obesity also can increase your risk of developing breast cancer.
- Maintain a normal body weight. Seventy percent of my patients are overweight. That is directly related to cancer. I am seeing cancer in younger patients, too, who are eating the wrong foods and foods that are too high in fructose (sugar) resulting in an increased body mass index (BMI).
- Keep fat intake low. High fat intake can increase your risk of developing some types of cancers.

Food Myths: Organic? Frozen? Local?

According to Lynda McIntyre, “It is much more important to eat fruits and vegetables than it is to eat organic. I do, however, recommend learning about the Environmental Working Group’s classifications of the Dirty Dozen™ and Clean Fifteen™ with regard to pesticides.

“I tell my patients that what they eat in the highest quantity on the ‘dirty dozen’ should be purchased in organic form if at all possible. You can eliminate up to 90 percent of pesticides by buying these things in their organic form,” she says. “The fruits and vegetables on the ‘clean fifteen’ have a protective coating or leaves that shelter them from pesticides. Also, eating frozen fruits without added sugars and flavoring are just as good and healthy as eating fresh.”

Dr. Koutrelakos, an organic gardener himself, adds, “In my opinion, I think it is important to buy all pesticide-free and organic food and to know where your food comes from. There are many farmers markets throughout the country. Ask where their food originates. Washing fruits and vegetables before consuming is very important. I also encourage my patients to eat fresh versus farm-raised fish and avoid any food containing genetically modified organisms (GMO).” Learn more on the HCGH blog at hocowellandwise.org. Visit http://bit.ly/food_hcgh for the Dirty Dozen™ and Clean Fifteen™ lists.
Gynecologic Cancers
Knowing and Lowering Your Risk

Even though all women are at risk for gynecologic cancers, the risk can be lowered, and treatments work best when these cancers are found early.

Uterine Cancer

Uterine cancer is the most common cancer of the female genital tract, and 2.6 percent of U.S. women will develop uterine cancer in their lifetime. “It often is caught early and usually has a high cure rate because most women have an early warning sign of abnormal bleeding or bleeding after menopause,” says Margot Watson, M.D., chair of the Department of Obstetrics and Gynecology at HCGH. “Women are encouraged to see their gynecologist promptly if they experience heavy or irregular bleeding or, most especially, any bleeding – even spotting – after one year of not having periods.” Long-term use of birth control pills and the levonorgestrel-releasing intrauterine system (IUD) can greatly lessen the risk of uterine cancer.

Margot Watson, M.D., chair of the Department of Obstetrics and Gynecology at HCGH, is a board-certified gynecologist with Signature OB/GYN.
Appointments: 410-884-8000
The strongest risk factors for uterine cancer include being over 50, obesity, never having had children, previous use of Tamoxifen or a long history of irregular menstrual cycles.

Cervical Cancer
Cervical cancer is the only gynecologic cancer for which there is an effective screening test: the Pap smear. It also is highly curable when found and treated early. The human papillomavirus (HPV), which is a sexually transmitted infection, causes cervical cancer. Eighty percent of sexually active adults will acquire HPV by age 50. HPV also causes cancer of the anus, vagina, vulva, penis and many oral cancers; however, there are two vaccines available (Gardasil and Cervarix) which lessen the risk of developing cervical cancer.

“All young people, both boys and girls, should be vaccinated against HPV at age 11 or 12, the ages at which they get the best immune response,” says Dr. Watson. “It is a great advance in medicine that we have a vaccine that lessens the risk of several types of cancer.”

Regardless of sexual activity, women should have their first gynecologist visit at age 15, and Pap smears should begin at age 21. From ages 21-30, women should have yearly gynecological exams and Pap smears every three years if normal. From ages 30-65, women should have yearly exams and Pap smears with HPV testing every five years if their Pap smears are normal.

Ovarian Cancer
About 90 percent of women who get ovarian cancer are older than 40, and the greatest incidence occurs in women over 60. Risk factors are obesity, never having had children and a strong family history of breast or ovarian cancer. Unfortunately, there is no effective screening test for ovarian cancer, and it is difficult to detect in the early stages. Some women do present with symptoms such as abdominal swelling or bloating (due to a mass or a buildup of fluid), pelvic pressure or abdominal pain, difficulty eating or feeling full quickly and/or urinary symptoms (having to go urgently or often). Birth control pills and tubal ligation greatly lessen the risk of ovarian cancer.

“Most of these symptoms also can be caused by other less serious conditions. But if they are present daily for a month or more, you should be evaluated.”

- Margot Watson, M.D.

Genetic Testing: What Can Your Genes Tell You?

BRCA1 and BRCA2 are genes that produce proteins that repair damaged DNA. When either of these genes is mutated or altered, DNA damage may not be repaired properly. Cells are then more likely to develop additional genetic alterations that can lead to cancer.

According to the National Cancer Institute:

- About 12 percent of women will develop breast cancer, but it is estimated that 55 to 65 percent of women who inherit a harmful BRCA1 mutation, and around 45 percent of women who inherit a harmful BRCA2 mutation, will develop breast cancer by age 70.

- About 1.4 percent of women will develop ovarian cancer, but it is estimated that 39 percent of women who inherit a harmful BRCA1 mutation, and 11 to 17 percent of women who inherit a harmful BRCA2 mutation, will develop ovarian cancer by age 70.

- Both men and women who have harmful BRCA1 or BRCA2 mutations may be at increased risk of additional types of cancer.

Genetic tests can check for harmful BRCA1 and BRCA2 mutations in people with a family history of cancer, and several options are available to help a person manage his/her risk. Your physician can determine if these tests are right for you.
New York Life Insurance Company Awards Grant to Support Cancer Resource Center

The Howard Hospital Foundation recently announced that it received a $20,000 Community Impact Grant from the New York Life Insurance Company to help the Claudia Mayer/Tina Broccolino Cancer Resource Center expand support group offerings.

“I am very fortunate to be part of a company that believes in giving back to the communities that we serve,” said S. Paulina Lee Nemec, CLTC, an agent with New York Life’s Columbia Sales Office.

“We are grateful for New York Life’s investment in this program, which will have a lasting effect on the entire community,” said Jan Hines, director of development for the Howard Hospital Foundation. “New York Life’s commitment has helped us to increase our services for cancer patients and their families offered through the center.”

The free support groups are held at the Medical Pavilion at Howard County, 10710 Charter Dr., Suite G050, in Columbia.

Support Group Schedule:

**TOGETHER WE THRIVE**
Patient support group for men and women diagnosed with cancer, where participants can share, explore and be encouraged in a safe environment. First Saturday of month, 10-11:30 a.m. Call 410-740-5858 to register.

**BREAST CANCER SUPPORT GROUP**
Support group for patients and survivors of breast cancer and an opportunity to meet people on a similar journey. Share feelings and receive support and advice. Third Wednesday of month, 7-8:30 p.m. Call 410-964-9100, ext. 5, to register.

**LIVING WITH CANCER**
Designed to meet the needs of men and women with Stage IV or metastatic diseases. Fourth Thursday of month, 7-8:30 p.m. Call 410-964-9100, ext. 5, to register.

**CAREGIVER’S SUPPORT GROUP**
Designed for people who are caring for a loved one with chronic illness and need a safe place to air concerns and receive support. First Tuesday of month, 3:30 p.m. Second Saturday of month 10-11:30 a.m. Call 410-740-5858 to register.
Leading the Way with Generosity and Giving

Howard Hospital Foundation welcomes new members to the Leadership Council

The Leadership Council recognizes donors (individuals, corporations and foundations) who have given $100,000 or more to the Howard Hospital Foundation. The annual dinner, held in May, inducted six new members and recognized current members.

New members include:
Robert Fischell, Sc.D. and Susan Fischell: In recognition of their gift, the third floor of the hospital pavilion is now named The Susan and Robert Fischell Cardiac Monitoring Unit.

Hamel Builders: Longtime supporter of the Foundation’s annual golf tournament and a recent contributor to the new hospital-based domestic violence initiative.

Howard County Tourism & Promotion: Through the Howard County Tourism & Promotion’s “Blossoms of Hope” program, has supported the Claudia Mayer/Tina Broccolino Cancer Resource Center for many years.

Creig and Carla Northrop: Donated to support the HCGH Campus Development Plan.

Macy’s: Longtime lead sponsor of the annual Symphony of Lights.

Jeff Leco and Moira Mattingly: Supported the HCGH neonatal intensive care unit (NICU).

Hospital Auxiliary Needs You!

If you are over the age of 18 and looking to make a difference, the HCGH Auxiliary is looking for new members.

The auxiliary originally included volunteers who wanted to help raise money for HCGH as well as those who wanted to work hands-on at the hospital. Today, under the umbrella of the Howard Hospital Foundation, the auxiliary operates solely as a fundraising arm. Participants are no longer required to be a hospital volunteer and have a mandatory number of volunteer hours.

The Volunteer Auxiliary has experience with various fundraisers such as the holiday gift wrap, the uniform sale, and the Garden of Lights and has always played a strong role in HHF-sponsored fundraising activities. The Rev. Barbara Morton serves as the president of the volunteer auxiliary board and ex-officio member of the HHF’s Board of Trustees.

For information on how you can join the HCGH Auxiliary call 410-740-7840 or visit hchg.org/volunteer.
Matching a Passion with a Purpose

A local couple’s planned gift makes a mark at HCGH

Long-time Howard County residents Tom and Mary Jean Knott had been patients at HCGH over the years and were grateful for the care they received. They had no children and no living siblings, so when the time came to work with their attorney to develop their will, they chose to leave a planned gift to benefit HCGH. With the passing of the Knotts just two years ago, their generous gift to HCGH is being felt throughout the hospital.

Security was important to Tom and Mary Jean, who both spent their entire careers with the Baltimore City Police Department. With this in mind, a portion of their gift will be used to add security features to the medical building parking lot on the HCGH campus to keep patients and visitors safe. New cameras will be installed as well as an emergency phone and gate.

In addition to the new security features, the Knott’s bequest also will fund a scholarship endowment for students pursuing a health care related career. The donation will provide several scholarships each year for Howard Community College students.

In recognition of the Knotts’ love for dogs, a portion of their gift will be used to sustain a pet therapy program that is being developed. Tom, who served in the Baltimore City Police K-9 Corps, was passionate about dogs. According to long-time friend Janet Oken, “Tom traveled internationally training bomb-sniffing dogs and they both judged dog shows all over the country. The Knotts were so dedicated to each other and their dogs, that supporting a program that brings their love of animals to patients would be something the Knotts would have been thrilled about.”

“The Knotts’ philanthropy is an example of the broad impact a planned gift can have. Their generosity ensures that the resources at Howard County General Hospital will provide support to generations to come while complementing their interests in life.”

- Sandy Harriman, vice president of Howard Hospital Foundation

Visit hhf.planningyourlegacy.org or call 410-740-7840 for more information on how you can match your passion with a purpose.
Howard County Garden Club Adds Welcoming Touch to Hospital Entrance

The Howard County Garden Club has installed a beautiful new garden at the entrance of HCGH. With the theme “Circles of Healing,” the garden includes a colorful array of flowers that bloom throughout the year arranged in a circular design.

“Gardens help with healing, and this garden will be welcoming to people as they arrive at the hospital at what could be a stressful time,” explains Laura Warfield, president of the award-winning garden club. Numerous volunteers worked to install the new garden.

HCGH RECEIVES THE MISSION: LIFELINE AWARD

HCGH has been recognized by the American Heart Association (AHA) with the Mission: Lifeline Bronze Receiving Quality Achievement Award for implementing specific quality improvement measures outlined by the AHA for the treatment of patients who suffer severe heart attacks called ST-segment elevation myocardial infarctions (STEMI).

HCGH earned the award by meeting specific criteria and standards of performance for the quick and appropriate treatment of STEMI patients to open the blocked artery. HCGH performs approximately 100 STEMI procedures each year.

“An important aspect of our program is the collaboration of all the levels of care,” explains Bridget Carver, manager of the HCGH Cardiac Catheterization Lab. “From EMS through cardiac rehab and all levels of professionals, that is what really makes the program work!”

HOSPITAL NEWS

2014-2015 Directory of Physicians

The new HCGH Directory of Physicians has been published and mailed to county residents. This year’s directory lists the more than 900 physicians that practice at HCGH in more than 80 specialties and subspecialties. To request a copy, please call 410-740-7810.
Healthy Weight Connection
Kick-start individual lifestyle changes, including diet and exercise, to help you reach a healthier weight. Receive personalized guidance from a certified dietitian. Various nutrition topics and gentle yoga. Tuesdays and Thursdays, 9/16–11/6, 6:30–8 p.m. $195.

Get Moving Again: Total Joint Replacement
Learn about total hip and knee surgery from health care professionals, past patients of Howard County General Hospital’s Joint Academy and Richard Kinnard, M.D. 10/23, 7–9 p.m. Free.

Great American Smoke Out
Stop by for resources to help you quit smoking. Walk-in. Registration not required. Held in the HCGH lobby. 11/20, 11 a.m.–2 p.m. Free.

The ABCs of Getting More ZZZZZZZzs
You’re not alone if you have trouble getting a good night’s sleep - insomnia is the most common sleep disorder. Learn strategies for beating insomnia from Luis Buenaver, M.D., Johns Hopkins behavioral sleep specialist practicing at the Johns Hopkins Center for Sleep at HCGH. 10/2, 7–8:30 p.m. Free.

GET HEALTHY WITH DIET & EXERCISE

Living Well
Learn to manage your health, develop a diet and fitness plan, deal with pain and communicate with health professionals. 410-313-5980. Wednesdays, 9/17–10/29, 5:30–8 p.m. $28.

Living Well For Men
Taught by men and for men only. Learn to manage your health, develop a diet and fitness plan, deal with pain and communicate with health professionals. 410-313-5980. Mondays, 11/3–12/1, 5:30–8 p.m. $28.

Weight Loss Through Bariatric Surgery
Learn about weight-loss surgery from Johns Hopkins Center for Bariatric Surgery. 410-550-KNOW (5669) or hopkinsmedicine.org/jhbmc/bariatrics. 9/23, 10/14, 11/4, 5–6:30 p.m. Free.

Dietary Counseling
Discuss dietary concerns/goals with a registered dietitian. $35/half-hour visit.

The Mall Milers

Looking to Lose Weight
Our certified nutritionist and registered dietitian will discuss physiology and health challenges that affect your weight. 9/4, 7–8:30 p.m. Free.

HEALTHY HEART & LUNGS

Adult/Child/Infant CPR
Learn skills to clear an airway obstruction, perform CPR and how to use an automated external defibrillator (AED). Earn two-year American Heart Association completion card (not a health care provider course). 9/11, 9/22, 10/8, 10/27, 11/11, 5:30–9 p.m. $55.

Smoke-Free Lungs
Education and support for those wanting to quit or who have quit. 9/9, 7–9 p.m. Free.

Cardiac Rehabilitation Program†
Assistance for cardiac patients in the recovery phase following a heart attack, angioplasty or cardiac surgery.

Cardiac Rehabilitation Maintenance†
Exercise for cardiac rehab program graduates. Tuesdays and Fridays, 8 a.m. or 9:30 a.m. $60 per month.

Pulmonary Rehabilitation Maintenance†
Exercise maintenance for pulmonary rehab program graduates. Tuesday and Friday afternoons. $60 per month.

External Enhanced Counterpulsation Therapy†
Non-invasive alternative treatment for patients with stage III or IV angina.

† To schedule an appointment, or for information about all cardiac or pulmonary rehabilitation programs and Medicare and insurance coverage, please call 443-718-3000.
**IMPROVING WITH AGE**

**AARP Driver Safety**
Classroom refresher for ages 50+. 9/26 or 11/7, 10 a.m.–2 p.m. $15/AARP members, $20/others.

**Medicare 101**
Learn about Original Medicare (Parts A and B) and Prescription Drug coverage (Part D). Presented by the State Health Insurance Assistance Program, Howard County Office on Aging. 9/4, 7–8:30 p.m. Free.

**Medicare 102**
Learn about Medicare Health Plans (Part C) and Medicare Supplement Policies. Presented by the State Health Insurance Assistance Program, Howard County Office on Aging. 9/15, 7–8:30 p.m. Free.

**Fitness Fun for Seniors**
Individuals age 60 and older exercise at their own pace. Includes stretching and low-impact exercise. Mondays and Wednesdays, 9:30–10:30 a.m. $32/8-week sessions.

**FREE SCREENING**

**Diabetes Screening and BMI**
Meet with a registered nurse to receive a diabetes screening that includes a glucose blood test, BMI (body mass index) measurement and weight management information. Receive immediate results. Fasting eight hours prior to test is recommended. 10/21, 9 a.m.–1 p.m., or 10/29, 3–6 p.m.

**Depression**
Includes lecture, video, self-assessment and an individual, confidential evaluation with a mental health practitioner. 10/9, 3–5 p.m.

**Ongoing Support Groups:** Support group contact information: hcgh.org or call 410-740-7601.
**Cancer Support Groups:** For information, call 410-740-5858.

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**HEALTHY FAMILIES**

**Prenatal Exercise**
Taught by a certified instructor. Physician permission required. Eight-week session, Wednesdays, 9/17–11/5, 6:30–7:30 p.m. $88/eight sessions.

**Prenatal Class for Your Early Pregnancy**
Parents-to-be and those in the first trimester of pregnancy learn about pregnancy’s early stages. 11/5, 7–9 p.m. Free.

**Happiest Baby on the Block**
Parents and parents-to-be learn techniques to quickly soothe baby. 9/3, 7–9 p.m. $50 per couple (includes parent kits).

**Maybe Baby: Financial Issues for Prospective and New Parents**
A certified financial planner will discuss financial issues involved in starting a family. Leave with a plan to help you feel confident about your finances. 10/16, 6:30–8:30 p.m. Free.

**Maybe Baby: Health Issues to Consider Before Pregnancy**
Learn about decisions to make before and during pregnancy, the changes that will occur to your lifestyle, the importance of parent wellness, health care matters and emotional, physical, environmental and social considerations. Presented by Francisco Rojas, M.D. 10/29, 7–8:30 p.m. Free.

**Choose Your Pediatrician and Promote Your Newborn’s Health**
Learn factors to consider and questions to ask when choosing your pediatrician and ways you can promote your newborn’s health. Presented by Dana Wollney, M.D. 10/21, 7–8:30 p.m. Free.

**FOR CHILDREN & TEENS**

**Essentials in Babysitting**
Learn to manage children, create a safe environment and apply basic emergency techniques. 9/20, 10/25, 11/15, 9 a.m.–1 p.m. $50.

**Kids Self Defense**
Children (8-12) learn basic safety awareness and age-appropriate self-defense techniques. 10/11, 9 a.m.–11 p.m. $27.

**Home Sweet Home**
Children (8–12) and their parents learn ways for children to stay at home alone. 10/25, 9–11 a.m. Free.

**Self Defense for Young Women**
Teens (12–15) learn physical and psychological strategies of self-defense. 11/8, 9–11 a.m. $35.

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**REGISTRATION**

hcgh.org–online registration
410-740-7601–information
410-740-7750–physician referral
410-740-7990–TDD

Advance registration is advised for all programs unless noted. Payment due at registration. A $25 cancellation fee will be applied to cancellations made less than one week before class. Refunds will not be given less than 24 hours before class starts. For cancellations due to low enrollment, full refund will be issued.

Unless noted, all classes are held at HCGH Wellness Center
10710 Charter Drive, Suite 100
Columbia, MD 21044

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**DIABETES**

**Prediabetes**
Our certified diabetes educator and registered dietitian will teach you how to make changes to prevent/delay actual diabetes. 10/9, 7–9 p.m. $15.

**Individualized Diabetes Management**
Learn from a certified diabetes dietitian and nurse how to manage diabetes. 443-718-3000.

**Living with Diabetes**
Learn from an endocrinologist, podiatrist, psychologist, diabetes nurse educator and dietitian. 443-718-3000. 9/12 & 16, 10/17 & 21, 12/5 & 9, 8:30 a.m.–2:30 p.m. in the Bolduc Family Outpatient Center at HCGH.

**Living with Diabetes: Executive Summary**
A condensed version of Living with Diabetes offered in the evening. 443-718-3000. 9/17 & 18, 10/29 & 30, 12/3 & 4, 6–9 p.m.

* Most insurance plans cover all or part of this program.

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**FOCUSING ON BODY & MIND**

**Advance Directives**
Understand what advance directives are, who needs them, how to get them and how to complete them. Leave with an advance directives document. 9/26, 6–7 p.m. Free.

**Women’s Self Defense**
Women (16 and up) learn and practice highly effective, easy-to-learn techniques designed for adult situations. 9/27, 9 a.m.– noon. $50.
OCTOBER
Surviving Survivorship: Living with Cancer Conference
Johns Hopkins Medicine
The Sidney Kimmel Comprehensive Cancer Center
Saturday, October 11/12:00–4:00 p.m.
The BWI Airport Marriott Hotel, 1743 West Nursery Road, Linthicum

16th Annual 50+ EXPO
Howard County Office on Aging
Friday, October 17/9:00 a.m.–4:00 p.m.
Wilde Lake High School, 5460 Trumpeter Road, Columbia
Featuring more than 150 vendors and exhibitors of interest to older adults, families, caregivers, care providers and professionals. Free Admission. For more information, call 410-313-5980.

NOVEMBER
Annual Women’s Health Conference: A Woman’s Journey
Johns Hopkins Medicine
Saturday, November 1/8:15 a.m.–4:15 p.m.
Baltimore Hilton Hotel
Learn from Johns Hopkins doctors as they share the latest advances in medicine. For one day, gather with other women to gain vital information that will help you make informed health care decisions, live well and improve your health, and, in turn, also the health of those you love. To register: hopkinsmedicine.org/awomansjourney/baltimore.

Dazzle Dash Weekend
Saturday, November 15/5:00–7:30 p.m. – Runners only
Sunday, November 16/4:00–7:30 p.m. – Walkers only
Walk or run through the magical outdoor display of holiday lights. Enjoy healthy foods, music, entertainment and giveaways. Sunday’s event includes children’s activities. Register online at hcgh.org/dazzledash. Space is limited.

21st Annual Symphony of Lights Events
Monday, November 17–Sunday, January 4, 2015
Drive throughs open seven days a week from 6:00–10:00 p.m. (Tuesdays 6:30–10:00 p.m.), including holidays; closed December 31 for the Midnight at 7 event. Visit hcgh.org/symphonyoflights for $5 discount coupon for drive-throughs and to learn more about Symphony of Lights festivities: Tail Lights, Bike the Lights, Twinkling Tots and Midnight at 7.