Living Healthier
Achieving a Healthy Weight for Adults and Children
Preventing a Health Crisis
Dear Friend,

We are pleased to inform you that the Board of Trustees named Steven C. Snelgrove president of Howard County General Hospital. An experienced leader with 34 years of health care management in both academic and community hospital settings, he succeeds Vic Broccolino, who retired in January after 24 years of service.

Mr. Snelgrove has been with the Wake Forest Baptist Health System since 1989, holding several positions critical to hospital operations, including vice president of medicine and operations and director of facilities, planning and construction at the main academic campus of the Wake Forest Baptist Medical Center. Most recently, he served as president of two of the health system’s community hospitals, Lexington Medical Center and Davie County Hospital.

Having grown in his career as part of a large hospital system, he brings established skills working with both community and academic-based physicians to advance care in the community.

Mr. Snelgrove’s depth of knowledge about how hospitals work and his extensive understanding of the health care delivery system will serve him well in his new role, allowing him to leverage the strengths of Howard County General Hospital within the Johns Hopkins Medicine community and continue providing outstanding care for the residents of Howard County.

Please join us in welcoming Mr. Snelgrove and his family to Howard County.

Sincerely,

Peter J. Rogers Jr.
Chair, Board of Trustees

In this issue, we look at the significant impact weight can have on your sleep and your child’s health. Your diet also can play a role in your colorectal health. We hope to provide you with the tools you need to be proactive about your well-being and keep you on the road to wellness.

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Wellness Matters is published by Howard County General Hospital, a private, not-for-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.
The National Collaborative on Childhood Obesity Research estimates nearly a third of youths today are overweight or obese; that’s more than 23 million children and teenagers. The Howard County Health Assessment Survey showed that one in two Howard County residents is overweight or obese, and that one in 10 Howard County parents were told by a doctor that their child should lose weight. In a 2008 survey, 17 percent of school-age children were considered overweight and 14 percent obese. Regardless of whether you think your child will outgrow his or her weight issues, childhood obesity has immediate and long-term effects on your child’s health and well-being.

Did You Know?
According to the Centers for Disease Control and Prevention, obese children and adolescents are more likely to:

- Have risk factors for cardiovascular disease such as high cholesterol or high blood pressure
- Experience bone and joint problems, sleep apnea, and social and psychological problems such as stigmatization and poor self-esteem
- Be obese as adults; therefore, they are at greater risk for developing heart disease, type 2 diabetes, and osteoarthritis or having a stroke as well as have an increased risk for many types of cancer, including breast, colon, endometrium, esophagus, kidney, pancreas, gall bladder, thyroid, ovary, cervix and prostate.

What is Overweight vs. Obese?
Obese children and adolescents have a body mass index (BMI) at or above the 95th percentile for their gender and age. The term “overweight” describes those with a BMI at or above the 85th but below the 95th percentile. To calculate your child’s BMI, visit cdc.gov/bmi. According to Edisa Padder, M.D., a pediatrician on staff at Howard County General Hospital, the goal of BMI screening is to recognize the weight gain trends earlier and initiate prevention before serious obesity has developed.
What Can Parents Do?

Dana Wollney, M.D., a pediatrician on staff at HCGH, outlines simple things parents can do to help their children with weight loss:

- Confirm that your child is ready to work on their weight.
- Once they are committed, include their physician as an extra layer of accountability.
- Establish goals so everyone is on the same page; work with your physician to determine what is a reasonable amount of weight loss.
- Change one habit at a time. Once a new habit becomes routine, it is easier to keep and you are more likely to be successful.
- “Close” the kitchen before bed to avoid snacking right before bedtime.
- Offer fresh fruit and vegetables; they will help your child feel full and your child will come to appreciate natural sweetness.
- Pack your child’s lunch for school and be sure to include fresh fruit versus cookies/unhealthy snacks.
- Remember you don’t have to be perfect to claim success—even five pounds of weight loss has health benefits.

“A nutritious diet is necessary to maintain a healthy weight but exercise is important too. Family exercise time is a great way to strengthen both muscles and relationships,” says Dr. Padder. “Exercise does not have to be rigorous. A great way to start being active is simply walking together as a family. And, remember to be a good role model for your children; if your children see you eating healthy and exercising, they will be more likely to do those things too.”

The Depression Factor

“We typically see depression manifest itself in two ways in obese or overweight children. If a child is depressed, often they do not want to exercise, they start eating to make themselves feel better and they become overweight,” says HCGH psychiatrist Robin Toler, M.D. “Children who are already overweight also can be depressed. If your child is being teased and bullied, that negative feedback can cause psychological problems including anxiety, low self-esteem and eating disorders.”

Hallmark signs of depression in children include acting sad, complaining about being tired all the time, being irritable and showing a lack of interest. If your child exhibits these symptoms and your pediatrician cannot find any physical reason, it is time to see a mental health professional.

“Parents need to show their child that they are concerned about their health issues, not their looks. It is important the child feels loved and accepted.”

- Robin Toler, M.D.
Q: **What’s the most important thing you can do for colorectal health?**
Maintain a healthy, active lifestyle. Eat plenty of whole grains, fruit and vegetables; get regular exercise; and maintain a healthy weight. Stay up to date on preventive screenings (see page 6 for details).

Q: **What are the most common colon health issues people experience?**
I frequently see patients who are experiencing a change in bowel habits such as diarrhea or constipation, seeing blood with their bowel movements or having abdominal pain. We also see patients for routine screenings and follow-ups when something is found during a colonoscopy or a patient has a positive fecal occult blood screen.

Q: **Is it normal to see blood after having a bowel movement?**
No. However, some people with hemorrhoids may see a spot of blood from time to time. Your doctor should evaluate you to rule out other concerns or if the bleeding persists.

Q: **What are hemorrhoids and how do you know if you have them?**
Hemorrhoids are cushions of connective and vascular tissue in the anal canal and perineal region. Everyone has hemorrhoids, but most people have no issues. Not everything that is a ‘pain in the butt’ is hemorrhoids; your doctor can tell you.

Q: **How are hemorrhoids treated? What can I do to prevent them?**
While there are a variety of hemorrhoid treatments, the following dietary and behavioral modifications can help prevent and treat them:
- increase fiber intake to at least 20–35 grams per day
- increase water intake and get adequate exercise
- limit bathroom time and avoid straining
If these steps don’t relieve symptoms, your doctor may perform an office-based or operative procedure, depending on the severity of your symptoms.

Q: **What are the risk factors for developing colon cancer?**
Obesity, lack of physical activity, smoking, inflammatory bowel disease and a diet with high amounts of red meat are all risks. Your risk also increases if you have a first-degree relative with a history of colon or rectal cancer—in which case, screenings should start 10 years before your relative was diagnosed and happen at regular intervals.

Q: **How is colon cancer treated?**
Surgery is the most utilized, effective therapy if your colon or rectal cancer is caught early. Depending on the stage of the cancer, chemotherapy and radiation also can be part of treatment. Colonoscopy screening can help catch cancers early and even prevent them through the removal of pre-cancerous polyps.

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**Martha Koch, M.D.,**
is a colorectal surgeon with Colon Rectal Surgical Associates in Ellicott City. **Appointments:** 410-730-1712
Often you only see a doctor when you are sick. However, seeing your primary care physician regularly for screenings and health maintenance can help you prevent disease and avoid a health crisis.

William Saway, M.D., an internal medicine physician with Columbia Medical Practice, likes to see his patients annually so that he can monitor any existing conditions and test for any problems. “The most important thing I tell my patients is to be completely honest with me. We are a team,” says Dr. Saway.

Precursors to a Potential Health Crisis

**HYPERTENSION** (high blood pressure) left untreated can increase your risk of serious health problems such as stroke and heart attack.

**OVERWEIGHT** Your body mass index (BMI) should be monitored so that you do not become morbidly obese.

**TYPE 2 DIABETES** often shows no symptoms. If your blood sugar is monitored regularly and high blood sugar is noted early, the condition can be reversed before becoming type 2 diabetes. For a complete list of diabetes classes offered at HCGH, see page 14.

According to Teresa Love, MS, RD, CDE, a HCGH registered dietitian, the recent National Institutes of Health Look AHEAD study that focused on type 2 diabetes, the disease most affected by being overweight, showed that reducing your weight by seven percent through diet and 150 minutes a week of exercise has a significant impact on the risk factors of type 2 diabetes and reduces blood sugar.

**STRESS/ANXIETY** If you are under a lot of stress, your body is under stress. “The effects of stress are often underestimated,” says Rajiv Dua, M.D., a family medicine physician with Centennial Medical Group. “Stress is defined by the individual and cannot be clearly measured by any test but can affect relationships, sleep, weight, high blood pressure, memory and eating habits. I encourage my patients to examine work-life balance. We need to look at our personal portfolio just like we look at our bank balance. There may be a balance for you but you need to be aware of your stress so you can address it.”

“There is a hormone that is released under stress,” adds Dr. Saway. “Stress hormones cause inflammation and are not a good friend to your organs. Long-term stress can be damaging.”

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**William Saway, M.D.**, specializes in internal medicine with Columbia Medical Practice.

**Appointments:** 410-964-5300

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**Rajiv Dua, M.D.**, specializes in family medicine with Centennial Medical Group.

**Appointments:** 410-730-3399
Preventive Health Screenings
Dr. Saway recommends keeping these screening guidelines in mind when scheduling your doctors’ appointments and talking to your health care providers in order to be proactive about your health and well-being.

<table>
<thead>
<tr>
<th>Type of Screening</th>
<th>Age &amp; Frequency*</th>
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<tbody>
<tr>
<td>Colonoscopy</td>
<td>• Start at age 50 and then every 10 years or annual fecal occult blood testing starting at age 50+</td>
</tr>
<tr>
<td>Blood Pressure/Hypertension</td>
<td>• At least once every 2 years</td>
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<tr>
<td>Blood Tests: Comprehensive Metabolic Panel</td>
<td>• Every year or more often if you have a chronic disease (high blood pressure, diabetes, high cholesterol) or have had a recent change in medications</td>
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<tr>
<td>(Cholesterol); Complete Blood Cell Count</td>
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<tr>
<td>(CBC); Blood Sugar/Diabetes</td>
<td></td>
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<tr>
<td>Skin Examination</td>
<td>• With every annual primary care visit</td>
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<tr>
<td>Sexually Transmitted Disease Screening</td>
<td>• Annual screenings for sexually active patients under 25</td>
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<tr>
<td></td>
<td>• HIV testing is recommended by the CDC at age 15–65 regardless of risk factors</td>
</tr>
<tr>
<td>Eye Exam for Glaucoma</td>
<td>• At least one between the ages of 18–39</td>
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<tr>
<td></td>
<td>• Every 2–4 years between the ages of 40–64</td>
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<tr>
<td></td>
<td>• Every 1–2 years for those 65+</td>
</tr>
<tr>
<td>Thyroid-stimulating Hormone Blood Test</td>
<td>• Every 5 years beginning at age 50</td>
</tr>
<tr>
<td>Bone Density/DEXA Scan</td>
<td>• No more than once every 2 years beginning at age 65 or earlier if strong history of osteoporosis or premature menopause</td>
</tr>
<tr>
<td>Mammogram</td>
<td>• Annual clinical breast exam and monthly self-exam for women 18 and older</td>
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<tr>
<td></td>
<td>• Mammogram for women 40+ repeating every year or two unless there is a strong family history of breast cancer</td>
</tr>
<tr>
<td>Pap Smear</td>
<td>• Annually in sexually active women; repeated every 3 years if 3 consecutive pap smears are normal.</td>
</tr>
<tr>
<td>Testicular, Prostate Exam and PSA Blood Test</td>
<td>• Monthly self testicular exam at age 18 and up</td>
</tr>
<tr>
<td></td>
<td>• Testicular exam at annual physical exam age 18–40</td>
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<tr>
<td></td>
<td>• Annual digital rectal exam or prostate-specific antigen blood test starting at 50; if there is a strong family history of cancer, screening may begin earlier</td>
</tr>
</tbody>
</table>

* Based on your medical history, family history and current health, your physician may recommend starting screenings at an earlier age or conducting screenings more frequently.

From our hospital nutritionist:
Tips That Won’t Tip the Scale

1. Don’t go on a fad diet. Everyone wants fast weight-loss results, but often fad diets are not sustainable.
2. Avoid drinking your calories. Fancy coffee drinks, juices, sodas and alcohol are full of extra calories. Reducing your consumption of these is an easy place to make a change.
3. Don’t skip meals or only eat one meal a day; this can actually cause you to gain weight.
4. No eating out of packages. Processed food lacks nutrients and is high in fat and calories.
5. Slow down, sit down and eat. Don’t eat on the run, standing up or in the car.
6. Eat like it comes off the farm. A potato that is baked is close to the form it was harvested. Mashed potatoes have salt and the wrong kind of fats. French fries add oils and salts when processed. The further away from the farm form, the less healthy the food becomes.

Get the Skinny on Weight Loss with Rajiv Dua, M.D.
What is Sleep Apnea?
The National Sleep Foundation estimates that nearly 18 million Americans have sleep apnea, a condition often found in overweight people. According to Dr. Salvaterra, those with sleep apnea experience one or more pauses in breathing or shallow breaths while sleeping. These breath pauses can last several seconds to minutes and reoccur numerous times in an hour. In some cases, the brain’s only safety net for obtaining a normal breath is by waking the person up; this usually occurs with a loud snort or choking sound. The ongoing stress of repeated drops in oxygen and retention in CO₂ is believed to be the explanation why sleep apnea is associated with an increased risk for stroke, heart failure, abnormal heart rhythms, mood disorder, and poorly controlled diabetes and hypertension.

Often patients with sleep apnea have problems with daytime sleepiness, fatigue, difficulty concentrating and increased irritability. Some patients complain of insomnia. “Having sleep apnea made me feel like I was drunk,” says Bob. “It isn’t so foggy that you pass out; your reactions just slow down. You think it is safe to drive but it isn’t.”

Carmen Salvaterra, M.D., is chief of Pulmonary and Critical Care Medicine at HCGH and practices with Johns Hopkins Community Physicians and the Johns Hopkins Center for Sleep in Columbia.

Appointments:
410-715-1060

Losing Weight Improves Sleep Apnea
Simple Steps One Man Took to Reclaim His Health

Three years ago, Robert Sorin weighed 333 pounds. His wife was concerned he seemed to be walking around in a fog. Even after a few close calls driving, Bob refused to believe there was anything wrong. Undeterred, his wife brought him to HCGH to see pulmonologist and sleep specialist Carmen Salvaterra, M.D., who admitted Bob to the intensive care unit (ICU) where he was placed on a respirator and spent weeks recovering. Final Diagnosis: obesity hypoventilation syndrome and severe sleep apnea.

“Because of Bob’s obesity, he couldn’t breathe deeply. His abdominal fat was pushing up on his lungs making it difficult for him to take a deep breath,” says Dr. Salvaterra. “His ongoing hypoventilation caused him to chronically retain carbon dioxide. To make matters worse, he also had undiagnosed sleep apnea, which complicated his condition further. He was a very sick man.”
Embracing Change

“There is nothing like being in the ICU and almost dying to make you face reality,” says Bob. “When I got out of the hospital, I had a sleep study and was prescribed a continuous positive airway pressure (CPAP) mask so I could get a good night’s sleep. I also made lifestyle changes.”

Bob had been overweight since he was 13 and had type 2 diabetes for decades. “All my diets had been complete successes and total failures at the same time. I lost weight and then gained it back plus some,” says Bob. But, for the two years after his diagnosis, he watched what he ate and exercised. He lost 155 pounds and has kept his weight down for the past year. He no longer has sleep apnea and is not diabetic.

What Worked

According to Bob, the following were vital to his weight-loss success:

- **Don't lose weight too fast** – it won’t last.
- Explore new foods – I discovered it was fun to eat new things.
- **Get familiar with the spice rack** – spices add great flavor without calories.
- **Exercise can be social** – do it with friends.
- **Roast vegetables** – My mother boiled veggies and ruined the taste for me. Cook them the right way, and you can eat a lot of them.
- **Exercise** – cycle, yoga, lift weights, walk on Columbia’s pathways – they are free!
- **Teamwork** – getting better is a team effort. I had ongoing help from a trainer, nutritionist, family and physician.

“The key is to find a way to enjoy the food and the workout,” notes Bob. “Discipline with me only goes so far. I have made things enjoyable. If they weren’t, I wouldn’t have made it this far.”

Seeking Treatment for a Sleep Disorder

Sleep specialists at the Johns Hopkins Center for Sleep, located on the HCGH campus, can diagnose and treat a wide range of sleep disorders in adults and children including sleep apnea, insomnia and restless legs syndrome. For more information, visit [hcgh.org/sleep](http://hcgh.org/sleep).

These HCGH physicians have recently relocated or established new offices in Howard County.

**GENERAL SURGERY**

Jose Mejia, M.D.
Johns Hopkins Community Physicians
11085 Little Patuxent Parkway
Columbia, MD 21044
410-730-1988

**PEDIATRICS**

Michael Lasser, M.D.
Johns Hopkins Community Physicians
6350 Stevens Forest Road #105
Columbia, MD 21046
443-259-3770

**PEDIATRICS cont.**

Henry Chang, M.D.
Dianne Landrum, M.D.
Michele McEwan, M.D.
Christine Reilly, M.D.
Rumneet Saini, M.D.
The Pediatric Center
5900 Waterloo Road #110
Columbia, MD 21045
443-451-1600

**PSYCHIATRY**

Paulo Negro, M.D.
Kolmac Clinic
10632 Little Patuxent Parkway #410
Columbia, MD 21044
443-319-4036

A. Carl Segal, M.D.
10808 Hickory Ridge Road
Columbia, MD 21044
410-997-0140
HCGH Renames Claudia Mayer Cancer Resource Center

The Claudia Mayer Cancer Resource Center has recently changed its name to the Claudia Mayer/Tina Broccolino Cancer Resource Center to recognize Tina Broccolino’s contributions to the center. Established by Tina in 1998, the center was named after Howard County-resident Claudia Mayer, who died of cancer in 1996.

When it opened, the center offered educational resources and a lending library as well as a full-service salon staffed by volunteer stylists from local salons. During the past 15 years, the center has expanded to provide more than 5,000 services last year alone and now offers counseling services, support groups, exercise classes and complementary medicine. The center’s growth and expanded services were made possible in part due to Tina’s tireless efforts to ensure comprehensive cancer services are available to patients and their families right here in our community.

“For the past seven years, I have been a proud volunteer and co-chair, along with Tina Broccolino, of the center’s largest fundraising event,” says Carla Northrop. “Tina not only founded the center, but also has volunteered countless hours of her time and has inspired so many other volunteers, including myself, to join in her quest to raise the funds necessary to keep the center alive. Because of Tina’s vision and her unwavering leadership during the past 15 years, I recommended that the center should be renamed to include her.”

Elizabeth Rendon-Sherman, chairman of the Howard Hospital Foundation board of trustees adds, “Without Tina’s tireless fundraising efforts and the hard work of her outstanding committee members, the center would never have been launched to serve cancer patients in our community. Tina’s tenacious advocacy for the center and all those served by it has yielded tremendous philanthropic support during the past 15 years, and provided visibility for the hospital’s cancer programs through events such as the annual Fretz fundraiser, Cuts Against Cancer and Blossoms of Hope. We are delighted to permanently recognize her contributions.”

The center continues to rely on donations and funds from the community to provide services. To support the center with a donation, visit: hcgh.org/crc.

HCGH Cancer Resources Flourish with Blossoms of Hope

Using proceeds from its Blossoms of Hope tree sales program and the 2013 Cherrybation Days events, Howard County Tourism & Promotion has donated $45,000 to the Claudia Mayer/Tina Broccolino Cancer Resource Center at HCGH.

“The center has been Tourism’s partner from the beginning in this unique marketing initiative that helps brand Howard County as a spring destination for visitors and residents who enjoy giving back to those in our community coping with cancer,” states Rachelina Bonacci, CEO of Howard County Tourism & Promotion. “The work of the center is so unique and meaningful to its clients, helping them heal and filling them with hope. So, as each of these 1,700 Blossoms of Hope trees grow, we can remember and celebrate our loved ones whose lives were touched by the center.”

Since 2004, Blossoms of Hope has awarded the center more than $223,000 in support.

Put Your Whisk to Work for HCGH!

Support HCGH as you savor more than 300 recipes from local celebrities, restaurants, hospital employees and physicians featured in the HCGH 40th Anniversary Cookbook. Available for a limited time for $20 in the hospital’s Gift Shop or $26 online at hcgh.org/cookbook (includes shipping).
HHF Awards Inaugural Rose Mayr Nursing Scholarship

This past August, Mark and Sharon Mayr created the Rose Mayr Nursing Scholarship through HHF in honor of their daughter, Rose Mayr, who was killed after a train derailment in Ellicott City in August 2012. Through the scholarship, which was established with the Howard Community College Educational Foundation, one new scholarship recipient in the HCC nursing program will be selected each academic year to receive $1,500 per semester for up to four consecutive semesters.

According to Mark and Sharon, their request to designate donations in Rose's memory to HHF stemmed from their desire to honor their daughter's aspirations for nursing and benefit the people of Howard County. Their ability to transform tragedy into a powerful memorial has touched Susan Rose, a current student in the HCC nursing program and the first recipient of the Rose Mayr Nursing Scholarship.

“I think it is amazing the Mayrs got together with the HHF and HCC to do something so selfless. I hope I can make them proud and do my best in school,” said Susan, who loves to help people and thought a career in nursing was the best way to do that. “I am so honored to be the one to receive the scholarship. I really want to do well to represent the scholarship's name.”

Those interested in contributing to the Rose Mayr Nursing Scholarship can call 410-740-7840 or visit hcgh.org/give.
Eating for Two?

Your Diet, Your Weight and Gestational Diabetes

Eating for two may be a commonly used expression when referring to pregnancy, but this phrase can be misleading when it comes to the health and well-being of pregnant women and their unborn babies. Thinking about what you eat when you are pregnant and how much you weigh is part of being proactive when it comes to gestational diabetes.

According to the American Diabetes Association, roughly 18 percent of pregnant women develop gestational diabetes—typically around the 24th week of their pregnancy. With gestational diabetes, the body becomes resistant to the insulin it produces during the pregnancy. Without enough insulin, glucose builds up in the blood instead of leaving and being changed into energy.

“A diagnosis of gestational diabetes doesn’t mean you had diabetes before you conceived, nor does it mean you will have diabetes after giving birth, although it does increase your lifetime risk of diabetes,” explains Abimbola Aina-Mumuney, M.D., a specialist in high-risk pregnancies at the Johns Hopkins Maternal Fetal Medicine Center at HCGH. “You need to talk to your doctor about your blood glucose levels to ensure you and your baby remain healthy.”

Thinking About Getting Pregnant?

According to Dr. Aina-Mumuney, taking care of yourself before getting pregnant goes a long way toward having a healthy pregnancy and delivery. She urges overweight patients to talk to their doctor prior to conceiving, so they can be properly prepared for the risks. Pregnancy risks linked to obesity include preeclampsia, diabetes, premature delivery, stillbirth and an increased rate of cesarean section delivery.

Dana Baras, M.D., an obstetrician on staff at HCGH, adds that “not only do overweight women have an increase in the likelihood they’ll have a C-section, but they have an even greater risk of complications of cesarean delivery.”
Weight Gain During Pregnancy
Many women are concerned about “normal” weight gain during pregnancy. “What is normal for one patient is not the same for another,” states Dr. Aina-Mumuney. Data suggests women who are overweight or obese should not gain as much weight as women with an ideal body weight. “A patient in her ideal body weight range could gain weight whereas overweight or obese women may not need to gain additional weight or gain very little,” explains Dr. Aina-Mumuney. “Women carrying twins or multiples may need to gain more weight, so it’s important to talk with your health care provider to determine what’s right for you.”

According to the Institute of Medicine, a normal weight woman should gain between 25–35 pounds during pregnancy. “Women are often surprised that translates to only about 300 extra calories per day, less than three slices of bread,” says Dr. Baras.

What to do if You Have Gestational Diabetes
“We explain the importance of regularly testing blood glucose levels to women with gestational diabetes who come to HCGH’s diabetes program,” says Teresa Love, MS, RD, CDE. “We review their numbers and assess their eating style, focusing on carbohydrates. We help them develop a budget for carbs, outlining how many to eat.”

“Just like you budget at home for other things, now these women have a budget for foods that raise their blood sugar. That is not to say they cannot eat carbs. There is a healthy middle ground in carb consumption.”

- Teresa Love, MS, RD, CDE

Wellness Tips for Women With Gestational Diabetes
Love says women with gestational diabetes should keep these four things in mind:

1. The only beverage containing carbohydrates you should drink is milk.
2. Re-evaluate breakfast. Instead of cereal, choose eggs and toast or cottage cheese.
3. When it comes to diet, you are eating for 1 and ¼—not two. A larger baby doesn’t always mean a healthier baby.
4. Incorporate exercise. You don’t have to be an athlete, but exercise moves glucose into the muscles where it belongs. It is often as effective as medication in terms of treatment.

MAYBE BABY? See page 14 for a listing of classes to prepare for a healthy pregnancy.
SPECIAL EVENTS

Weighing in on Your Child’s Weight
What can you do to help your overweight child? Join a panel discussion with pediatrician Edisa Padder, M.D.; psychiatrist Robin Toler, M.D.; dietician Ashli Greenwald; and exercise specialist Suzie Jeffreys to hear ideas, tips and tools to help your child reach a healthier weight. 3/25, 6:30-8:30 p.m. Free.

Drug Abuse: It’s a Family Matter
Part 1: Understand why people abuse drugs, the signs of abuse, and how families can prevent drug abuse. Part 2: Learn the various classes of drugs of abuse, levels of treatment, how treatment works and why it is the only means to recovery for families. Recommended for parents of children of all ages. Presented by Joseph Gagliardi, M.D. 5/6 & 8, 7–8:30 p.m. Free.

Varicose Vein Screening
Johns Hopkins vascular surgeon Richard Feinberg, M.D., will conduct vein screenings at his Columbia office. 3/5, 5–7 p.m. Free. 410-550-8346.

Care by Certified Nurse Midwives
Learn about your option to have care by certified nurse-midwives throughout your life. Gain insight into midwifery care for routine gynecology as well as family-centered care during pregnancy. Presented by Jackie Notes, CNM, and Kay Mitchell, CNM. 3/18, 7–8:30 p.m. Free.

CPR Across Howard County
American Heart Association Family & Friends CPR for the adult and child victim. For the community and not a certification course. 4/26, 9 a.m.–noon. Free.

Healthy Aging and Care Management
Learn about healthy aging behaviors as well as the challenges and management options to ensure your family member’s function and quality of life. Presented by Susanne Gibbons, CRNP, Ph.D., and Joseph Gibbons, M.D. Elkridge Senior Center (6540 Washington Blvd., Elkridge). Light healthy refreshments. 3/21, 2–3 p.m. Free. Registration advised/walk ins welcome.

March Forth to a Healthy Weight
Learn about new perspectives to support a healthier lifestyle for you and your family. Presented by Raj Dua, M.D. North Laurel Community Center (9411 Whiskey Bottom Rd., Laurel) Light healthy refreshments. 3/4, 5:30–6:30 p.m.; BMI and blood pressure screenings; 6:30–8 p.m. Free. Registration advised/walk ins welcome.

GET HEALTHY WITH DIET & EXERCISE

Healthy Weight, Healthy You
Part 1 – Looking to Lose Weight This Year: Our certified nutritionist and registered dietitian will discuss physiology and health challenges that affect your weight. 4/28, 7–8:30 p.m. Free.
Part 2 – Kitchen Wisdom: Sample food and learn how to spice up healthy meals with herbs and spices. 5/5, 7–8:30 p.m. Free. Register for one or both.

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

The Mall Milers

Weight Loss Through Bariatric Surgery
Learn about weight-loss surgery from Johns Hopkins Center for Bariatric Surgery. 410-550-0409 or hopkinsbayview.org/bariatrics. 3/18, 4/22 or 5/13, 5–6:30 p.m. Free.

Living Well
Learn to manage your health, develop a diet and fitness plan, deal with pain and communicate with health professionals. 410-313-5980. Fridays, 2/21–3/28, 1–3:30 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. Fridays, 4/25–5/30, 10 a.m.–12:30 p.m. $28.

HEALTHY HEART & LUNGS

Adult/Child/Infant CPR and AED
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). 3/11, 3/24, 4/10, 4/24 or 5/6, 5:30–9 p.m. $55.

Cardiac Rehabilitation Program
Assists cardiac patients in the recovery phase following a heart attack, angioplasty or cardiac surgery. 443-718-3000.

Cardiac Rehabilitation Maintenance
Exercise for cardiac rehab program graduates. Tuesdays and Fridays, 8 a.m. or 9:30 a.m. 443-718-3000. $60 per month.

Pulmonary Rehabilitation
Exercise and education to assist patients with lung disease. 443-718-3000.

Pulmonary Rehabilitation Maintenance
Exercise maintenance for pulmonary rehab program graduates. Tuesday and Friday afternoons. 443-718-3000. $60 per month.

Smoke-Free Lungs
Education and support for those wanting to quit or who have quit. Attend one or both sessions. 2/20 or 4/3, 7–9 p.m. Free.

External Enhanced Counterpulsation Therapy
Non-invasive alternative treatment for patients with stage III or IV angina. 443-718-3000.

Blood Pressure Screening and Monitoring
For times and locations: hcgh.org or call 410-740-7601. Free.

VIEW OUR Online Seminars & Videos
When Back Pain Keeps Coming Back
With Oren Blam, M.D.; John Collins, D.O. and Mark Matsunaga, M.D. hcgh.org/seminars

Hernias, Common Types and Treatments
With Kevin Pei, M.D. hcgh.org/seminars

Sleep
With Charlene Gamaldo, M.D. hcgh.org/seminars

Ankle Arthritis
With Patrick Maloney, M.D. hcgh.org/videos
**IMPROVING WITH AGE**

**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. 3/13, 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. 3/27, 7–8:30 p.m. Free.

**HEALTHY BABIES**

**Happiest Baby on the Block**
Parents and parents-to-be learn techniques to quickly soothe the baby. 4/29, 7–9 p.m. $50 per couple (includes parent kits).

**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 Melanie Bhatnagar, M.D. 3/26, 7–8:30 p.m. Free.

**Prenatal Class for Early Pregnancy**
Parents-to-be and those in the first trimester of pregnancy learn about pregnancy’s early stages. 3/19, 7–9 p.m. Free.

**FOR CHILDREN & TEENS**

**Home Sweet Home**
Children (8–12) and their parents learn ways for children to stay at home alone. 3/29, 9–11 a.m. Free.

**Self-Defense for Young Women**
Teens (12–15) learn physical and psychological strategies of self-defense. 3/8, 9–11 a.m. $35.

**SCREENINGS**

**Skin Cancer**
Dermatologist will examine one or two areas of concern. 5/13 & 15, 5–7 p.m. Free.

**Topic of Cancer: Prostate Screening**
Prostate cancer screening including PSA blood test. Presented by Marc Applestein, M.D. 4/17, 4–6 p.m. $15.

**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.

**AARP Driver Safety**
Classroom refresher for ages 50+. 3/7 or 6/30, 10 a.m.–2 p.m. $15/AARP members, $20/others.

**Prenatal Exercise**
Taught by a certified instructor. Physician permission required. Eight-week session, Tuesdays 3/11–4/29, 6:30–7:30 p.m. $88/eight sessions.

**Maybe Baby: Financial Issues for Expectant, New and Prospective 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. 6/11, 7–9 p.m. Free.

**Maybe Baby: Health Issues to Consider Before Pregnancy**
Learn about parent wellness, health care matters and other considerations when starting your family. Presented by Dana Baras, M.D. 4/8, 7–8:30 p.m. Free.

**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. 3/13, 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. 3/27, 7–8:30 p.m. Free.

**DIABETES**

**What Is Prediabetes?**
Understand what prediabetes is and how to prevent/delay actual diabetes. 4/3, 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. 2/14 & 18, 3/21 & 25, and 4/18 & 22, 8:30 a.m.–2:30 p.m. in The Bolduc Family Outpatient Center at HCGH. 443-718-3000.

**Living with Diabetes: Executive Summary**
A condensed version of Living with Diabetes offered in the evening. 2/19 & 20, 3/19 & 20, and 4/16 & 17, 6–9 p.m. 443-718-3000.

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

**FOCUSBING ON BODY & MIND**

**Rewiring Your Neural Pathways of Emotion**
Examine emotional response patterns using imagery, visualization and meditation. 3/12, 7–8:30 p.m. Free.

**Women’s Self Defense**
Women (16 and up) learn and practice highly effective, easy-to-learn techniques designed for adult situations. 5/3, 9 a.m.–noon. $50.

**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. 4/25, 6–7 p.m. Free.

**Ongoing Support Groups:** Support group contact information: hcgh.org or call 410-740-7601.
**Cancer Support Groups:** For information, call 410-740-5858.
calendar 2014 of Events:

MARCH

Latino Health Fair
Saturday, March 15/noon–4 p.m. Free.
Wilde Lake Interfaith Center
Health screenings. Cosponsored by HCGH, Priority Partners and St. John the Evangelist Catholic Church.

APRIL

Living Well Fair
Saturday, April 5/10 a.m.–2 p.m. Free.
HCGH Wellness Center
Sponsored by Women 4 Empowerment and cosponsored by HCGH and the Howard County Muslim Council. Volunteer physicians in multiple specialties will provide health screenings and wellness information.

WomenFest 2014
Saturday, April 26/10 a.m.–3 p.m. Free.
Gary J. Arthur Community Center at Glenwood, Cooksville
Health and wellness event with more than 90 exhibitors, health screenings and seminars. Presented by Howard County Department of Citizen Services’ Office on Aging, howardcountyaging.org/WomenFest

The IronGirl 13.1 Half Marathon & Co-ed 5K
Sunday, April 27, 7 a.m. Shotgun Start
Columbia Town Center
Proceeds benefit the Claudia Mayer/Tina Broccolino Cancer Resource Center. Team CONQUER Cancer, a group of beginner and seasoned athletes, trains and runs races to raise money and awareness for the cancer center. To join Team CONQUER Cancer or volunteer: 410-370-9857. For race information: tricolumbia.org