

AAMC Living Healthier

EARLY FALL 2016

together

TWO WORLDS COLLIDE

Conquering
cancer during
pregnancy

Jessi and Wesley
Collins, Odenton

- » Keeping the Weight Off
- » Beating Breast Cancer
- » Managing ADHD
- » Preventing Text Neck

 Anne Arundel
Medical Center



Together and Far

There is an African proverb that says, “If you want to go fast, go alone. If you want to go far, go together.”

“Going together” is at the heart of what we do each day. Our vision, *Living Healthier Together*, drives our approach to care. Forging community partnerships helps us provide the best care possible for you and your loved ones.

Some of our community partners include the Anne Arundel County Department of Health, The Coordinating Center, the Housing Authority of the City of Annapolis, the Anne Arundel County Department of Aging and Disabilities, Arundel Lodge, area hospitals, skilled nursing facilities, physicians and many more.

Throughout this issue, you will find stories of teamwork:

- » When then-expectant mom Jessi Collins’ intuition told her the breathlessness she was experiencing wasn’t a pregnancy symptom, she found a “miracle team” of AAMC doctors and nurses who listened to her and ultimately saved her life (page 4).
- » Nancy Noel, a storm chaser who survived breast cancer, now channels her energy into coaching recently diagnosed patients, helping them see light at the end of the tunnel (page 8).
- » With the help of the care team at the AAMC Community Clinic, Carolis Boone turned his life around (page 20).

Through collaborative relationships, we work toward a mutual goal: helping you and your family live healthier. Because together, we can go farther than we can alone.

In good health,

Joi

Victoria W. Bayless, President and CEO
Anne Arundel Medical Center

WEB EXTRAS

Watch video, see photos and read more about stories in this issue of *AAMC LIVING HEALTHIER TOGETHER* at askAAMC.org/Living.

Anne Arundel Medical Center (AAMC), a regional health system headquartered in Annapolis, Maryland, serves an area of more than 1 million people. In addition to a 57-acre Annapolis campus, AAMC has outpatient pavilions in Bowie, Kent Island, Odenton, Pasadena and Waugh Chapel.



Beyond Health

2015 Community Benefit Report

AAMC has long been a place of health, hope and healing for our community. But until recently, care has been mostly limited to treating illness within the walls of our hospital, doctors’ offices and other traditional settings.

As healthcare evolves to be part of our everyday lives (think Fitbits, nutrition diaries, and blood pressure monitors at home, the mall and grocery store), we too are evolving how we deliver care.

“We know that many of our sick patients have social needs that prevent them from getting care,” says Christine Crabbs, AAMC’s director of community health improvement.

Often it’s one small thing that pushes people down the path to poor health or a health crisis. For example, a man arrives home after a hospital stay. He is now wheelchair-bound but has no ramp to get up the front steps. He can’t get to the pharmacy to have his medications filled because he has no transportation. He has no family support or financial means. If the man’s basic and social needs aren’t addressed, there’s

a good chance he will wind up back in the emergency room or hospital. And so goes the cycle.

“AAMC is doing what’s called community-based care coordination,” says Patricia Czapp, MD, AAMC’s chair of clinical integration. “It’s a throwback to the days when doctors and nurses and social workers made house visits. We form a trust-based relationship with you and help you navigate the complex world of healthcare and illness, while helping to connect you to other resources. It’s a fundamental step in the direction of enabling healing and independence.”

AAMC ensures people get help at home through community partnerships. “We work with organizations like The Coordinating Center and Hopkins HealthCare to provide care management at home,” says Pamela Hinshaw, director of care management at AAMC. “Our goal is to help people maintain independence at home and in the community, safely and confidently.”

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together

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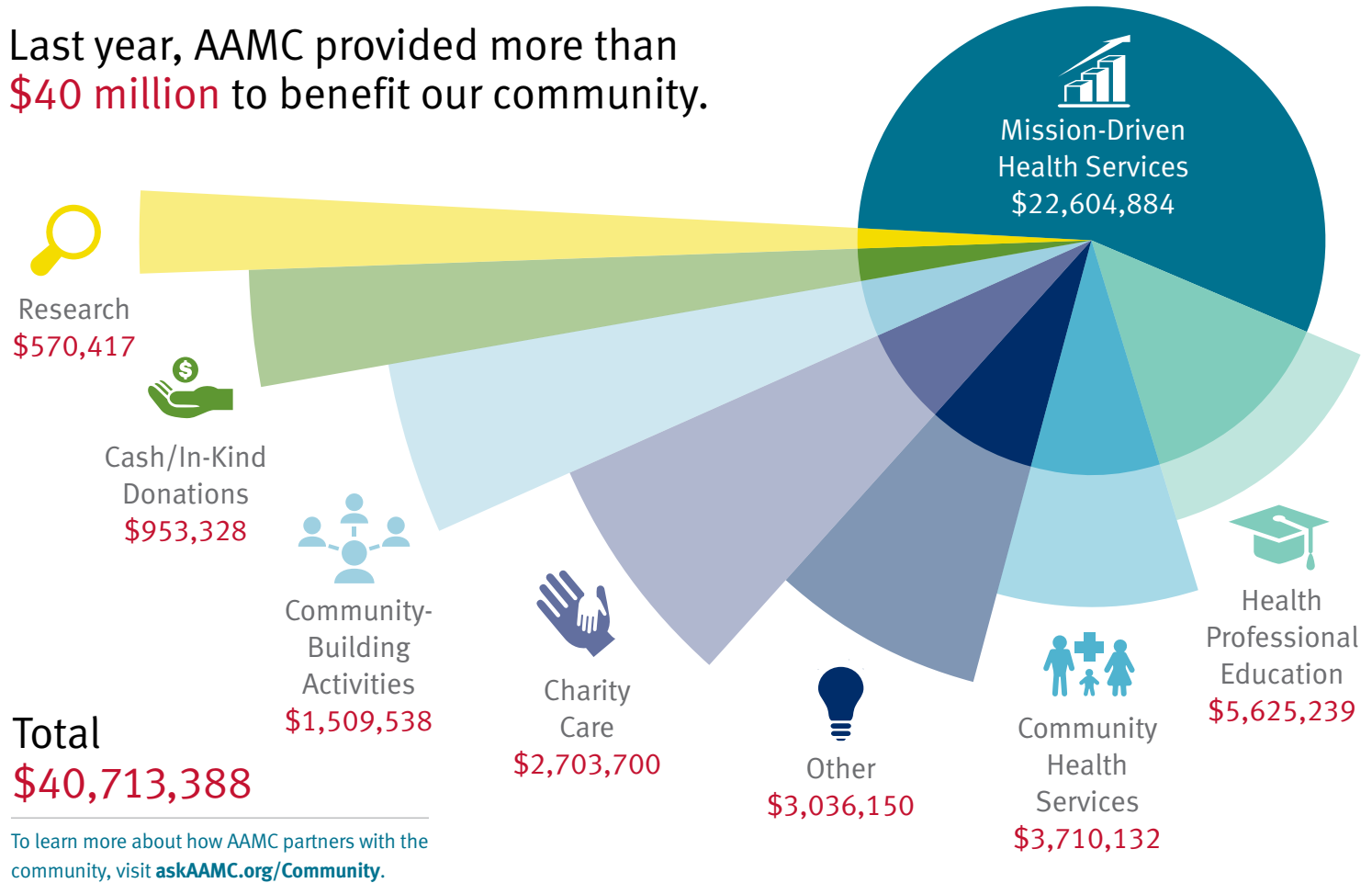
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AAMC Living Healthier Together was created by AAMC to give you and your family information to live healthier. This publication is intended to provide health information to our readers and should not be considered a substitute for consulting with a physician. For copies, call **443-481-5555** or email aamcpr@AAHS.org. If you prefer not to receive future mailings, please visit askAAMC.org/Mailings or call **443-481-5555**.

Care: Human Care

Last year, AAMC provided more than **\$40 million** to benefit our community.



AAMC Launches New Advertising Campaign

New ads star AAMC patients and families

This fall, Anne Arundel Medical Center launched a major advertising campaign that showcases our commitment to partnering with you to live healthier. Look for our campaign (and see if you can find all five of our little-known health facts) in local newspapers and magazines, on our Facebook and Twitter accounts, on county buses and on the radio.

The stars of our advertising campaign? You! That's right, we're featuring local people just like you who have been AAMC patients, as well as their family and friends.



The ads highlight our network of dedicated healthcare providers who are here to help you take control of your health. Whether you're looking for a fitness class or nutrition counseling, or someone to repair your heart or fight your cancer — we've got you covered from head to toe.

Find free health tools at LivingHealthierTogether.org.

Two Worlds

Conquering cancer during pregnancy

“Nothing stopped the feeling that I was choking or drowning. I couldn’t breathe.” In her eighth month of pregnancy, first-time mother-to-be and Odenton resident Jessi Collins was told the shortness of breath she was experiencing was a common pregnancy symptom.

But it kept getting worse. “I couldn’t sit upright, lay on my side, sleep, drive or even stand up for very long without feeling like my oxygen supply was being cut off completely,” Jessi explains. “Going up stairs felt like running a marathon. I was constantly gasping for air.”

For more than two months, Jessi struggled through painful days and sleepless nights. Feeling exhausted, frustrated and helpless, Jessi visited her primary care doctor, who quickly sent her to the emergency room at Anne Arundel Medical Center.

That’s where she learned the real cause of months of strained breathing was not typical pregnancy symptoms, but a massive tumor near her lungs.

Thoracic surgeon Stephen Cattaneo, MD, delivered the official diagnosis to Jessi, her husband, Dan, and

her parents: Jessi had non-Hodgkin’s lymphoma, a type of cancer in the lymph nodes. “It felt very quiet in that moment,” Jessi recalls. “I thought to myself, ‘This cannot be happening. I am 31 years old and 31 weeks pregnant. How can this be?’ It was very surreal. There were times when I was furious and said to myself, ‘This just isn’t fair.’”

A TEAM APPROACH

Processing the joy of a new life on the way while having thoughts of losing her own, Jessi did the only thing she could do: put her faith in the hands of her doctors.

Even before Jessi heard the news of her diagnosis, her “miracle team,” as she refers to them, was already assembling. Dr. Cattaneo; oncologist Ravin Garg, MD; obstetric hospitalist Joe Morris, MD; and maternal fetal medicine specialist William Sweeney, MD, began taking action.

Though each of these doctors focuses on one of two very different conditions, cancer or pregnancy, they all spent many hours meeting to fuse their areas of expertise together, considering all aspects of Jessi and her baby’s health.

“Working as a team allows us to see the whole picture and the whole person — in this case, whole two persons. It’s the art of what we do,” says Dr. Cattaneo.

“Our challenge was devising a treatment plan that would produce quick results and, at the same time, be safe for two patients: mother and baby,” Dr. Garg explains. “Like a football team, we had to work together and rely on each other’s expertise in this complex situation. This was a very aggressive tumor, so time was of the essence.”

With Jessi’s due date only six weeks out, her doctors started her on chemotherapy right away. While pregnant, Jessi went through two rounds of chemo. “The level of care and true concern shown for my wellbeing and my baby was truly amazing,” says Jessi. “But trying to figure out chemo and having a baby; those worlds should never collide for anybody.”

HAPPINESS AND FEAR

On April 15, 2015, Jessi gave birth to her son, Wesley. Thrilled and relieved to have a healthy son, Jessi was also very aware that her cancer battle was not over.

Treating for Two

As you navigate your pregnancy, it’s important to know your own health status to ensure the best possible health for your child. While most pregnancies are generally free from serious problems, several factors can make a pregnancy high risk. A pregnancy may be high risk if the mother:



Has a pre-existing medical condition, such as high blood pressure or diabetes.



Is having multiples.

Is obese.



Is over the age of 35.



May pass on some genetic abnormalities.



If your OB/GYN determines your pregnancy is high risk, he or she may refer you to Anne Arundel Medical Group Maternal Fetal Medicine Specialists. The center offers a number of additional services, including diagnostic procedures, level II obstetric ultrasound, genetic counseling, diabetes education and more. The team will work to ensure your child is healthy and you don’t experience any unexpected hitches throughout your pregnancy.

Did you know? » Over 5,500 babies are born each year at the Women’s and Children’s Center at AAMC. Our team includes OB/GYNs, nurse midwives and maternal fetal medicine specialists. Learn more about the safe, smart place to have your baby at askAAMC.org/Birth.

Collide

Jessi Collins and her husband, Dan, were shocked when she was diagnosed with non-Hodgkin's lymphoma at age 31, while 31 weeks pregnant. She began treatment immediately and gave birth to a healthy son, Wesley, six weeks later.



Jessi was exhausted from chemo treatments. Now, as a brand-new mother, she continued with six more rounds of chemo.

From April to August 2015, Jessi was on a 21-day chemotherapy cycle. She would have four days of at-home chemo using a portable pump, visiting the Geaton and JoAnn DeCesaris Cancer Institute for a refill and evaluation daily. On the fifth day, she would have an eight-hour infusion at the center. Then two weeks later, she would do it all again — and again. The process was draining, both physically and emotionally.

“I had to make a conscious decision to feel hopeful,” explains Jessi. But she didn’t have to look too far to find that hope. “Wes kept me busy and kept me company,” she says. “He forced me to get out of bed in the morning because I knew that somebody needed me. He was the best distraction possible from the cancer treatments. Had he not been around, it would have been so much grimmer and darker.”

A NEW CHAPTER

Exactly four months after giving birth to Wesley, Jessi went to the DeCesaris Cancer Institute for the last time. As the nurses started the IV for her final cancer treatment, Jessi held her healthy, newborn son. Looking at him, she was reminded of his role in getting her to this day. “He helped me get to the bottom of this issue. He helped discover the cancer,” she says.

Jessi sees AAMC as a place of hope, care and comfort. “My miracle team got me to where I am today: cancer-free and a grateful mom, wife and daughter,” says Jessi. “I wouldn’t want to be cared for anywhere else.”

As is the tradition in AAMC’s Infusion Therapy Center, Jessi’s last day of treatment included ringing a bell to mark the end of her cancer treatment and a farewell song from the staff. “I was overwhelmed with gratitude,” she says. “They told me, ‘We love you, but we don’t want to see you anymore!’ Other than the day Wesley was born, it was the best day of my life.”



Stephen Cattaneo, MD



Ravin Garg, MD



Stories » Watch a video of Jessi and read inspiring stories about other patients who beat cancer at AAMC’s DeCesaris Cancer Institute. Visit AAMC’s *Living Healthier Together* blog at askAAMC.org/Living.



Mark is no longer plagued by high blood pressure, high cholesterol, high triglycerides and fatty liver disease. These problems began to resolve soon after surgery, and were completely gone after six months.

“I now take zero medication.”

—Mark Goss



Beating the Odds

Supportive surgery program promotes long-term weight loss

After bariatric surgery in 2014, Mark Goss lost more than 100 pounds — and has kept it off, making healthy new habits into a family affair. His lifestyle change inspired his wife to get fit, which has in turn also inspired the couple’s daughters to become active.

Mark Goss knows how hard it can be to lose weight and keep it off. At age 34, the Annapolis resident and business owner weighed just over 350 pounds. When his primary care doctor warned him that he was headed for early heart disease and stroke, he knew it was time to get healthier for the sake of his wife and two young daughters.

After years of trying a number of weight loss programs that didn’t work for him, Mark was inspired when he attended a free seminar held by AAMC’s Weight Loss and Metabolic Surgery Program. The program’s emphasis on forming healthy, lifelong habits made sense to him. After undergoing surgery in 2014, he lost more than 100 pounds, his weight has remained stable, and he has a new, healthy lifestyle that he knows he can sustain.

“If you are serious about long-term weight loss and getting healthy, the AAMC weight loss surgery program provides an outstanding tool for making the changes that can save your life,” says Mark, who now provides peer support to new and prospective AAMC bariatric patients. “I’m sure it saved mine.”

EVEN BIGGEST LOSERS GAIN

Recent research has shown just how difficult it can be to sustain weight loss like Mark’s. In one study, detailed in a May 2016 *New York Times* article, researchers followed a group of contestants from the reality TV show “The Biggest Loser” for six years after their weight loss. During those years, the contestants’ metabolism actually slowed down. It became harder than normal for them to burn calories, and most regained their weight.

@ On the blog » AAMC surgeons also perform complex hernia repair procedures in combination with weight loss surgery. Read more at askAAMC.org/Living/Hernia.

“Weight loss surgery provides an added advantage to diet and exercise as the only proven, long-term weight loss solution for patients struggling with obesity,” says Alex Gandsas, MD, director of AAMC’s Weight Loss and Metabolic Surgery Program. “But a focus on overall wellness and long-term support is another crucial factor for success. We’ve found that patients do so much better in a program that will support them for the rest of their lives. Surgery is only one of the components on the journey along with nutrition, psychological counseling and medically supervised exercise.”

NO MORE MEDICATION

Mark was a candidate for sleeve gastrectomy, one of two minimally invasive weight loss surgeries offered at AAMC. The small stomach pouch his surgery created now provides a failsafe against overeating, he says. “I can comfortably eat one plate of food, and immediately after that I have an amazingly full feeling.”

Prior to the procedure, he had a complete medical evaluation and physical fitness training. After surgery, program dietitians prescribed him a diet that he says helped him break an addiction to junk food. He also entered the AAMC Bariatric Optimization Program, a carefully monitored exercise regimen. “The program gave me the building blocks I needed to continue exercising on my own with a personal trainer,” he says. He continues to work out regularly and stays away from unhealthy foods.

ALL IN THE FAMILY

Mark’s journey has also had a profound effect on his family’s health. His wife has lost nearly 100 pounds with diet and exercise, and his daughters now ask for the healthy foods they see their parents eating. In addition, the once sedentary family is now active and the kids are enrolled in sports programs. “We are where we should have been to begin with,” he says. “The surgery was a catalyst for a life change.”

Mark now helps guide the program and supports others in his role as a patient and family advisor. And if he needs help, Mark knows he can contact his AAMC team with any questions, concerns or complications. He credits this support as a key factor in his ongoing success. “Everyone’s really friendly and just an email away,” he says.

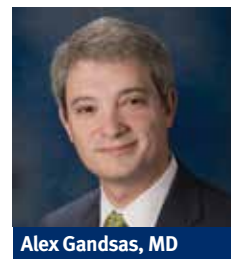
“I struggle the same as everyone, and moderation is still the key. But it’s easy now that I have the mindset and the knowledge to keep my weight under control and to stay fit,” Mark says. “It’s up to the individual to capitalize on the opportunities this program offers, and AAMC makes it easier.”

Surgical Weight Loss Options

AAMC offers two surgical weight loss procedures — sleeve gastrectomy and gastric bypass. Both have been shown to be highly effective in combination with a long-term program of exercise, proper nutrition and medical support.

Each procedure is minimally invasive and creates a small stomach pouch, helping patients feel fuller sooner and stay full longer. As less food is eaten, the body stops storing excess calories and starts using its fat supply for energy. Patients are able to digest food in a normal manner after recovery.

“Bariatric surgery gives you an advantage in addition to diet and exercise, and is the only proven long-term weight loss solution,” says AAMC bariatric surgeon Courtney Doyle, MD. “By changing the anatomy, we help patients curb appetite and limit portions. These changes may also alter the body’s hormones, which can help to suppress appetite.”



Alex Gandsas, MD



Courtney Doyle, MD

Sleeve Gastrectomy

A thin sleeve of stomach about the size of a banana is created using a stapling device. The rest of the stomach is removed.

On average, patients lose **60%** of their excess weight.

Gastric Bypass

A small stomach pouch is created and attached to a section of the small intestine, bypassing other portions of the intestine. On average, patients lose **65–70%** of their excess weight.

Removal and Revision

AAMC’s bariatric surgeons also perform adjustable gastric banding (lap band) removal and revisional surgery for qualified patients who have already undergone bariatric surgery.



What do you have to lose? » Sign up for a free weight loss seminar at AAMCEvents.org, or call 443-481-5555.



Learn more » To learn more about AAMC’s Weight Loss and Metabolic Surgery Program, visit askAAMC.org/WeightLoss.

Knowledge Is Power

3 ways to fight breast cancer



Nancy Noel is an enthusiastic volunteer peer mentor with Survivors Offering Support, where she helps guide women with breast cancer through diagnosis, treatment and survivorship. Watch a video of Nancy sharing her story on our blog at askAAMC.org/Living/Nancy.

1 GET SUPPORT

“Volunteering for Habitat for Humanity helped save my life,” proclaims Nancy Noel, now 71. While helping build townhomes in Annapolis, Nancy took a blow to the chest and the resulting wound refused to heal. Testing eventually led to a diagnosis of Paget disease, an aggressive form of breast cancer. After a total mastectomy, a double course of chemotherapy and six weeks of radiation — all at AAMC — Nancy came through a survivor.

“I simply made the decision to place myself in the hands of my brilliant and caring team and embrace the cure,” Nancy says.

Nancy’s positive attitude led her to become a volunteer peer mentor with Survivors Offering Support (SOS). SOS was created by Denise O’Neil and debuted at AAMC in 2004. It has since expanded to hospitals throughout the mid-Atlantic. The program pairs a newly diagnosed patient with a breast cancer survivor. The mentor provides support and encouragement from diagnosis through recovery.



Nancy took up storm chasing after she completed treatment for a rare, aggressive form of breast cancer.



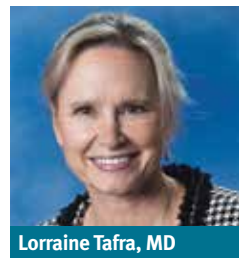
“Most importantly, because we’ve been ‘through it,’ we mentors become valuable ‘pink sisters’ to our mentees. We visit them at chemo, offer a shoulder to lean on and celebrate their treatment milestones,” Nancy explains.

Lorraine Tafra, MD, breast surgeon and medical director of AAMC’s Rebecca Fortney Breast Center, says the SOS peer mentors are an integral part of the cancer team. She says the mentors help newly diagnosed breast cancer patients through the emotional fog that follows diagnosis.

Special training teaches SOS mentors how to avoid offering any medical advice, which comes only from medical professionals.

SOS mentors also help women transition to life after cancer, a time that can be difficult. “There is often fear of re-occurrence and that age-old question, ‘What do I do with the rest of my life?’” Nancy says. “I tell women that they are now official members of what I call the Second Chance Club.”

To ease post-treatment anxiety, Nancy recommends that women fill their lives with things they’ve always wanted to do. She and her husband, Bob, took up storm chasing. “As we stare up into that swirling belly of the beast, I thank AAMC and remind myself that it’s great to be alive.”



Lorraine Tafra, MD



Web exclusive » Read more about how a supportive team of peers and medical professionals can help women with breast cancer make personal treatment choices. It’s on the blog at askAAMC.org/Living/Breast.

2 GET PHYSICAL

More than 60 studies agree that physical activity reduces breast cancer risk in both premenopausal and postmenopausal women. Overall, the studies report that getting at least 30 minutes per day of moderate- to high-intensity physical activity reduces risk. More exercise — in terms of both time and intensity — is even better.

The key to adopting an active lifestyle is choosing activities that make you happy, advises Rubie Sue Jackson, MD, a breast surgeon at the Fortney Breast Center. “If you adopt something that fits naturally into your lifestyle and you find it enjoyable, there’s a much better chance that you’ll stick with the activity long term.”

Here are a few tips to help increase activity and decrease your risk for breast cancer.

-  >> If your destination is in the neighborhood, walk or bike instead of driving.
-  >> Join a recreational sports team, which serves as both physical activity and a social event.
-  >> Add a walk or stretches to your lunch routine.
-  >> Track your steps with a pedometer, smartphone app or fitness tracker. The general goal is 10,000 steps daily.
-  >> Consider an active vacation that includes biking, hiking, walking tours, scuba diving or whatever gets you moving with a smile.



Rubie Sue Jackson, MD

“Studies tell us that postmenopausal women benefit the most from weight control in terms of decreasing breast cancer risks. So it’s really never too late to get up and get active,” Dr. Jackson stresses.

3 UNDERSTAND YOUR RISKS

Every day we take action to protect ourselves from harm. We wear bike helmets, change passwords and slather on sunscreen. Understanding your risk for breast cancer is no different. This starts with a conversation with your doctor to help you make informed decisions to reduce your risk.

You can control some risk factors. Maintaining a healthy weight and an active lifestyle, along with avoiding tobacco and limiting alcohol, are all ways you can lower your risk for breast cancer. Other risks are outside of your control, such as inheriting a BRCA gene mutation or having a family history of first-degree relatives with breast, ovarian or colon cancer.

“These are red flags that suggest a woman should talk to her doctor about risk assessment testing and genetic counseling,” explains Robert Buras, MD, an AAMC breast surgeon and part of the Fortney Breast Center’s Risk Assessment and Prevention (RAPP) program.

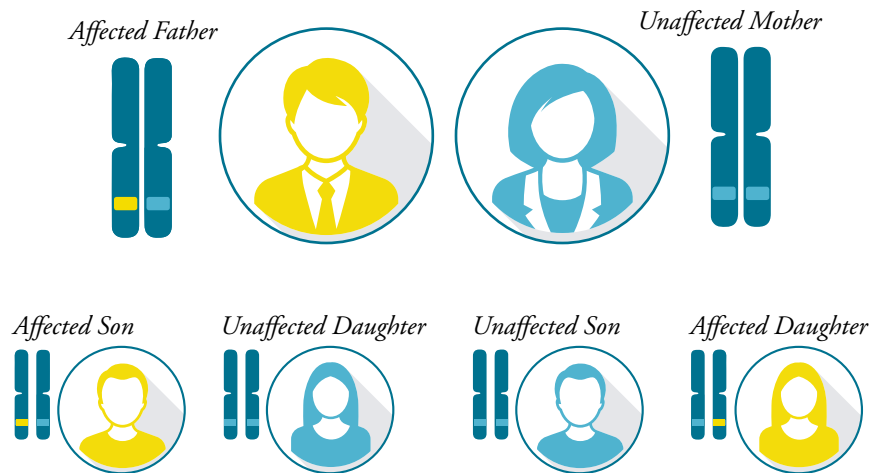
RAPP helps women estimate, understand and respond to “red flags.” With tools and strategies including genetic counseling, breast specialists work closely with



Robert Buras, MD

each patient. Discussions include how to reduce risks, customizing a screening schedule and, in some cases, interventional steps, from medications to surgery.

While risk assessments provide valuable information, they cannot offer definitive



If one of your parents has a BRCA mutation, you have a **50%** chance of inheriting the mutated gene.

conclusions, Dr. Buras cautions. For example, all women have about a 12 percent lifetime risk of developing breast cancer. Women with a family history of the disease have an increased risk for breast cancer. “At the same time, there’s a much greater chance of not developing the disease,” Dr. Buras points out. “You have to be careful about how you interpret some of this data. That’s why it’s so important to discuss risks with your healthcare provider or a genetic counselor.”

 **Get screened** >> Talk with your doctor to determine the right breast cancer screening schedule and methods for you. Call 888-909-XRAY (9729) or visit AnneArundelDiagnostics.com to schedule your mammogram at AAMC.



Q

DO DARK CHOCOLATE AND RED WINE REALLY HAVE HEART-HEALTHY BENEFITS?

A Both dark chocolate and red wine have gained a reputation for being heart-healthy treats, but that's still not a green light to overindulge.

DARK CHOCOLATE: The cocoa beans in chocolate are rich in flavonoids, an antioxidant that protects plants from toxins and helps repair damage. Studies have shown when we eat foods rich in flavonoids, we also benefit from these antioxidant powers. Flavanols are the main type of flavonoid found in cocoa. Research has shown that flavanols may have other health benefits, such as lowering blood pressure.

But not all dark chocolate is created equal. The more processed chocolate is, the more flavanols are lost along the way. And flavanols are not a nutrient reported on food labels. For the most health benefits, choose a dark chocolate with a cocoa content of 70 percent or higher. And remember, chocolate is not a "health" food. Enjoy dark chocolate as a treat — just a small part of a well-balanced, heart-healthy diet.



RED WINE: People who drink moderate amounts of red wine seem to have a lower risk of heart disease. An antioxidant called resveratrol may be the reason. Resveratrol may help prevent damage to blood vessels, reduce low-density lipoprotein (LDL or "bad" cholesterol) and prevent blood clots.

While those benefits might sound great if you enjoy a five-ounce glass of red wine with your evening meal, I would never encourage anyone to start drinking alcohol on the premise that it's heart healthy. Too much alcohol has harmful effects on your health and drinking too much regularly can actually weaken your heart muscle.

If you truly want the health benefits of antioxidants, you should think outside of the wine and chocolate box. Stock your kitchen with antioxidant "super foods" such as blueberries, strawberries, purple grapes, raw nuts, dark green veggies, salmon and green tea.

Barbara Hutchinson, MD is a cardiologist at Anne Arundel Medical Center. To reach her office, call **410-573-9805**.



Q

SHOULD MY CHILD GET THE HPV VACCINE?

A Human papillomavirus (HPV) is the most common sexually transmitted infection, affecting nearly one in four people in the United States. It is thought to be responsible for more than 90 percent of anal and cervical cancers, about 70 percent of vaginal and vulvar cancers, and more than 60 percent of penile cancers. HPV is also linked to cancers of the throat and tongue.

The HPV vaccine can prevent the infection and associated cancers and is recommended for all preteen boys and girls around age 11 to 12. The vaccine is given in a series of three shots, each a few months apart. Women who missed the vaccine as teens can receive the shot through age 26, and men through age 21. But the



shot works best when given well before a person becomes sexually active.

Some parents are hesitant about the vaccine because it raises the uncomfortable issue of their child's sexuality — often before the onset of puberty. If you are hesitant about the vaccine, I encourage

you to have an open conversation with your child's doctor to have all of your questions answered.

Dwight Fortier, MD, is a pediatrician at Annapolis Pediatrics, with offices in Annapolis, Severna Park and Crofton. To reach his office, call **410-263-6363**.



Heart health profiler » Learn your risk for heart disease with AAMC's free online heart health profiler at askAAMC.org/Heart.

the Expert

Q

I KNOW I NEED A FLU SHOT EVERY YEAR, BUT ARE THERE ANY OTHER IMMUNIZATIONS I NEED AS AN ADULT?

A There are several immunizations recommended for adults. Some are specifically for older adults, to protect against diseases that can be more serious in seniors. Other vaccines may not have been available when you were younger. And adults with a higher-than-average risk for certain diseases may need additional vaccines.

While immunizations protect you personally from diseases, they can also lower the risk of disease outbreaks in your community. This concept is sometimes referred to as herd immunity. Herd immunity protects people who cannot be vaccinated,

such as babies who are still too young for certain shots or people with weak immune systems.

See the chart below for recommendations for some of the most common vaccines. Then talk with your doctor about which immunizations you may need.

Patricia Valentino, CRNP, is a certified registered nurse practitioner in family medicine at AAMG Annapolis Primary Care. To reach her, call **443-481-1150**.



Vaccine	Who should get it
Pneumococcal (pneumonia)	Adults age 65 or older ; younger adults who smoke, have asthma or have other chronic medical conditions
Shingles (zoster)	Once for adults age 60 or older
Flu vaccine (influenza)	All adults; one dose each year
Tdap (tetanus, diphtheria and pertussis)	Once for all adults who did not receive it as an adolescent; pregnant women
Td (tetanus, diphtheria)	All adults, every 10 years if Tdap previously given
MMR (measles, mumps, rubella)	All adults born since 1955 who have not previously received it
HPV (human papillomavirus)	Women age 26 or younger and men age 21 or younger who did not receive it as an adolescent
Varicella (chicken pox)	All adults born since 1980 who did not receive it or did not have the virus previously

NEAR YOU

Anne Arundel Medical Group Cardiology

Anne Arundel Medical Group's heart care network has nine doctors at three locations, supported by specially trained staff and backed by Anne Arundel Medical Center's award-winning cardiac care. Our doctors specialize in treating heart and vascular disease through an array of testing services, treatments and interventional procedures.

Every practice is connected to AAMC electronically and uses MyChart. Appointments are available within 48 hours.

AAMG Cardiology Specialists

888 Bestgate Rd., Suite 208 Annapolis

505 Dutchman Lane, Suites A3 & A4 Easton

410-897-0822

AAMG Cardiology Consultants

2002 Medical Parkway, Suite 310 Annapolis

410-224-0040
myAAMG.org



AAMC ALL AROUND YOU

Find a Doctor Near You

H Anne Arundel Medical Center

2000–2003 Medical Parkway, Annapolis

AAMG Annoplis Primary Care

Sajak Pavilion, Suite 670
443-481-1150

AAMG Ulmer Family Medicine

Belcher Pavilion, Suite 605
410-266-5667

AAMG Plastic Surgery

Belcher Pavilion, Suite 200
443-481-3400

AAMG Neurology Specialists

Sajak Pavilion, Suite 430
443-481-1940

AAMG Annapolis

Cardiology Consultants
Sajak Pavilion, Suite 310
410-224-0040

AAMG Neuropsychology Specialists

Sajak Pavilion, Suite 430
443-481-1270

AAMG Diabetes and Endocrine Specialists

Wayson Pavilion, Suite G90
443-481-4600

AAMC Lab Services

Sajak Pavilion, Suite 240
443-481-4280

Anne Arundel Diagnostics Imaging

Sajak Pavilion, Suite 100
443-481-5330

Pathways

2620 Riva Road, Annapolis
443-481-5400

FastCare Walk-In Clinic

2731 Solomons Island Road, Annapolis
(Inside Shoppers Food)
443-481-5777

AAMC Community Clinics

2 Forest Drive — 1419 Forest Drive, Suite 100, Annapolis

3 Morris Blum — 701 Glenwood Street, Annapolis
410-990-0050

4 AAMG Integrative Medicine

2009 Tidewater Colony Drive, Annapolis
410-224-0010

5 AAMG Arnold Family Medicine

1460 Ritchie Highway, Suite 202, Arnold
410-757-6327

6 AAMG South River Family Medicine

3169 Braverton Street, Suite 201, Edgewater
410-956-4911

7 AAMG Mental Health Specialists

2635 Riva Road, Suite 108, Annapolis
410-573-9000

8 AAMG Cardiology Specialists

888 Bestgate Road, Suite 208, Annapolis
410-897-0822

9 AAMC Psychiatric Day Hospital

132 Holiday Court, Suite 209, Annapolis

REGIONAL

AAMC Pavilion—Bowie

4175 North Hanson Court, Bowie

AAMC Pavilion—Kent Island

1630 Main Street, Chester

AAMC Pavilion—Odenton

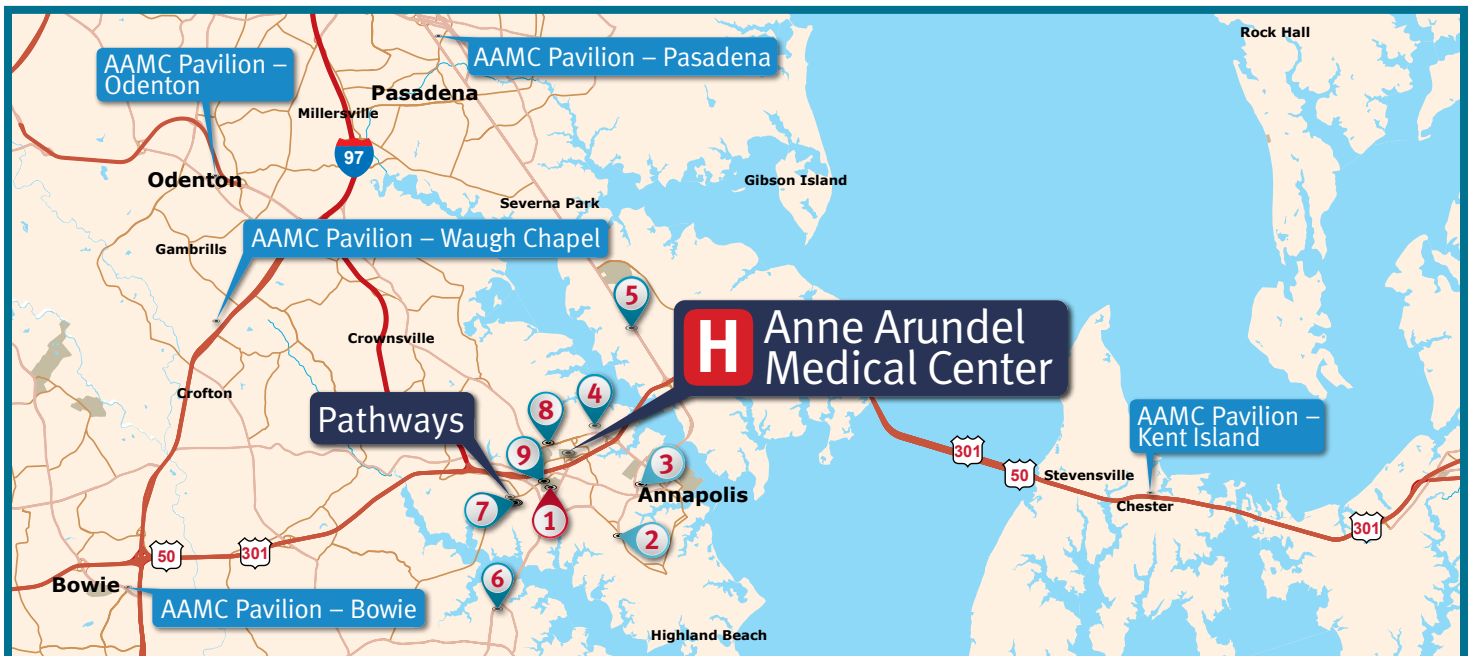
1106 Annapolis Road, Odenton

AAMC Pavilion—Pasadena

8109 Ritchie Highway, Pasadena

AAMC Pavilion—Waugh Chapel

2401 Brandermill Boulevard, Gambrills



Find a Doc » Get a complete listing of primary care physicians and other providers near you at askAAMC.org/FindaDoc or by calling 443-481-5555.

Classes & Events

Take control of your health.

Join the health experts at AAMC for wellness classes and events that will put you and your family on the road to lifelong health.

LIVING HEALTHY

101 Classes

COPD 101

Managing COPD is not easy. Learn what you can do to cope best and feel better. In this class you will learn how to improve daily function, decrease flare-ups, use a spacer and inhaler correctly, and use exercise to improve your ability to carry out everyday activities.

FREE. Tues., Nov. 15, 10–11 am

Hip and Knee Pain 101

Join this free class to learn more about hip and knee pain straight from the doctors and care team at The Joint Center at Anne Arundel Medical Center.

FREE. Wed., Oct. 19 or Wed., Nov. 16, 6–7 pm

Kidney 101

Good kidney function is important to your overall health. In this class, learn how the kidneys work, what can cause kidney disease, how kidney disease is detected and what you can do to keep your kidneys healthy.

FREE. Wed., Oct. 5, 10–11 am or Wed., Nov. 30, 6–7 pm

Lower Back Pain 101

This class is taught by a spine doctor along with a physical therapist in a small group setting. Learn easy back injury prevention exercises and common back treatments.

FREE. Tues., Oct. 18 or Mon., Nov. 14, 5–6 pm

Weight Loss Surgery

Weight Loss Surgery Seminar

This free seminar is for people who are obese by 100 pounds or more and who want to learn about surgical weight-loss options. Meet our bariatric surgeons, who describe three options for surgical weight loss, the process involved and what is required before, during and after surgery. This small group session offers plenty of time to ask questions. For more information, call **443-924-2900** or visit **AAMCEvents.org**. **FREE.**

Fitness & Nutrition Fitness Classes

AAMC offers fitness classes and workshops to get you moving. To download a complete schedule with class descriptions, visit **askAAMC.org/Fitness**. **FEE.**

Nutrition Consultation

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

HEART HEALTH 101

Your best defense against heart disease is prevention. Learn how to stay heart healthy for life by knowing the causes of heart disease, how to manage your risk factors, early heart attack warning signs and more. **FREE. Mon., Oct. 10, 5–6 pm**

SMART WOMAN:

TAKING THE EDGE OFF OF AGING

There's a lot of buzz about cosmetic surgery, especially the latest in popular anti-aging treatments that don't require surgery. Our experts, Devinder Singh, MD, and Tripp Holton, MD, of AAMG Plastic Surgery, weigh in on your options and what makes them worth considering. Join us for this **FREE** event. **Thurs., Oct. 27, 6:30–8 pm.** Register today at **AAMCEvents.org** under "Smart Woman."



Smoking Cessation Smoke-free Counseling

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

Become Tobacco-Free

This seven-week program helps you break the habit. **FREE** for people who work or live in Anne Arundel County; **FEE** for all others. **Thursdays., Oct. 27–Dec. 8, 6–7:30 pm**

NEW! HEALTHY EATING AND NUTRITION SERIES

Led by a registered dietitian, the five-week series teaches you how to be a wise eater and educated consumer by choosing foods to maximize your health and wellbeing. Learn basic nutrition principles, facts and myths, menu planning, practical tips like label reading, get recipes, take a grocery store tour and more to help you make the best food choices for your lifestyle. **FEE. Wednesdays, Oct. 12–Nov. 9, 7–8 pm**





LIVING HEALTHY Support Groups

AAMC offers a variety of support groups for people with heart disease, Alzheimer's disease, diabetes, food addiction, postpartum depression and many other conditions. Most support groups are **FREE** and held at AAMC. Call **443-481-5555** or visit **AAMCEvents.org** for a complete list of groups available to you.

Cancer Support Groups

A variety of support groups for cancer patients, survivors and their families are available, including:

- Head and Neck Cancer: Meets the first Tuesday of each month.
- Lung Cancer: Meets the fourth Tuesday of each month.
- Prostate Cancer: Meets the first Monday of each month.
- Forward After Breast Cancer: A six-week program.

Better Breathers Club

This support group meets every other month to provide support, education and socialization for people with COPD or another chronic lung disease, their loved ones and their caregivers. For more information, call **443-481-4088. FREE. Thurs., Oct. 27, 9–10 am**

Birth and Baby Support Groups

These birth and baby support groups are available:

- Back to Work/Breastfeeding
- Breastfeeding
- Perinatal Loss
- Postpartum Depression

FAMILY BIRTH Birth Classes

Early Pregnancy
For moms-to-be during the first trimester. Learn about your body changes, the importance of nutrition and prenatal fitness. **FREE.**

Birth Classes

- Four-Week Series Birth Class
- One Wonderful Day Birth Class
- Cesarean Birth Class
- Marvelous Multiples
- Refresher Birth Class

All birth classes have a fee. Learn more at **AAMCEvents.org**.

Online Birth Education

For moms who need a refresher or have time constraints. To learn more, call **443-481-6122. FEE.**

Spa Mama

This two-hour class focuses on breathing and relaxation for labor and birth. **FEE.**

Prenatal Yoga

Learn yoga postures and breathing exercises to enhance your comfort during pregnancy and birth. **FEE.**

BABY? MAYBE.

Is a baby in your future? Learn how to have a safe, smart pregnancy from the experts at AAMC. We'll cover smart nutrition prior to and during pregnancy, tips for exercise, budgeting for baby, and why AAMC is the safe, smart place to deliver your baby. **FREE. Tues., Oct. 18, 6:30–8 pm**



PATHWAYS FAMILY WELLNESS WORKSHOP

This workshop is a therapeutic and educational program for family members of adults or teens with substance use disorders. The program equips family members with communication skills, relapse prevention strategies and coping mechanisms for ongoing recovery. Call **410-573-5449** or visit **PathwaysProgram.org. FEE. Sat., Sept. 24, Oct. 8, Nov. 5 and 19, 8:30 am–4 pm**

Breastfeeding Breastfeeding Basics

Learn how to have a successful and rewarding breastfeeding experience, including how to prepare, how to hold your baby, how often and how long to feed, how to avoid common problems and more. **FEE.**

Breastfeeding and the Working Mother

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

Family Education Car Seat 101

Expectant families learn how to select a car seat, properly install it and secure the child. **FEE.**

Newborn Care

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

Grandparents Update

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

Sibling Preparation

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

Super Sitter

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

Tours

AAMC offers several tours for you to prepare for birth or your child's surgery:

- Prospective Parent Tour
- Clatanoff Tour
- Pediatric Surgical Tour

Learn more at **AAMCEvents.org**.



More info » For more information about the safe, smart place to have your baby, visit **askAAMC.org/Birth**.



Register » Get a complete listing of classes, support groups and events, and register at **AAMCEvents.org**.

Course of Action

Tips for managing ADHD in children

Children with attention deficit hyperactivity disorder (ADHD) often have a difficult time settling into the classroom groove over the fall months. If your child with ADHD is having trouble at school, Melissa Wellner, MD, a child and adolescent psychiatrist with Anne Arundel Medical Group Mental Health Specialists, offers these tips.

SCHOOL RULES



Make sure your child is seated in the front row, close to the teacher, and not next to a window or in the back of the room where distractions abound.

Children with ADHD need their teachers' and parents' help de-cluttering their school backpack. "This lessens the confusion and frustration when looking for homework that needs to be completed or turned in," Dr. Wellner says.

Along with your child's teacher, take a proactive stance to break large assignments into smaller parts. "Big projects can frustrate kids with ADHD," Dr. Wellner cautions.

HOME SWEET HOME



With school presenting its own challenges, it's time to reinforce steps that make for a calmer home life. For example, Dr. Wellner stresses the positive effects

of a goal or reward chart. Immediate rewards for smaller goals might include extra video game time or a favorite snack. Larger rewards for bigger accomplishments can include an outing to your child's favorite park.

A HELPING HAND



If it feels like your child is struggling more than usual with distraction, impulse and hyperactivity, it may be time to seek additional medical help.

For children 6 years of age and older, the American Academy of Pediatrics recommends behavior therapy with medication. While your pediatrician can prescribe medication, behavioral therapy for children can be hard to find. Your pediatrician may be able to help. "Some pediatricians are familiar with community resources and make referrals," says Dr. Wellner.

5.1 million

The number of American children, ages 4 to 17 years, with a current ADHD diagnosis.

3.5 million

The number of children taking medication for ADHD.

2x

Boys are more than twice as likely than girls to be diagnosed with ADHD.



Psychiatric Day Hospital Now Open

The demand for mental health services in Anne Arundel County has increased, according to the county's latest Community Health Needs Assessment. Our newly opened Psychiatric Day Hospital is part of AAMC's plan to expand access to these services.

The Psychiatric Day Hospital is an intensive daytime treatment program providing treatment for adults and adolescents (13 and up). The program is designed for patients who are transitioning from inpatient care or need help stabilizing a condition.

Located at 132 Holiday Court, Suite #209 in Annapolis. A doctor must refer patients to the program.

If your pediatrician tried one or two ADHD medications but results are not as hoped, that points to a more complex case that calls for a psychiatric provider. "This is particularly important if your child is dealing with ADHD plus other issues, and these cases are typically beyond the pediatrician's expertise," Dr. Wellner says.

Finally, there are many myths out there about dietary changes and supplements "curing" ADHD. "None of this is evidence-based," Dr. Wellner emphasizes. "Before beginning any treatment on your own, speak with a medical professional first."



Melissa Wellner, MD



Help is here » If you need a doctor who specializes in mental health, contact Anne Arundel Medical Group Mental Health Specialists at **410-573-9000**.



Partnering with Bayhawks

AAMC invests in community wellbeing

AAMG Orthopedic and Sports Medicine Specialists Dan Redziniak, MD, orthopedic tech Sean Reedy, and Timothy Romanoski, MD, of AAMG Centreville Family Medicine, assist both on and off the field to keep the Chesapeake Bayhawks players in peak physical health this season.

As a not-for-profit hospital, Anne Arundel Medical Center depends on support from businesses of all sizes throughout the region. Partnerships with local businesses are invaluable as we work to ensure our community is “Living Healthier Together.”

“We’re honored and excited to partner with the Chesapeake Bayhawks lacrosse team to help improve the overall health and wellbeing of our community.

“Giving back is an integral part of what the Chesapeake Bayhawks stand for. Without our fans and our community, we have no team. The Bayhawks are ‘all-in’ in everything we do, both on and off the field,” says Bayhawks owner, Brendan Kelly. “We built our team through the strength and support of our local community. Our partnership with Anne Arundel Medical Center allows us the opportunity to show our gratitude and connect with the people and organizations who made us the team we are today.”

The sports medicine team at Anne Arundel Medical Group Orthopedic and Sports Medicine Specialists serve as the official medical team for the Chesapeake Bayhawks. They provide game coverage, offer pre- and post-season physicals, and coordinate rehab with a focus of getting players back in the game as quickly and safely as possible. Just like they do for all members of our community, they help patients recover from an injury, improve physical performance and stay active for a lifetime.

“Partnering with the Bayhawks has been a great experience. The entire organization is first class and strives to make every game family-friendly,” says AAMC’s Dan Redziniak, MD, the team’s head orthopedic surgeon. “The Bayhawks players serve as role models for the children in their community as they continue to grow the sport across the entire country.”

 Give » Call the AAMC Foundation at 443-481-4747 or visit AAMCFoundation.org to learn how you can help.

Not all Superheroes Wear Capes

Bosom Buddies Charities celebrated its 10th anniversary with a \$1.5 million milestone in support of Anne Arundel Medical Center at their 2016 Bosom Buddies Ball.

Their time and commitment helps provide essential equipment and programs to treat breast cancer patients at AAMC's Kent Island Breast Center and the Rebecca Fortney Breast Center at AAMC. Bosom Buddies has helped fund a nurse navigator position, a 3D biopsy machine, Spy Elite imaging equipment, portable ultrasound and digital mammography units.

Bosom Buddies Charities members include breast cancer survivors and their friends and family. Through events like their annual Bosom Buddies Ball, Crabs for a Cure Feast and partnerships with other community organizations, they are successful in their mission to promote breast cancer awareness, encourage early detection, support treatment and celebrate healing.



The 2016 Bosom Buddies Ball committee with special guest, Maryland's First Lady Yumi Hogan.

"As a breast cancer survivor myself, I'm excited to join forces with Bosom Buddies Charities to support their mission of early detection, as well as raise awareness of younger women being diagnosed," says Elizabeth DeCesaris, vice chair of Bosom Buddies Charities. "I received so much support from our community when I was diagnosed and hope to help others through their journey."

The group is well into their planning for next year's ball and events. Biana Arentz, chair of Bosom Buddies Charities, says, "Our 2017 Bosom Buddies Ball theme is 'Maryland Against Breast Cancer,' and we are excited that Governor Larry Hogan will join us to promote breast cancer awareness and paint Maryland pink."

Denim and Diamonds

Save the date for AAMC Foundation's Denim & Diamonds Bash on **Saturday, April 29, 2017**. Don't miss the Annapolis event of the year under the stars at AAMC's South Campus in Annapolis.

Everything is "in" at Denim & Diamonds, as casual elegant is the attire. Throw on your favorite pair of jeans or your best cocktail dress, but don't forget the bling!

This year's bash benefits the expansion of mental health services at Anne Arundel Medical Center to meet the growing need in our region. The 2017 bash is an important opportunity to provide critical funding to support these services.

Bo's Effort

John and Jill DePaola of the Bo DePaola Family Foundation hosted the inaugural Bo's Effort Golf Tournament at South River Country Club on May 23, 2016, in memory of their son Bo DePaola. It raised funds to support a behavioral health nurse navigator position for AAMC's Pathways, outpatient mental health clinic and ER.

As part of AAMC's family-centered care, nurse navigators advocate for patients and their families. They remove barriers, coordinate activities to meet patients' needs, and identify ways to improve the patient journey and enhance patient and family support during a complex diagnosis.

"This was a tribute to our beautiful son, Bo, who left this life early but will continue in spirit to do great things for the community. He is doing his part to help other families who are going through the uncertainty of living with mental illness," said John DePaola, Bo's dad.

Bo's Effort's mission is to break the stigma of mental illness with education and guidance. Through partnerships with Anne Arundel Medical Center, the National Alliance on Mental Illness – Anne Arundel County, and valued community partners, the event is raising awareness. Mark your calendars for the 2017 Bo's Effort Golf Tournament on Monday, May 22.



Johnny, Jill, John and Katie DePaola at the 2016 Bo's Effort Golf Tournament.

 **Join the Bash** » For more information, please contact Kendra Smith Houghton at 443-481-4739 or khoughton@AAHS.org.

Foods for the Fight

How good nutrition helps you battle or prevent cancer



Fruits and vegetables should make up about **50%** of the food we consume.

It's hard to miss headlines that tout the benefits of this fruit, that nut or another oil as a way to hold cancer at bay. In light of that, Molly Rusch, RD, LDN, registered dietitian at AAMC's Geaton and JoAnn DeCesaris Cancer Institute, turns to the most recent evidence-based nutrition information for the facts.

"No one food causes or cures cancer," says Molly. "Broccoli and blueberries are called 'superfoods' because they are high in antioxidants — which is great — but what people should really be aiming for is a lifestyle that incorporates a variety of foods for good health."

While foods like chia seeds, coconut oil and walnuts offer a plethora of nutritional benefits, Molly explains that it's easy to latch on to the newest food trends while missing the bigger picture. "We can't expect superfoods to preserve our health while still eating processed and fast foods."

So what's the best way to use food to fight cancer? Eat more fruits and vegetables. Molly says fruits and vegetables should make up about 50 percent of the food we consume, which translates to at least two servings of fruit and three servings of vegetables daily for most adults.

This plant-focused diet has the added benefit of contributing to a healthy weight, which is known to reduce cancer risk. "We know obesity is a risk factor for breast cancer and many other diseases," Molly says.

For those who are currently in cancer treatment or who are survivors, the total gets boosted to three fruit and five vegetable servings or more each day.

With that said, Molly says, when one is dealing with the challenges of chemotherapy or radiation, a little nutritional latitude is given — at that point it's more important for patients to tolerate food in general, rather than worrying about eating the "right" foods.

Text Neck Is your smartphone hurting you?

According to a 2015 study, nearly two-thirds of American adults own a smartphone, and we're spending more time than ever looking down at them. The new technology's widespread use has led to the rise of a new disorder: "text neck."

Text neck is exactly what it sounds like: a postural disorder resulting from spending too much time staring down at cell phones or other devices. It can

result in neck pain, soreness, and pain in the back and shoulders.

Typically, when you hold your head straight, gravity only applies 10 to 12 pounds of force to the neck. But as the angle between the neck and the vertical plane increases, so does the amount of force. When you look down at your phone, your head is most likely at a 60-degree angle. At this angle, you'll feel 60 pounds of force on your neck. "That's like putting a little kid on your

neck all day," says Ashish Kakar, PT, DPT, a physical therapist at Anne Arundel Medical Center.

According to Ashish, the disorder is more common among



0 degrees
10-12 lbs.



OrthoTODAY » If you have an orthopedic injury that requires immediate attention, OrthoTODAY offers fast-access appointments with orthopedic specialists, available in both Annapolis and Pasadena. Call **410-280-4707** for an appointment.

Chicken and Vegetable Stir Fry

Versatile and vitamin-rich

The beauty of this vegetable-centric recipe is that **nothing has to be exact**. Shop your local market for what's fresh and try different combinations of vegetables. Seasonal superstars like broccoli and bok choy pack a dense nutritional punch. Broccoli includes fiber and protein, and is a great source of vitamin C, vitamin K, folate, manganese and iron. One cup of broccoli is only 30 calories! Similarly, one cup of bok choy, sometimes called Chinese cabbage, is only 20 calories. It's an excellent source of vitamin A, vitamin C, calcium, iron, vitamin K, folate and some B vitamins.

You can easily substitute tofu for chicken and vegetable broth for chicken broth to make a vegetarian entrée.



INGREDIENTS

- 2 teaspoons canola oil, divided
- 1 pound boneless, skinless chicken breasts, cut into thin strips
- 2 cloves garlic, minced or pressed
- 4 cups assorted vegetables, such as broccoli, bok choy, snow peas, carrot, bell pepper
- 1 tablespoon cornstarch
- ¾ cup chicken broth
- 2 tablespoons dry white wine or white cooking wine
- 1 tablespoon soy sauce

DIRECTIONS

- Heat 1 teaspoon of oil in a large nonstick skillet or wok over medium-high heat. Add chicken and garlic. Cook 4–5 minutes, stirring constantly.
- Remove chicken with slotted spoon, set aside, cover, keep warm. Add remaining teaspoon of oil to the skillet or wok. Add vegetables and stir fry 3–4 minutes until crisp-tender, stirring constantly.
- Place cornstarch in a small bowl. Add 2 tablespoons of chicken broth and stir to smooth paste. Stir in remaining chicken broth, white wine and soy sauce. Pour mixture over vegetables in skillet or wok and cook 1–2 minutes, until sauce thickens. Add reserved chicken and toss to coat. Serve over rice.

Molly Rusch, RD, LDN, is a registered dietitian at the DeCesaris Cancer Institute at AAMC.



Molly Rusch, RD, LDN

young people, but he has seen symptoms in patients as old as 50. “Everybody has a cell phone,” he says. “Whether they’re texting or just scrolling through social media, they’re constantly looking

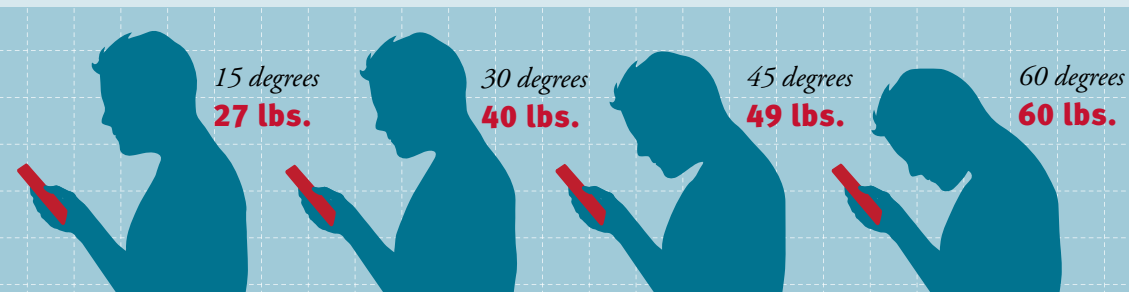
down. What that’s doing, though, is adding increased stress on the cervical spine.”

With Pokémon Go emerging as a mobile phenomenon, people have been staring at

their phones more than ever. Since the game requires users to move around a lot, it’s helping kids get more exercise, but Ashish warns this could lead to more symptoms of text neck.





“The constant looking down is not good for them.”

Text neck is easily avoidable, and the best medicine is education. Ashish teaches a spine course at AAMC, and tells all of his patients to simply alter their phone habits. “I tell them to pick the phone up and bring it to eye level,” he says. “This is an easily preventable condition. There’s no need to suffer from pain in your neck, shoulders or back due to your phone.”




Shop local » AAMC hosts a farmers market on the lower level of Hospital Pavilion South on Fridays, 10:30 am to 1:30 pm, through Oct. 28. Park in Garage A. All produce is grown within 140 miles of campus.

CONNECT WITH US!

-  askAAMC.org
-  facebook.com/
AnneArundelMedicalCenter
-  youtube.com/AAMCnews
-  twitter.com/AAMCnews

Questions? Call 443-481-5555.

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



Building Bridges

Carolis Boone's road to better health began with a single step



The AAMC Community Clinic on Forest Drive sees 7,500 visits per year. The team includes (left-right) Eman Al-Samrri, MD; Monique Mounce, PharmD; Sharon Cameron; Tonya Harman and Huguette Calixto. Carolis "CB" Boone is center.

Carolis "CB" Boone had fallen on hard times when he showed up at the AAMC Community Clinic on Forest Drive in 2013.

"I was living in a shed on Old Annapolis Neck Road," says CB, who is 71. "I had no water, no electricity."

CB was battling high blood pressure, diabetes and tobacco use. He didn't have clean clothes or a steady source of food or money. He does not read or write.

"Mr. Boone came to us for medical care," says Eman Al-Samrri, MD, a physician at the clinic. "But it was

clear that if we didn't help him with these other issues, his health would not improve."

So the team cared for CB as if he were family. It was the beginning of what would become a lasting relationship built on trust.

CB saw Dr. Al-Samrri each week at the clinic. He also saw pharmacist Monique Mounce, who helped him manage his medications. Kay Concha, nurse case manager with Johns Hopkins HealthCare, found CB a permanent place to live at Morris Blum Senior Apartments through the Housing Authority of the City of Annapolis.

The clinic team made sure he had enough food and clean clothes. Tonya Hartman, clinic coordinator, helped CB obtain health insurance so he could pay for his medications. Because he doesn't read, Tonya helped him find his apartment by placing a picture of a dog on his door. She held his hand while he had his blood drawn, and helped him quit drinking and smoking.

As for CB, he did his part — he showed up for his appointments each week. Now, he sees the Community Clinic team at Morris Blum, where he lives, and he says he is feeling and living better than he ever has.

"They make sure I take my medicine. No drinking or smoking — I do what I'm told," smiles CB.

"He uplifts us," says Monique.

Dr. Al-Samrri agrees. "This is why I went to medical school — to treat the whole person, beyond medicine. A smile on Mr. Boone's face makes my day."

