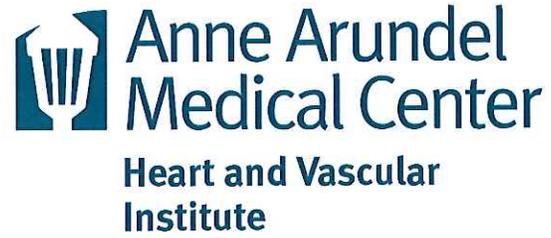


- Community Education & Awareness
- Screenings & Events
- Media Coverage & Press Releases



# Community Education & Awareness

LIVING HEALTHIER TOGETHER



## Inspired to change

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

*page 4*

### Winter 2015 ▶ In this issue

- 6** Do you need a vitamin D test?      **10** Weight loss: You have options  
**12** Invest in the health of your community      **15** If you have arthritis, is it safe to exercise?



## Healthy resolutions

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

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

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

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

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

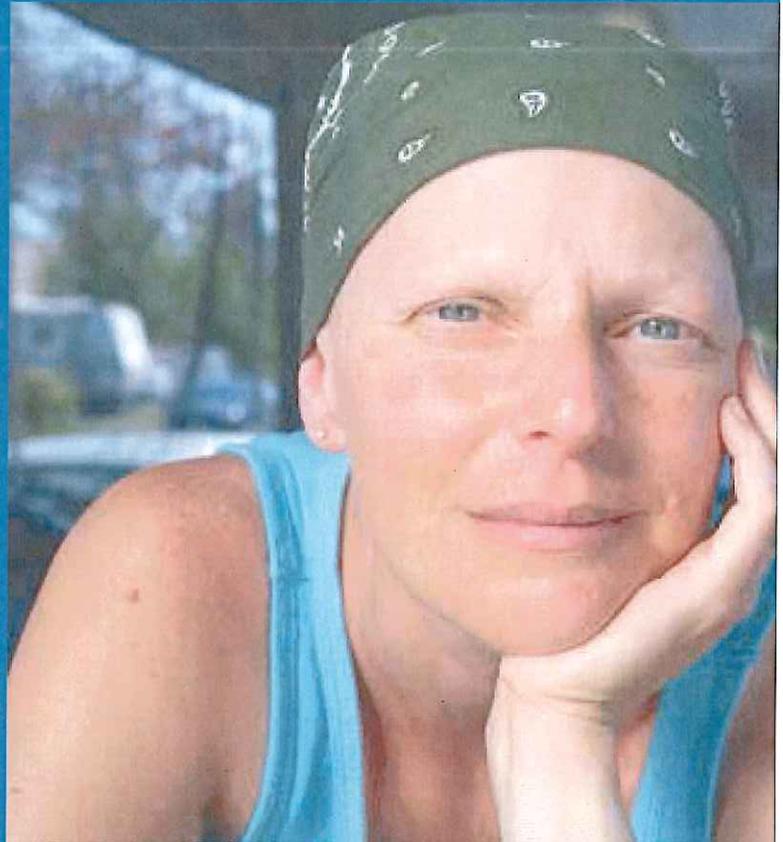
This February, AAMC will submit a "certificate of need" application to the State of Maryland to implement a cardiac surgery program.

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

**In good health,**

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

# How we



## Improving care for people with cancer

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

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

# 're helping



## Globally minded

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



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

» To learn more about AAMC's green efforts, visit [askAAMC.org/Green](http://askAAMC.org/Green).

## Marathon medals given to kids with chronic illnesses

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

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

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

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



*Medals4Mettle honorees and their families.*



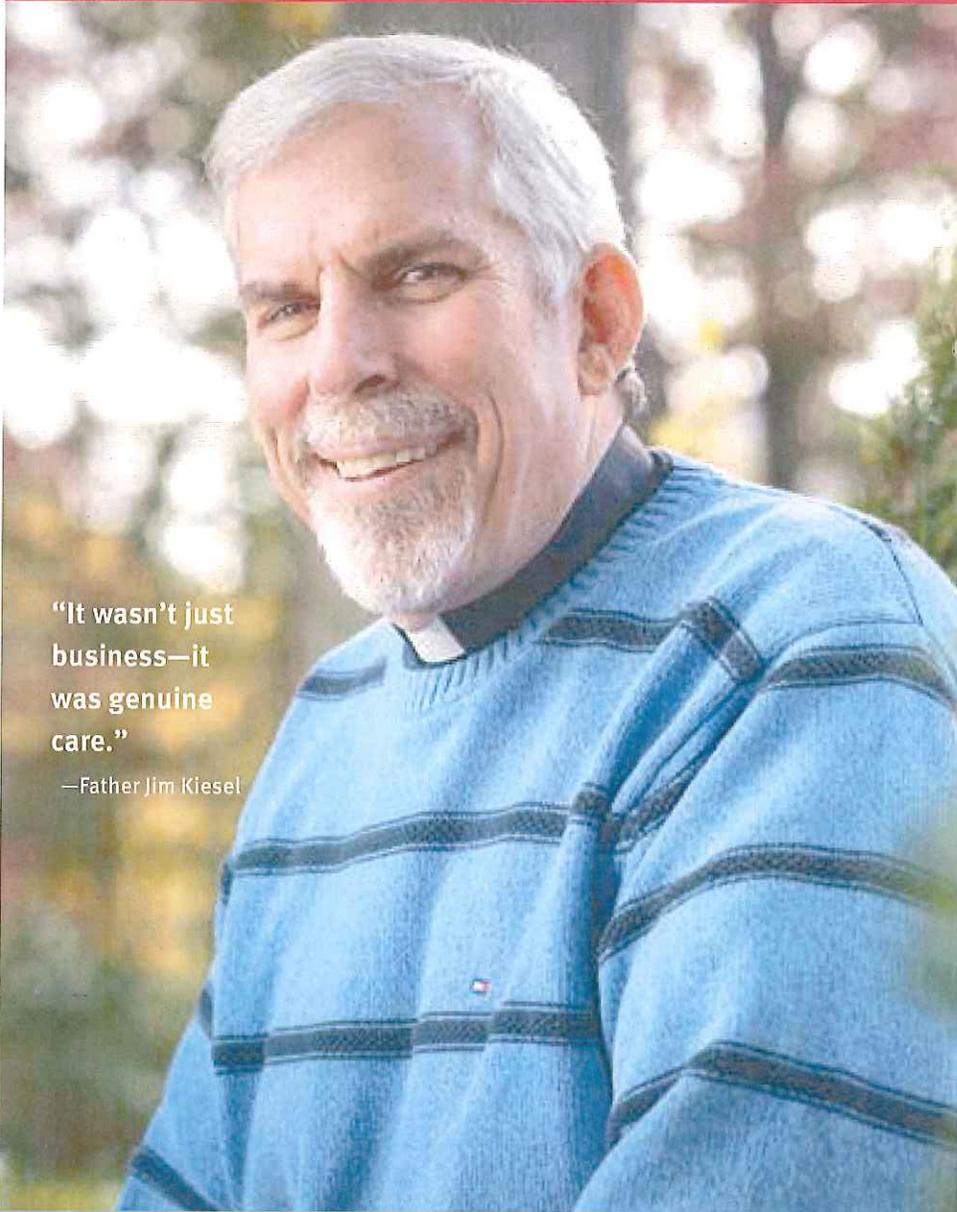
### Video

Watch a video about our cancer symptom management clinic at [askAAMC.org/Cancer](http://askAAMC.org/Cancer).

» To learn more about how AAMC partners with the community, visit [askAAMC.org/Community](http://askAAMC.org/Community).

# Heaven can wait

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



"It wasn't just  
business—it  
was genuine  
care."

—Father Jim Kiesel

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

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

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

"She told me to call 911 immediately."

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

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



Elizabeth  
Reineck, MD

## 1,000 lives—and counting

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

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

Is your heart at risk? Learn your heart age and risk for heart disease with our free assessment at [askAAMC.org/Heart](http://askAAMC.org/Heart).

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

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

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

### The doctor-patient partnership

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

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

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

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

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

But no longer. "I'm a reformed smoker now," he says.

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

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

"I have a long life ahead," he says. "I'm confident of that."

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

## Caution: Heart at work

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

**Thursday, Feb. 19, 6pm**

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

**Plumbing:** Tips for keeping the "pipes," your arteries, clean.

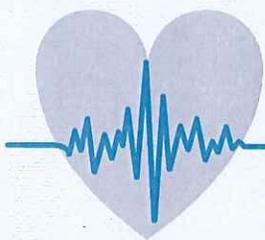
**Electricity:** The importance of heart rhythm and rate.

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

Register online at [AAMCdocsTALK.com](http://AAMCdocsTALK.com) or call 443-481-5555.

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AAMC  
**talk**

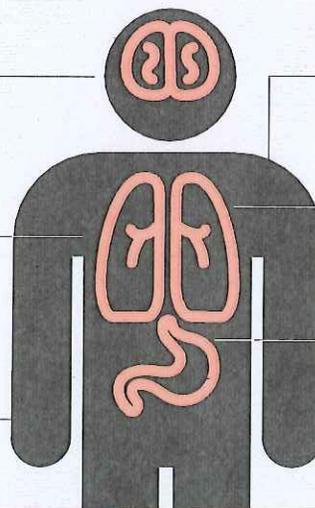
## ANATOMY OF HEART ATTACK SYMPTOMS



**Head:** Light-headedness or sudden dizziness

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

**Skin:** Cold sweat



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

**Lungs:** Shortness of breath, with or without chest discomfort

**Stomach:** Nausea or discomfort

## MAKE THE CALL NOW

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



A free *Heart Attack and Recovery* booklet can help you stay informed. Visit [askaAMC.org/Magazine](http://askaAMC.org/Magazine) or call 443-481-5555.

## How can you get enough vitamin D?

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

**Eat foods that are rich in vitamin D.**

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

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

**Talk to your doctor about supplements.** If you don't get much sun and your diet is low in vitamin D, a supplement may help.

Source: *ChoosingWisely.org*

## VITAMIN D TESTS

# When you need them— and when you don't

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

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

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

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

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

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

## When should you have the test?

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

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

Source: *ChoosingWisely.org*

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

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



To learn more about bone health and to take a quiz, visit [askAAMC.org/Bones](http://askAAMC.org/Bones).

# Classes & Events

WINTER 2015

► **Get inspired to act!** Join the health experts at AAMC for wellness classes and events that will put you and your family on the road to lifelong health. Register at [AAMCevents.org](http://AAMCevents.org) or call 443-481-5555.

## Living Healthier

### Aches and Pains

#### Hip and Knee Pain 101

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

Learn what's causing the cracking and grinding in your joints as well as ways to treat the pain. The small group class is a great way to get your questions answered. **Free.**

### Special Events

#### AAMC docsTALK: Caution: Heart at Work

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

Thursday, Feb. 19, 6pm

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

**Plumbing:** Tips for keeping the "pipes," your arteries, clean.

**Electricity:** The importance of heart rhythm and rate.

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

Register online at [AAMCdocsTALK.com](http://AAMCdocsTALK.com) or call 443-481-5555.

#### AAMC docsTALK: Living Well With Bone and Joint Pain

Thursday, March 19, 6pm

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

Register online at [AAMCdocsTALK.com](http://AAMCdocsTALK.com) or call 443-481-5555.

### CPR for the Community

#### Heartsaver (AED)

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

Open to the community. Learn cardiopulmonary resuscitation (CPR), automated external defibrillator (AED) use, relief of choking in adults and children, infant CPR and relief of choking, and use of barrier devices for all ages. **Fee.**

### Diabetes

#### Diabetes Education

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

#### Diabetes Self-Management Education Classes

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

#### Workshop: Living Well With Diabetes

Feb. 2 to March 9, 9:30am–noon and 6–8:30pm

This six-week workshop is designed for people with pre-diabetes or type 1 or type 2 diabetes. Participants will learn about complications

associated with diabetes as well as how to manage blood sugar and understand the relationship between food and blood-sugar levels. Learn how to read nutrition labels, deal with stress and improve communication with doctors. To register, call 410-222-4366. **Free.**

### Fitness—Weekly Classes and Special Workshops

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



### Smoking Cessation

#### Become Smoke-Free

Jan. 15 through Feb. 26, 6–7:30pm

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

#### Individual Counseling

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

docs  
AAMC  
talk

Register at [AAMCevents.org](http://AAMCevents.org) or call 443-481-5555, unless otherwise noted in class description.

# Classes & Events

WINTER 2015

## Support Groups

Call 443-481-5555 or visit [AAMCevents.org](http://AAMCevents.org) for a complete list of groups.

### Better Breathers Club

Feb. 26, 9–10am

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

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

This online support group meets bi-monthly. For more information, contact Erica Dour at [edour@natfonline.org](mailto:edour@natfonline.org) or visit [natfonline.org/lmk/osg](http://natfonline.org/lmk/osg). Free.

### Young Adult Cardiac Support Group

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

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

### NEW! Kidney 101: Taking Care of Your Kidneys

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

Learn how the kidneys work, what can cause kidney disease, how kidney disease is detected, and what you can do to keep your kidneys healthy.

### Weight Loss Management Nutrition Consultation

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

### Weight Loss Surgery Seminar

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

Meet our bariatric surgeons, who will describe three different options for surgical weight loss, the process involved and what is required before, during and after surgery. You will have plenty of time to ask

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

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

Jan. 20, Feb. 17, March 10, 6–7:30pm

These seminars are presented in Spanish only. Free.

### The Mayo Clinic Diet

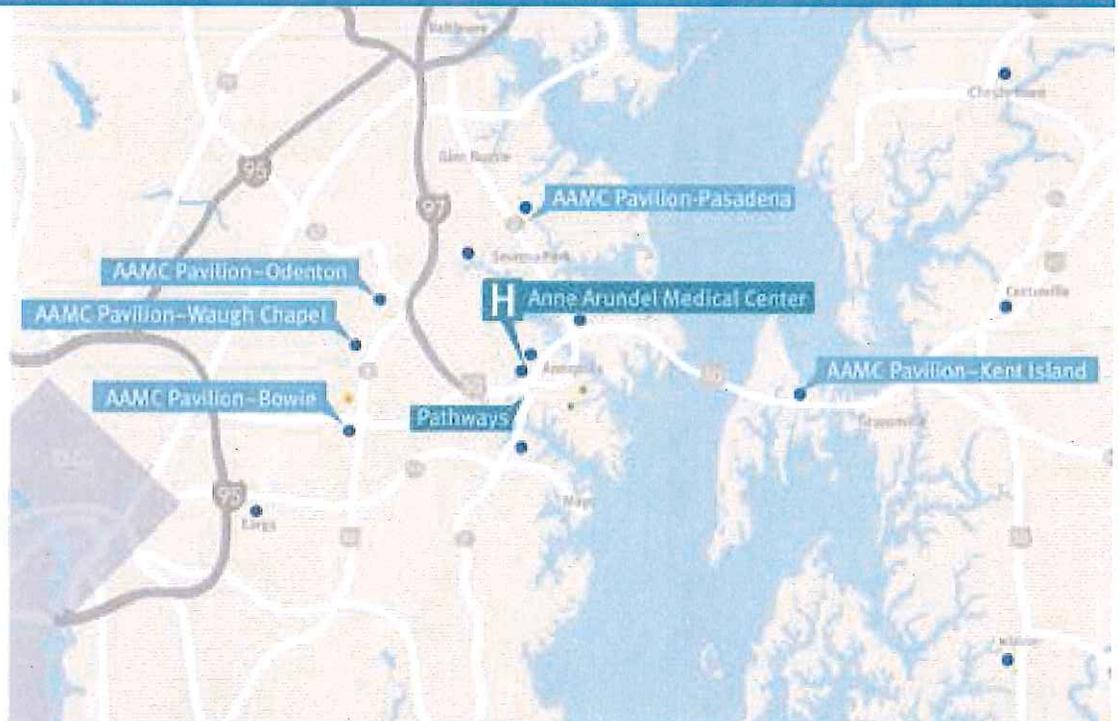
Mondays, Jan. 12 to March 30, 5–6pm

Tuesdays, Jan. 13 to March 31, 4–5:30pm

Discover better health through better weight management. This 12-week program puts you in charge of reshaping your body and your lifestyle by adopting healthy habits and breaking unhealthy ones. The program is led by a registered dietitian and cardiac rehab specialist. The weekly classes offer a motivational group atmosphere that is both supportive and informative. Fee.

## Anne Arundel Medical Center locations

- **Annapolis**  
**AAMC Medical Park**  
 2000-2003 Medical Parkway  
 Annapolis  
**Pathways**  
 2620 Riva Road, Annapolis
- **Regional**  
**AAMC Pavilion–Bowie**  
 4175 North Hanson Court, Bowie  
**AAMC Pavilion–Kent Island**  
 1630 Main Street, Chester  
**AAMC Pavilion–Odenton**  
 1106 Annapolis Road, Odenton  
**AAMC Pavilion–Pasadena**  
 8109 Ritchie Highway, Pasadena  
**AAMC Pavilion–Waugh Chapel**  
 2401 Brandermill Blvd.,  
 Waugh Chapel
- **Anne Arundel Medical Group**  
 Primary Care and Specialties
- **Community Clinics**
- **FastCare Walk-in Clinic**



Register at [AAMCevents.org](http://AAMCevents.org) or call 443-481-5555, unless otherwise noted in class description.

## Birth and Baby Birth Classes

### Early Pregnancy

Two-hour class for mothers-to-be during the first trimester. Learn about the early weeks of pregnancy, your body changes, the importance of nutrition, and prenatal fitness. **Free.**

### Birth Class (four-week series)

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

### Online Birth Education Program

This new eLearning may be right for moms who have given birth before and need a refresher, or moms-to-be who have time restraints, scheduling conflicts or are on bed rest. To learn more, call 443-481-6122. **Fee.**

### Cesarean Birth Class

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

### Marvelous Multiples

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

### One Wonderful Day Saturdays, 9am–5pm

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

### Refresher Birth Class

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

### Spa Mama

This two-hour class focuses on breathing and relaxation for labor and birth. Learn positions for greater ease during the last weeks of pregnancy. **Fee.**

### Prenatal Yoga

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

### Breastfeeding

#### Breastfeeding Basics

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

### Birth and Baby Support Groups

#### › Breastfeeding Support Group

#### › Mommy & Me Playgroup

#### › Back to Work and Breastfeeding

#### › NEW! Postpartum Depression Support Group

### Family Education

#### Car Seat 101

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

#### Newborn Care

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

### Smart Woman Series

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

### Gut Reaction: Taking Care of Your Digestive Health

Jan. 8, 6:30–8pm

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

### How to Be Happier: Increase Your Positivity Factor

Thursday, Feb. 5, 6:30–8pm

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

### Tours

#### Prospective Parent Tour

For couples thinking about

## Baby? Maybe

Saturday, Jan. 10, 10am

Wednesday, April 22, 6:30pm

Is a baby in your future? Learn how to have a safe pregnancy from the experts at AAMC. We'll cover smart nutrition prior to and during pregnancy, tips for exercise, budgeting for baby, and why Anne Arundel Medical Center is the safe, smart place to deliver your baby. A tour of the Clatanoff Pavilion is included. **Free.**



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

#### Clatanoff Tour

One-hour tour for pregnant women and their birth partners to preview the birthing facility. Plan to take the Clatanoff tour early in pregnancy. **Free.**

#### Pediatric Surgical Tours

First and third Sunday of each month, 3–4:30pm, Hospital Pavilion South, Lobby

Prepare your child (and yourself) for his or her surgery by attending this age-appropriate inside view of what will happen on your child's day of surgery. **Free.**

### The Safe, Smart Place on Facebook



Get tips on how to be a safe, smart parent from the experts at AAMC. Like our Safe, Smart U Facebook page at [facebook.com/SafeSmartU](https://www.facebook.com/SafeSmartU).

For more information about the safe, smart place to have your baby, visit [SafeSmartPlace.com](http://SafeSmartPlace.com).

# Win at losing

## Find the weight loss option that's right for you

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

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

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

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

medically supervised prescription diets.

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

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

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



Alex Gandsas, MD

### The right decision

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

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

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

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

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

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

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

 Visit [askAAMC.org/WeightLoss](http://askAAMC.org/WeightLoss) or call 443-924-2900 to learn more about weight loss and bariatric surgery.



## Read on

Visit our *Living Healthier Together* blog at [askAAMC.org/Living](http://askAAMC.org/Living) to read more weight loss success stories.

## Weight matters

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

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

## Check your BMI

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

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

## What are your options?

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

How much do you know about managing your weight? Take a quiz at [askAAMC.org/WeightQuiz](http://askAAMC.org/WeightQuiz).



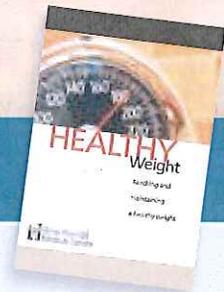
## Journey to better health

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

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

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

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



are the basic tools.

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



*Meetu Agrawal, MD*

Prescription weight loss medicines

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

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

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

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

### Discover a new you

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

## A gift from the heart

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

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

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

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

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

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



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

## Many ways to give

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

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

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

## Running for a cure

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

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



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



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

## Denim & Diamonds: A night under the stars

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

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



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

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

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

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



## ! Personality Plus



# All together now

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

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

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

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

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

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

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

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

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

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

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

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

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

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

— Will Younkin

Join our thriving Energize movement, offering fitness classes, workshops and more. Visit [askAAMC.org/Fitness](http://askAAMC.org/Fitness).

# Q&A

ask the experts

### ▼ ARTHRITIS

**Q** I have arthritis. How can I safely exercise?

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

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

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

Here are some other suggestions:

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

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

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

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



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

### ▼ KIDNEYS

**Q** What is a kidney-friendly diet?

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

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

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

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

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

*Additional source: Academy of Nutrition and Dietetics*

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



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

### ▼ HEART HEALTH

**Q** What are the risks and benefits of statins?

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

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

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

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

#### Just for you

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

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

*Source: U.S. Food and Drug Administration*



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



2001 Medical Parkway, Annapolis, MD 21401

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WINTER 2015: Anne Arundel Medical Center (AAMC), a regional health system headquartered in Annapolis, Maryland, serves an area of more than 1 million people. In addition to a 57-acre Annapolis campus, AAMC has outpatient pavilions in Bowie, Kent Island, Odenton, Pasadena, and Waugh Chapel (see the map on page 8).

This publication was created by AAMC to give you and your family information to live healthier. For copies, call 443-481-5555 or email [aamcpr@AAHS.org](mailto:aamcpr@AAHS.org). If you prefer not to receive future mailings, please visit [askAAMC.org/Mailings](http://askAAMC.org/Mailings) or call 443-481-5555.

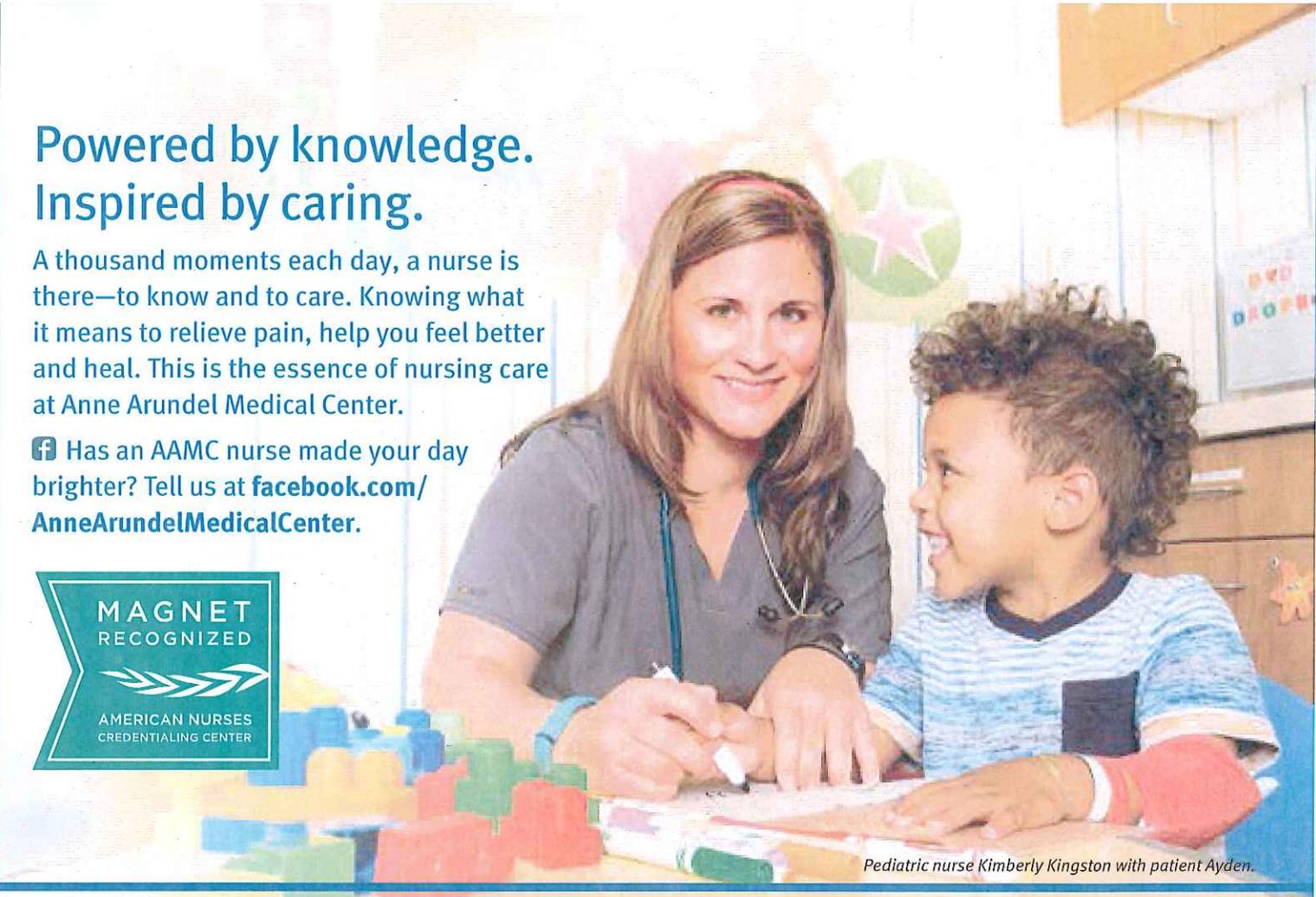
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We care about your health and the environment. We encourage you to share with others and recycle when finished.

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

 Has an AAMC nurse made your day brighter? Tell us at [facebook.com/AnneArundelMedicalCenter](https://facebook.com/AnneArundelMedicalCenter).

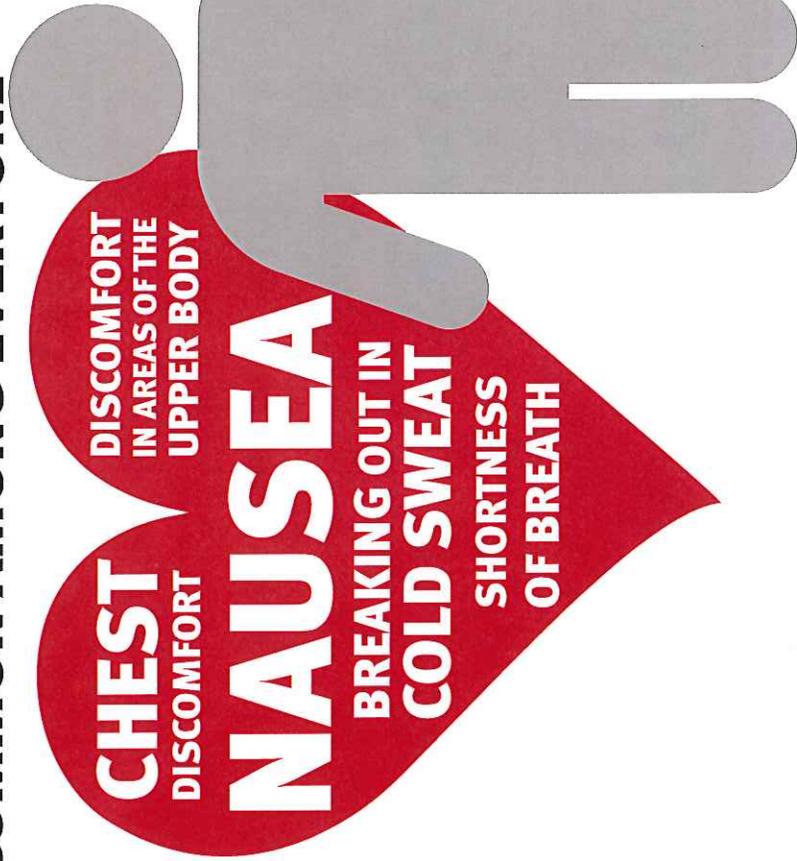


*Pediatric nurse Kimberly Kingston with patient Ayden.*

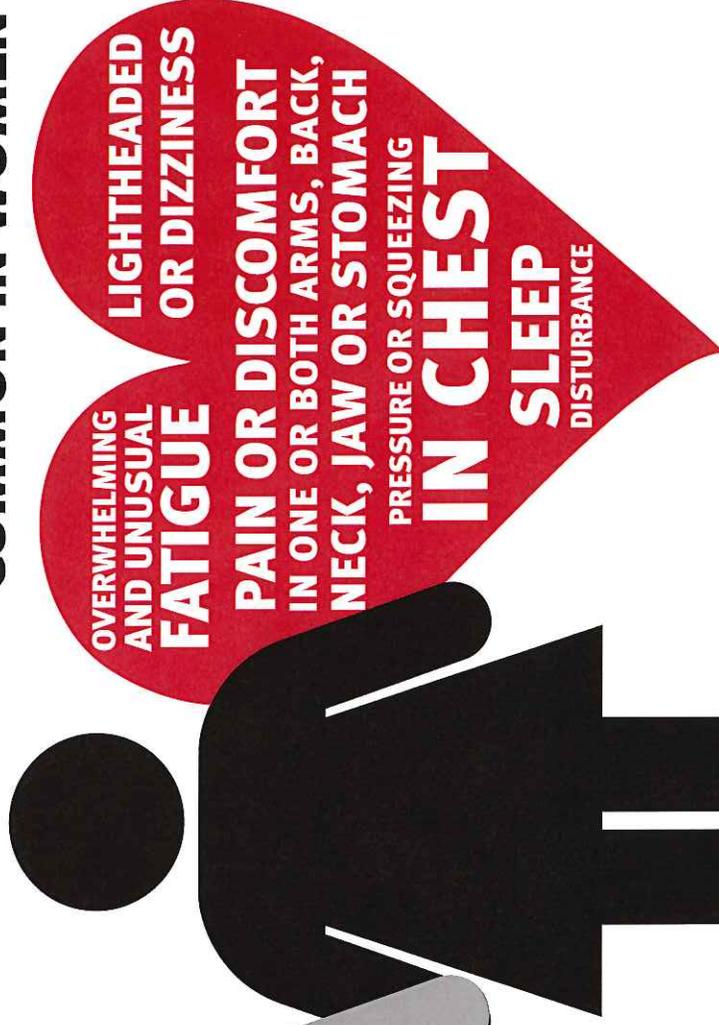
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# HEART ATTACK SYMPTOMS COMMON AMONG EVERYONE



# HEART ATTACK SYMPTOMS COMMON IN WOMEN



**IF YOU HAVE ANY OF THESE SYMPTOMS OR SIGNS** 

Every second counts. Don't wait more than five minutes.



Call 9-1-1 and get to a hospital right away.



**Anne Arundel Medical Center**

Source: American Heart Association and National Institute of Health

# Six Activities that Can Prevent 70% of Heart Attacks

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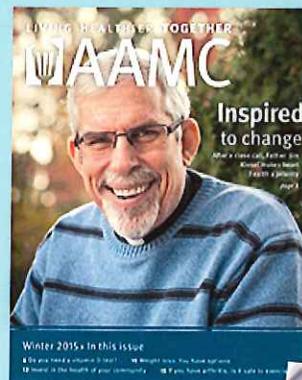


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## Six Activities that Can Prevent 70% of Heart Attacks

Posted on Jan 30, 2015

<http://www.aahs.org/living/?p=1600>



February is American Heart Month, and a time to build awareness about the number one killer in America – heart disease. What if I told you there were six things you could do to make you 70 percent less likely to have a heart attack?

A [new study](#) in the Journal of the American College of Cardiology found that if women followed six healthy lifestyle habits—just six—they were 92 percent less likely to develop heart disease. Not only that, but these six simple activities also could have prevented 70 percent of heart attacks in the study group.

### So What are These Lifestyle Habits?

1. Maintaining a healthy diet.
2. Having only one or no alcoholic drinks a day.
3. Exercising two-and-a-half hours weekly.
4. Watching seven or fewer hours of TV per week.
5. Being smoke-free.
6. Keeping a healthy BMI or Body Mass Index, which is really your weight.

**[Listen to Dr. Barbara Hutchinson](#) discuss the six lifestyle habits that significantly lessen your risk for heart attack.**

As a cardiologist, what I found interesting about this study is that it focused on heart disease risk factors rather than just preventing heart attacks. Of course, it's important to know the signs and symptoms of a heart attack and to call 911 immediately if you think you or a loved one is experiencing one. But it's also time we get more proactive about our heart health.

### Small Changes Make a Huge Difference

If you think about the six habits that were studied— eating a healthy diet, limiting alcohol, exercising, watching less TV, not smoking and keeping a healthy weight—I think we can all agree it wouldn't be too hard to change a few of these in our own lives for the sake of a healthier heart and, in turn, a longer life.

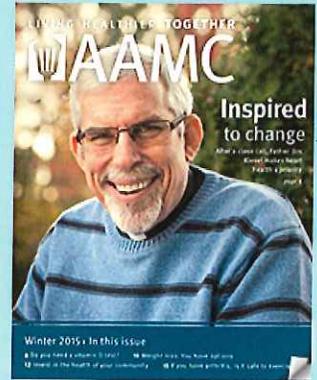
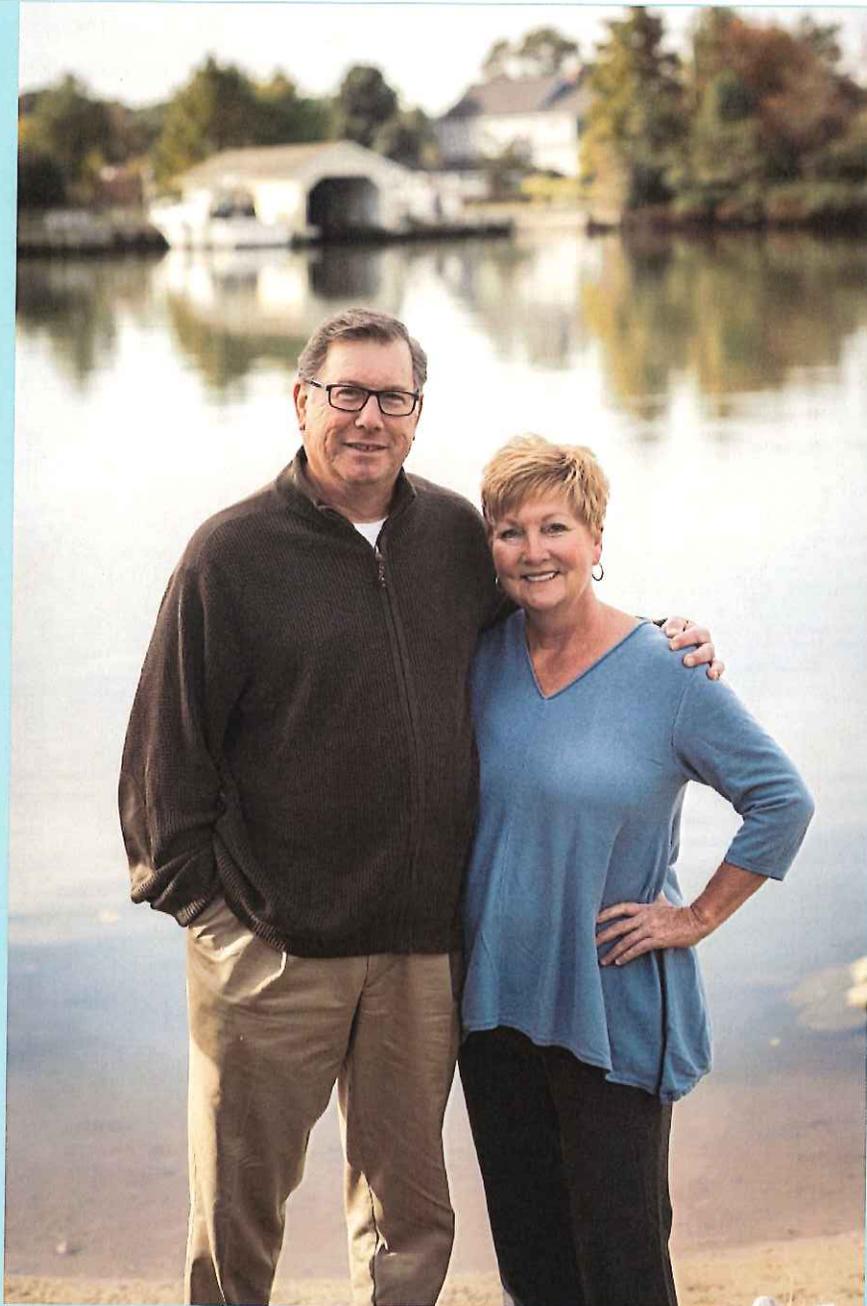
Some heart disease risk factors are beyond our control, such as age and family history. But there are more factors you can control either through lifestyle changes or medication from



your doctor.

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

**Learn your risk for heart disease with our free online heart health profiler at [AAMCYoungAtHeart.org](http://AAMCYoungAtHeart.org) and celebrate heart month by taking the first step toward a healthy heart for life.**



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## Despite Vague Heart Attack Symptoms Fast Action Saved the Day

Posted on Feb 1, 2015



Jeff Shields had been thinking and worrying about his heart for a long time. He knew he was a prime candidate for a heart attack. After all, he's a type 2 diabetic, and his own father had died at 53 of a heart attack.

"I've been trying to do the right things ever since I was 50 and I'm 62 now," Jeff says.

Still, despite his vigilance, when the heart attack arrived, Jeff barely recognized it.

It was the first day of summer, and Jeff had come inside to rest after working outdoors.

## Heart Attack Symptoms Aren't Always What You Think

"I had an odd feeling, like a baby bib was under my neck. I had just a little tingling in my right arm, but not painfully, and I had this tightness in the back of my upper jaw."

These weren't the symptoms for which Jeff had been on the lookout. They weren't the symptoms he associated with a heart attack like arm and chest pain.

Luckily, he's married to a retired nurse who'd worked at AAMC for 25 years.

"It was just so odd, so vague," remembers Cathy Shields. "A lot of people would have ignored Jeff's symptoms, and I could've maybe ignored them too, but because I'd been a nurse and well, the jaw pain, that was the deal breaker for me."

Cathy called 911. It was a life-saving decision.

The ambulance paramedic confirmed that Jeff was having a heart attack and raced him to the emergency room at Anne Arundel Medical Center. Moments later, Jeff went into cardiac arrest. He received immediate defibrillation. Then he was rushed to the catheterization lab for an angioplasty. Marco Mejia, MD, an interventional cardiologist, used a balloon-tipped tube and wire-mesh stents to open Jeff's blocked arteries.

"Dr. Mejia literally saved my life," says Jeff. "I'm pretty grateful to him and the whole team as well."

## A Decade of Saving Lives

Dr. Mejia helped create AAMC's [Emergency Heart Attack Program](#) more than a decade ago. He's immensely proud of what they've achieved.

"Everyone knows their job, our team is set up and ready 24 hours a day, seven days a week. This program at AAMC is truly one of the best programs around."

In addition to saving more than a thousand lives, the program has dramatically reduced coronary intervention response time, even beyond national guidelines. The American Heart Association recommends that it take no more than 90 minutes from the time a heart attack patient arrives at a hospital until a blocked artery is opened. At AAMC, 90% of all patients have their arteries opened in less than 60 minutes.

"The process is very refined now," says Dr. Mejia.

Jeff Shields considers himself incredibly lucky for the life-saving care he received at AAMC and for having a wife that recognized his vague symptoms as those of a heart attack. Dr. Mejia says it's a story worth heeding.

"We always want the community to know when you suspect heart attack you need to call ambulance right away."

## Cardiac Rehab Helps with Lifestyle Changes

As for Jeff Shields, his partnership with AAMC is still going strong. Following his emergency angioplasty, Jeff was transferred via ambulance to Johns Hopkins Hospital for

successful quadruple bypass surgery. Once home, he enrolled in AAMC's [Cardiac Rehabilitation Program](#). It provides medically-supervised exercise, nutritional and

behavioral counseling. Jeff also continues to see Dr. Mejia.

“He’s very stern, he tells me exactly what I’ve got to do. I just love him.”

As for Cathy, she offers this advice:

“Pay attention to the vague stuff, don’t overlook it, and be alert.”

You may be interested in:

[Six Activities that Can Prevent 70% of Heart Attacks](#)

[docsTALK Challenges You to Know Your Heart Age](#)

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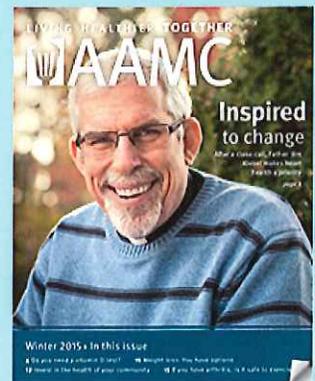
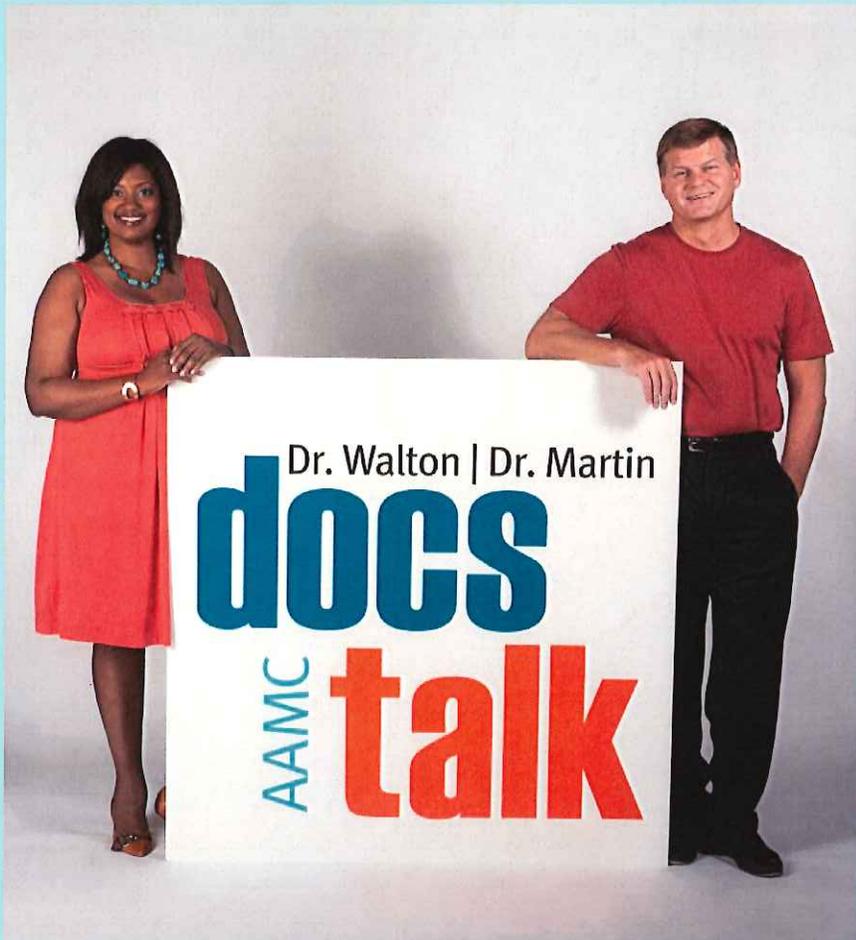
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docsTALK Challenges You to Know Your Heart Age

## docsTALK Challenges You to Know Your Heart Age

Posted on Jan 30, 2015



Listen to the February 2015 [AAMC docsTALK podcast](#).

For February's docsTALK podcast, hosts **Drs. John Martin and Briana Walton** recognize **American Heart Month** by challenging you to stay young at heart for better heart health. They both took [AAMC's free heart profiler](#) to find out their heart age, and share their results. Plus, they challenge you to not only take the assessment, but to realize there are many factors for heart health for which you have control.

Here's an excerpt from the lively discussion:

**Briana:** "...you asked do I feel young and what are the things that motivate me to stay healthy. I think every day I get a message from my patients. Most of my patients are over the age of 60, and you look at people that are young and healthy at 80 and you look at people who are not at 50. And you say, 'I don't want to be like that when I grow up.' So, for me, I get a reminder every single day what I want the rest of my life to look like, and that helps direct me today about what I'm going to do in terms of exercise, what I eat, my mental status, and how I treat people. I think all of that we put together."

**John:** "I think when we deal with patients in our office there's kind of a mindset for some that illness is pre-determined. 'It's my fate. I've just got bad luck, and that's the way I am.'"

**Briana:** "Mmhhh. 'Those are the cards that I've been handed.'"

**John:** "Right, and there others that say, 'I'm going to be proactive. I'm going to manage my health, and I'm going to put myself in the best position to be on this planet as long as possible.' And those folks you can usually tell when they walk in the room."

**Briana:** "Absolutely."

**John:** "You can see them. They have the right kind of attitude. They're very positive and being young at heart really means to look at those things that have an impact on your heart."

So what are those things that you can control to make your heart healthier? Listen to the [full podcast](#).

For more inspiration to stay young at heart and to take our FREE heart profiler, visit [AAMCYoungAtHeart.org](#). Attend our live February docsTALK program — Caution: Heart at Work — by [registering here](#).

You may be interested in:

[Six Activities that Can Prevent 70% of Heart Attacks](#)

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*Published: February 2015 with media partner, WRNR radio, Annapolis.*

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**Post your comment**

# Live Young at Heart.

A healthy heart means you're doing what you love and living each day to the fullest. Need a little help getting there? A good first step is learning your "heart age" and risk for heart disease. In most cases, you can take action and lower your risk.

Find out if you're really young at heart with AAMC's free heart health profiler at **[AAMCYoungAtHeart.org](http://AAMCYoungAtHeart.org)**.



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# Live Young at Heart.

Find out if you're really young at heart. Learn your heart age and risk for heart disease with AAMC's free heart health profiler.

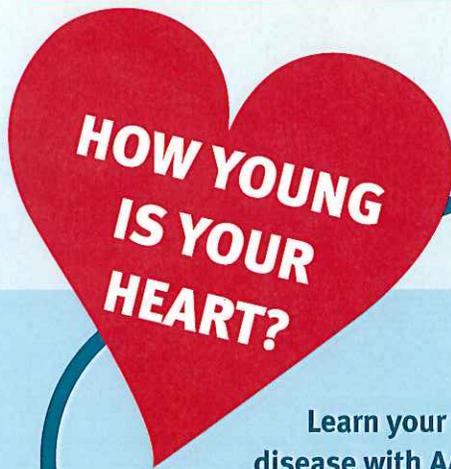
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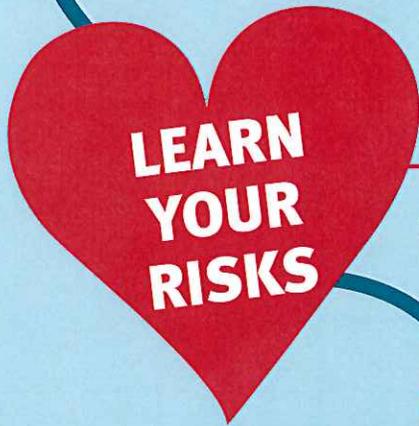
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Learn your heart age and risk for heart disease with AAMC's heart health profiler.  
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# Heart Health Facts

2 out of 5



Americans die of heart attack, stroke, high blood pressure, and other heart issues.

#1 U.S.

health problem is cardiovascular disease.

Every

34



seconds someone has a heart attack.

## Know your **ABCS** for a healthy heart

**A**ppropriate aspirin use

**B**lood pressure control

**C**holesterol management

**S**moking cessation

LIVING HEALTHIER TOGETHER.



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# Know your numbers for heart health

*Reduce your risk for heart disease by keeping your numbers within these recommended goals.*

## **Total Cholesterol**

- › Less than 200mg/dL

## **LDL “BAD” Cholesterol**

- › Low risk of heart disease:  
Less than 160mg/dL
- › Intermediate risk of heart disease:  
Less than 130mg/dL
- › Have heart disease, diabetes or a high risk of heart disease:  
Less than 100mg/dL
- › Very high risk of heart disease:  
Less than 70mg/dL

## **HDL “GOOD” Cholesterol**

- › Women: 50mg/dL or higher
- › Men: 40mg/dL or higher

## **Triglycerides**

- › Less than 150mg/dL

## **Blood Pressure**

- › Less than 120/80 mmHg

## **Fasting Glucose**

- › Less than 100mg/dL

## **Body Mass Index (BMI)**

- › Less than 25kg/m<sup>2</sup>

## **Waist Circumference**

- › Women: 35 inches or less
- › Men: 40 inches or less

## **Physical Activity**

- › At least 30 minutes of moderate-intensity aerobic activity at least five days per week for a total of 150 minutes
- › At least 25 minutes of vigorous aerobic activity at least three days per week for a total of 75 minutes; or a combination of the two
- › Moderate to high intensity muscle-strengthening activity at least two or more days per week for additional health benefits.

## Know the ABCS of heart health.

- › **Appropriate aspirin use:** Ask your doctor if aspirin will reduce your risk for heart attacks.
- › **Blood pressure control:** Monitor your blood pressure and work with your doctor to make lifestyle changes.
- › **Cholesterol management:** Know your numbers and work with your doctor to make lifestyle changes.
- › **Smoking cessation:** It's never too late to quit.

Learn more about your heart health at [askAAMC.org/Heart](http://askAAMC.org/Heart).

LIVING HEALTHIER TOGETHER.



Anne Arundel  
Medical Center

# Million Hearts cable TV & radio spots

<http://tinyurl.com/ppanvdt>



## Heart and Vascular

by AAMCNews • 18 videos • 925 views • 2 hours, 26 minutes •

For more information, visit <http://www.AAHS.org/heartandvascular>. A regional resource to our community, the AAMC Heart and Vascular Institute is nationally recognized as a standard for care and treatment of heart attack patients and recipient o... more

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3 Compassion ▶ Trust ▶ Dedication ▶ Innovation ▶ Quality ▶ Diversity ▶ Collaboration

LIVING HEALTHIER TOGETHER.



# Outreach at Annapolis Mall



Events

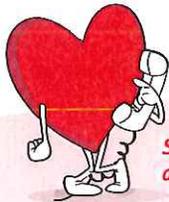


Displays



New BP machine

# Heart and Vascular Institute ROAD TO LIFE-SAVING HEART ATTACK CARE



*Suspect you might be having a heart attack? Call 911.*

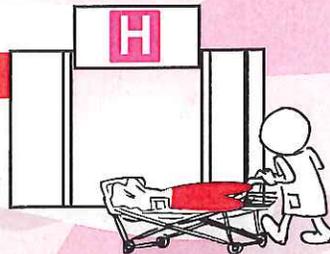


*Use EMS transport. Don't drive yourself.*



## **Emergency Department**

*Paramedic takes you to Emergency Department Chest Pain Center for EKG.*



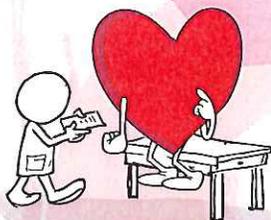
## **Cardiologist**

*A cardiologist will evaluate you.*



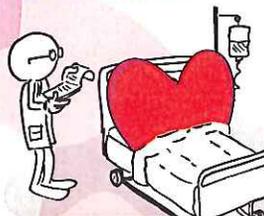
## **Cardiac Catheterization Lab**

*If needed, get emergency angioplasty to open blockage and restore blood flow to heart.*



## **Heart and Vascular Unit**

*Receive medical care of heart problem, or recover from angioplasty.*



## **Critical Care Unit**

*Receive medical care of heart problem, or recover from angioplasty.*

## **Cardiac Rehab**

*After treatment, go home and schedule your cardiac rehab.*

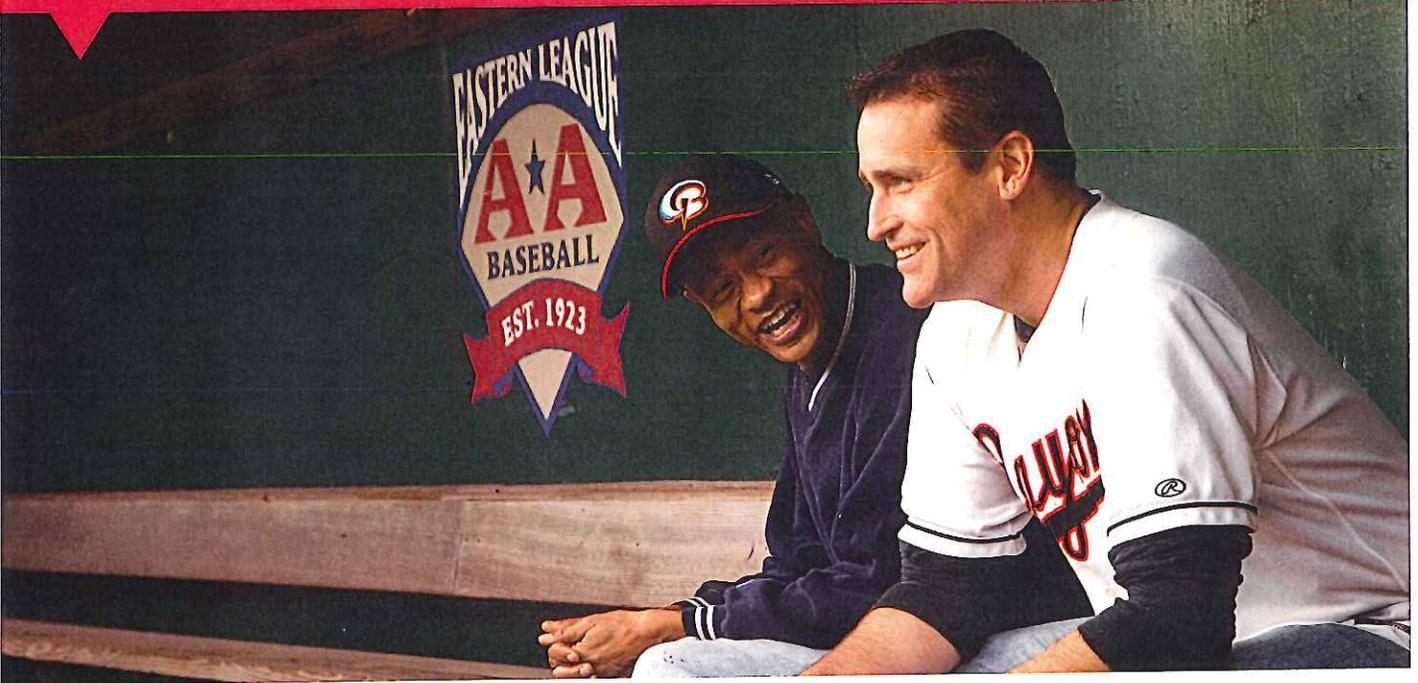


**ROCK**  
THE RED



Anne Arundel  
Medical Center

# Heart Attacks: Know Your Risk



*Heart and blood vessel disease is the nation's number one killer. About 325,000 people die each year of heart attack before they get to a hospital or emergency room. Protect yourself and those around you by knowing the warning signs and what to do if you suspect a heart attack.*

## ▶ Warning Signs

- › Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- › Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- › Shortness of breath with or without chest discomfort.
- › Other signs may include breaking out in a cold sweat, nausea or light-headedness.
- › Women may experience different warning signs than men. Women are more likely than men to experience jaw pain, back pain, shortness of breath, nausea or vomiting.

## ▶ If you suspect you're having a heart attack:

- › Call 9-1-1
- › Don't wait more than five minutes before calling for help. Fast action saves lives when it comes to heart attacks.

Never dismiss possible heart attack symptoms. If symptoms last for more than five minutes, call 911 right away.

For more information visit [askAAMC.org/HeartandVascular](http://askAAMC.org/HeartandVascular) or call 443-481-1000.

 Anne Arundel  
Medical Center

# PREVENTING HEART ATTACKS

## Public Health Enemy Number 1

Heart attack is the number one killer of the adult population in the U.S. and has been since the turn of the last century.

## Heart Attacks Have Beginnings

Intervention in early stages can prevent heart attack from occurring by identifying the coronary artery that is blocked. In most cases, this can be corrected through cardiac intervention.

## How to Identify Beginnings

In early stages, most heart attacks don't knock a person to the ground with cardiac arrest or cause major chest pain, making them difficult to recognize. The first symptom that a heart event may occur is often mild discomfort that comes and goes in the middle of the chest. Besides pain, the person may report a burning sensation, chest achiness or chest fullness.

Other activities may seem more important than acting on mild chest symptoms. Bystanders may also

ignore the person's symptoms since they don't want to push or nag. However, with the onset of these symptoms, physician evaluation is essential, even if pain isn't severe.

## Presentations of Heart Attack

Heart attacks appear in three ways:

- › Cardiac arrest
- › Severe chest pain
- › Mild chest discomfort

Intervention while the individual is still having these symptoms is most likely to prevent heart damage.

## Prodromal Heart Attack

In medical literature, the mild chest discomfort stage is known as the "prodromal" stage of a heart attack. Intervention in 50 percent of people with prodromal symptoms could reduce heart attacks by 300,000.

## Source of Message

Our awareness of these issues comes from patients admitted to the Coronary Care Unit who told us about the severity of the chest pain that brought them into the hospital and the mild intermittent chest discomfort present for several days before.

## Contribution of Chest Pain Centers

Chest Pain Centers are developing across the U.S. to focus communities on preventive heart attack care through recognition of chest pain and discomfort. This national effort establishes a systematic and comprehensive triage system for chest pain patients so they can be treated at the earliest stage of a heart attack.

## Shifting to Early Identification

Our hope is that Chest Pain Centers in emergency departments will shift the paradigm away from the crashing heart attack patients to prodromal identification of patients and treat them earlier. The strategy of Chest Pain Centers is to handle current heart attack problems and link an awareness of early heart symptoms to faster treatment.

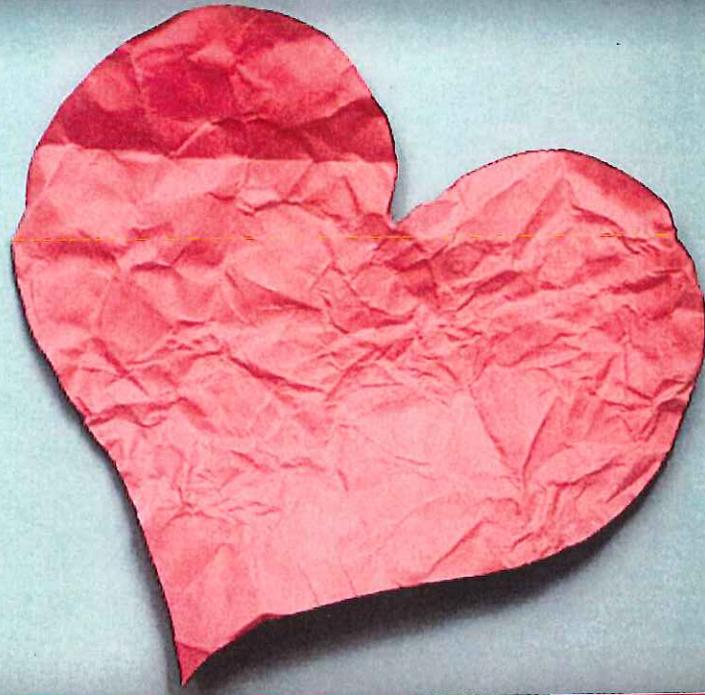
## Recognizing Beginnings of Heart Attacks

Go to [DeputyHeartAttack.org](http://DeputyHeartAttack.org) for more on these early symptoms and help educate others to act immediately when the first signs of chest discomfort occur.

For more information visit [askAAMC.org/heart](http://askAAMC.org/heart)  
or call 443-481-4000.



## Heart & Vascular



# Heart Attacks: Know Your Risk

*Suspect you or someone you love is having a heart attack?  
Call 9-1-1 immediately.*

## The Silent Killer

Heart and blood vessel disease is the nation's number 1 killer. About 325,000 people die each year of heart attack before they get to a hospital or emergency room. Protect yourself and those around you by knowing the warning signs and what to do if you suspect a heart attack.

## Warning Signs

- › Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- › Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- › Shortness of breath with or without chest discomfort.
- › Other signs may include breaking out in a cold sweat, nausea or lightheadedness.
- › Women may experience different warning signs than men. Women are more likely than men to experience jaw pain, back pain, shortness of breath, nausea or vomiting.

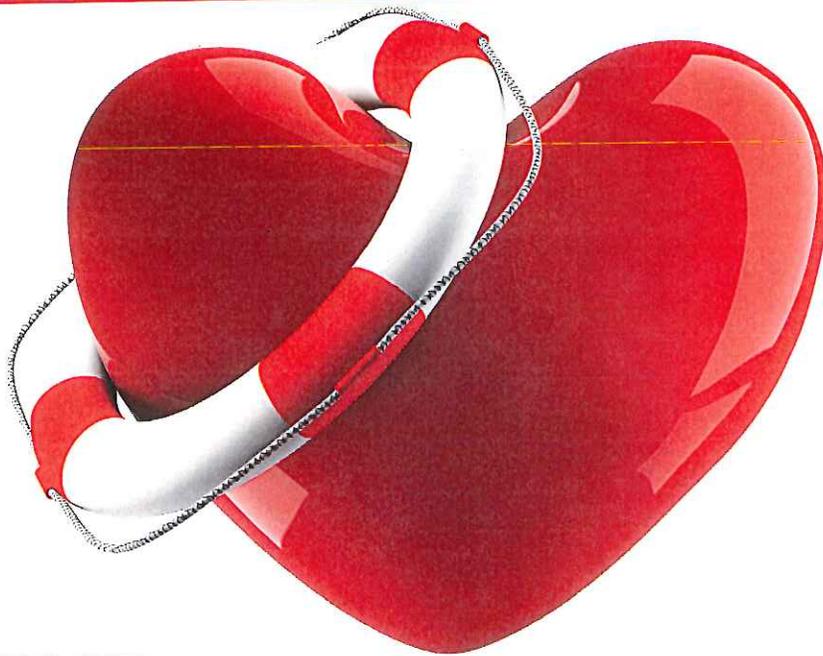
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- › Call 9-1-1
- › Don't wait more than five minutes before calling for help. Fast action saves lives when it comes to heart attacks.

Never dismiss possible heart attack symptoms. If the symptoms last for more than five minutes, call 911 right away.



# AAMC's Outpatient Cardiopulmonary Rehab Program



## IMPROVE *your health and quality of life.*

*Anne Arundel Medical Center offers an Outpatient Cardiopulmonary Rehabilitation Program designed to improve health status and quality of life for patients with cardiopulmonary conditions. The program's emphasis is on cardiopulmonary fitness, nutritional and behavioral counseling, and education. We provide support and encouragement for developing and maintaining a healthy way of life.*

### ▶ Who needs pulmonary rehab?

Individuals who would benefit from this program include those who have a pulmonary illness such as:

- › Emphysema
- › Chronic bronchitis
- › Asthma
- › Pulmonary fibrosis
- › Lung transplant (both pre- and post- surgery)
- › Other lung disorders and conditions.

### ▶ Who needs cardiac rehab?

Individuals who would benefit from this program include those who are recovering from:

- › Heart attack
- › Heart surgery
- › Heart valve surgery
- › Heart stenting procedure
- › Heart transplant
- › Those who have angina or diagnosed coronary artery disease
- › Those with a high risk of developing heart disease.

(continued on back)

To learn more or to schedule an appointment, call **443-481-1929**



# AAMC's Outpatient Cardiopulmonary Rehab Program

## ▶ What services are offered?

- › Comprehensive evaluation
- › Individually designed rehabilitation program
- › Medically supervised exercise
- › Education and counseling including Healthy Heart Nutrition by an AAMC Registered Dietician
- › Supportive environment from others experiencing cardiac events/heart disease
- › Referral to AAMC's health & wellness education programs
- › Referrals to clinical dietitian
- › Continuation in a maintenance exercise program
- › Certified through the American Association of Cardiovascular & Pulmonary Rehabilitation (AACVPR)

## ▶ What is the program like?

- › The medical directors, registered nurses, exercise physiologists, and respiratory therapists at the AAMC Cardiopulmonary Rehabilitation Program will work with your personal physician to custom tailor your care plan and exercise regimen.
- › You will attend exercise sessions three days per week (Monday, Wednesday and Friday) all under continuous heart monitoring from our expert caregivers.
- › Also included with the program are educational sessions including heart-healthy nutrition.
- › Maintenance exercise sessions are held several times per week and offer continuation of group exercise in a maintenance program that is supervised by our highly qualified ACLS (advanced cardiac life support) trained staff.
- › We will remain in contact with your physician to communicate your progress and coordinate your care throughout your rehabilitation.
- › Upon completion of the program, our team will provide you with a health maintenance and exercise plan.

## ▶ Location

Sessions are held in AAMC's Cardiopulmonary Rehabilitation Center in the Belcher Pavilion, Suite 404 (4th floor) at Medical Park. Dedicated free parking is available in Garage E, 2<sup>nd</sup> floor.

## ▶ Referrals

A written referral from your physician is needed for all cardiopulmonary services. Our staff will work with your physician to obtain authorization for your cardiopulmonary rehabilitation treatment.

## ▶ Payment

Cardiopulmonary rehabilitation is reimbursed by most insurance companies. The amount of coverage depends upon the individual policy. Our financial coordinators will verify your insurance coverage.

## ▶ Your Team

We are with you every step of the way.



To learn more or to schedule an appointment, call 443-481-1929

 Anne Arundel  
Medical Center

# Blood Pressure Facts

*Making lifestyle changes is the best way to control blood pressure. If making lifestyle changes is not enough to control blood pressure, then medications may be used. The risk of side effects that may occur from these drugs is generally much less than the health risks that result from high blood pressure.*

## ▶ How High Is High Blood Pressure?

Blood pressure is the force of blood pushing against artery walls. If this force is too strong for a long period of time, you have "high blood pressure."

- › The medical term for high blood pressure is hypertension.
- › High blood pressure usually has no symptoms.
- › Many people are completely unaware that they have it.
- › Blood pressure often increases with age.
- › You may not have high blood pressure now, but you may develop it later.
- › Take action now to help keep your blood pressure low as you get older.
- › High blood pressure increases the heart's workload, causing the heart to thicken and become stiffer.

## ▶ Why Does Blood Pressure Matter?

Untreated or under-treated high blood pressure can cause serious damage to your whole body. It can make you very sick or even kill you. Damage to your body can include:

- › heart attack.
- › stroke
- › heart failure.
- › kidney disease

Lowering blood pressure can greatly reduce health risks.

## ▶ The Damaging Effects of High Blood Pressure

If you have high blood pressure, the increased pressure to your blood vessels can seriously damage them. Damage to you blood vessels can include:

- › hardening and stiffening
- › narrowing
- › breaking
- › clots

High blood pressure also makes your heart work harder. These problems significantly increase your risk of coronary heart disease, stroke, heart failure and kidney disease. There may be no obvious symptom until you become seriously ill or die.



# Blood Pressure Facts

## ▶ How Do I Get My Blood Pressure Measured?

- › Health care professionals use a blood pressure cuff to measure your blood pressure levels.
- › It's important to get your blood pressure checked regularly.
- › It's fast, easy and painless.
- › If you don't know your blood pressure, you should see your health care professional to have your blood pressure checked.

## ▶ Measuring Blood Pressure

Home blood pressure monitoring systems can help you track your blood pressure over time and at different times of the day. You can keep a log of your blood pressure measurements to show your doctor.

## ▶ What Blood Pressure Is Normal and What Blood Pressure Is High?

If either systolic or diastolic blood pressure is in the high or very high range, you have high blood pressure.

## ▶ Who's at Risk?

About one in three American adults has high blood pressure, according to the National Heart, Lung, and Blood Institute. The risk of developing it goes up with age. For men, the risk starts at about age 45, and for women, at about age 55. Over half of all Americans 60 and older have blood pressure that is too high.

Other risk factors include:

- › Having a family history of high blood pressure.
- › Being African American.
- › Smoking
- › Being overweight or obese.
- › Eating too much salt.
- › Not getting enough physical activity.

## ▶ What Can I Do to Lower My Blood Pressure?

- › Know what your blood pressure level is, and what it should be.
- › Talk to your doctor about your blood pressure.
- › Take medication as prescribed.
- › Make lifestyle changes as recommended.
- › Lose weight.
- › Exercise daily.
- › Eat healthy.
- › Limit salt.
- › Limit alcohol.

# Anne Arundel Medical Center

Medical Parkway | Annapolis, MD 21401 | askAAMC.org  
 is part of the not-for-profit regional medical network  
 Annapolis Health System

**Our Vision:**  
 Living healthier together.  
**Our Mission:**  
 Enhance the health of the people we serve.



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youtube.com/AAMCNews

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## Get Answers About Heart Disease

**Q** What are the options for managing heart and vascular disease?

**A** Medication and lifestyle changes can help patients with stable disease. It's important to take your medicine as prescribed and see your doctor on a regular basis. Also, know your risk factors and try to change the ones you can.

**Q** What should I do if I suspect someone is having a heart attack?

**A** CALL 911 immediately. Do not drive to the hospital—go by ambulance because a person's condition can change rapidly. Your EKG can be sent from EMS to our hospital to determine if you need life-saving coronary intervention before you arrive.

Need a cardiologist? Call askAAMC, 443-483-4000, to get a referral.

▶ AAMC LIVING HEALTHIER TOGETHER

**Q** Can I do anything to improve my cholesterol levels?

**A** Your doctor can explain what your numbers mean along with what your cholesterol goals should be. If you need to improve your numbers, talk to your doctor about what you can do to improve your HDL, "good" and LDL "bad" cholesterol. Lifestyle changes can help:

- Adopt a healthy diet: low in saturated fats, trans fat and cholesterol and high in fiber, fruits and veggies.
- Get 60 minutes of moderate-intensity aerobic activity each week.
- Lose weight, if needed.

Some people also need medicines to help lower cholesterol. Ask your doctor about having your cholesterol checked, and learn your numbers.

## Do You Know What an AED Is and How to Use One?

An AED is an Automated External Defibrillator used to deliver a shock to the heart to restore heart rhythm and prevent sudden cardiac death. Learn how to use one of these devices at the Heartsaver AED class at AAMC. The class teaches AED use, CPR for adults and infants, relief of choking, and use of barrier devices.

Sign up for our Heartsaver AED class at [askAAMC.org/events](http://askAAMC.org/events).



# LIVING HEALTHIER TOGETHER AAMC



## New Approach to Angioplasty

Traditionally, angioplasty to clear blockages in coronary arteries involves inserting a catheter into a patient's femoral artery, a large blood vessel in the groin.

Now our interventional cardiologists have a new route to restore blood flow to the heart—through the wrist. It's called radial artery angioplasty and is especially beneficial to patients like Jim Smith, 68, of Centreville, Md. He was rushed to Anne Arundel Medical Center after having a heart attack.

"It was amazing. There was no pain at all," said Jim. The day after his heart attack, Jim was back at home.

"The new approach is more comfortable for patients and has a lower risk of complications," said Scott Katzen, MD, who performed Jim's procedure.

Find out more about the procedure and Jim's experience at [askAAMC.org/living](http://askAAMC.org/living).

## AAMC Heart and Vascular Institute

Nationally recognized for care and treatment of heart attack patients

# Expert Heart Care at AAMC

The American College of Cardiology has awarded Anne Arundel Medical Center with the Gold Performance Achievement Award for quality in cardiac care. Today, we see more patients and save more lives than ever before. Our expert cardiologists and vascular surgeons provide exceptional emergency, interventional and surgical care.



## Meet our Heart and Vascular Leaders:



**John Martin, MD**  
Medical Director  
Heart and Vascular Institute



**Jonathan Altschuler, MD**  
Medical Director  
Cardiac Catheterization Lab



**Barbara Hutchinson, MD**  
Medical Director  
Heart and Vascular Unit



**Mark Sanchez, MD**  
Medical Director  
Chest Pain Center



**William Maxted, MD**  
Medical Director  
Heart Station



**Barbara Furtow, MD**  
Medical Director  
Cardiac Rehabilitation

### Dare to C.A.R.E.

This nationally renowned program offers free screenings for vascular disease to help prevent strokes and other serious conditions. It's open to men and women older than 60, or 50 for smokers, people with diabetes, high blood pressure or high cholesterol. For a free screening, call 410-573-9483.

### STEMI

The STEMI program (emergency angioplasty for heart attacks with ST-elevation) has saved more than 1,000 lives in the past 10 years. A partnership with local EMS, the program has dramatically cut response times for emergency coronary intervention to less than an hour from arrival.

### Chest Pain Center

One of only nine hospitals in the state to earn Chest Pain Center Accreditation with percutaneous coronary intervention, AAMC's quality of heart care is recognized as meeting the gold standard for rapid diagnosis and treatment of chest pain patients.

### Elective Angioplasty

AAMC also offers elective cardiac catheterizations. These are performed in non-emergency situations for people with stable coronary artery disease. Since 2010, interventional cardiologists have performed more than 700 angioplasty procedures.

### Cardiac Rehabilitation Program

People who have had heart surgery or have a heart condition can come to AAMC for cardiac rehab and monitored exercise. The cardiac rehab center's electronic medical record is a national model.



Heart and Vascular Institute overview



Heart attack symptoms



Heart and vascular specialists



Ana Duhan's story

Learn more about the AAMC Heart and Vascular Institute by watching doctors and patients share their experience at [askAAMC.org/heart](http://askAAMC.org/heart).

## Your Inside Guide to Heart Health

### Early Signs of Heart Attack

Did you know heart attacks have beginnings? Symptoms occur in more than half of heart attack patients. If recognized early, these "beginnings" can be treated before the heart is damaged.

#### Early symptoms include:

- Chest pressure, squeezing or discomfort
- Pain down one or both arms, back pain, jaw pain
- Shortness of breath
- Feeling full
- Feeling nauseated
- Fatigue
- Anxiety

Call 911 if you suspect you're having a heart attack. Don't wait and don't drive to the hospital—go by ambulance.

### Are You at High Risk?

Cardiovascular disease is the number one cause of death in the United States. Do you know the risk factors?

- Smoking
- High cholesterol

- High blood pressure
- Diabetes and pre-diabetes
- Overweight
- Unhealthy diet
- Lack of physical activity
- Stress

Most people have one risk factor. Risk rises with the number of risk factors and their severity.

### Know Your Numbers

High density lipoprotein (HDL) is the "good" cholesterol that protects you from heart attacks. It carries cholesterol away from your arteries. For women, less than 50 mg/dL may increase risk. For men, less than 40 mg/dL may increase risk.

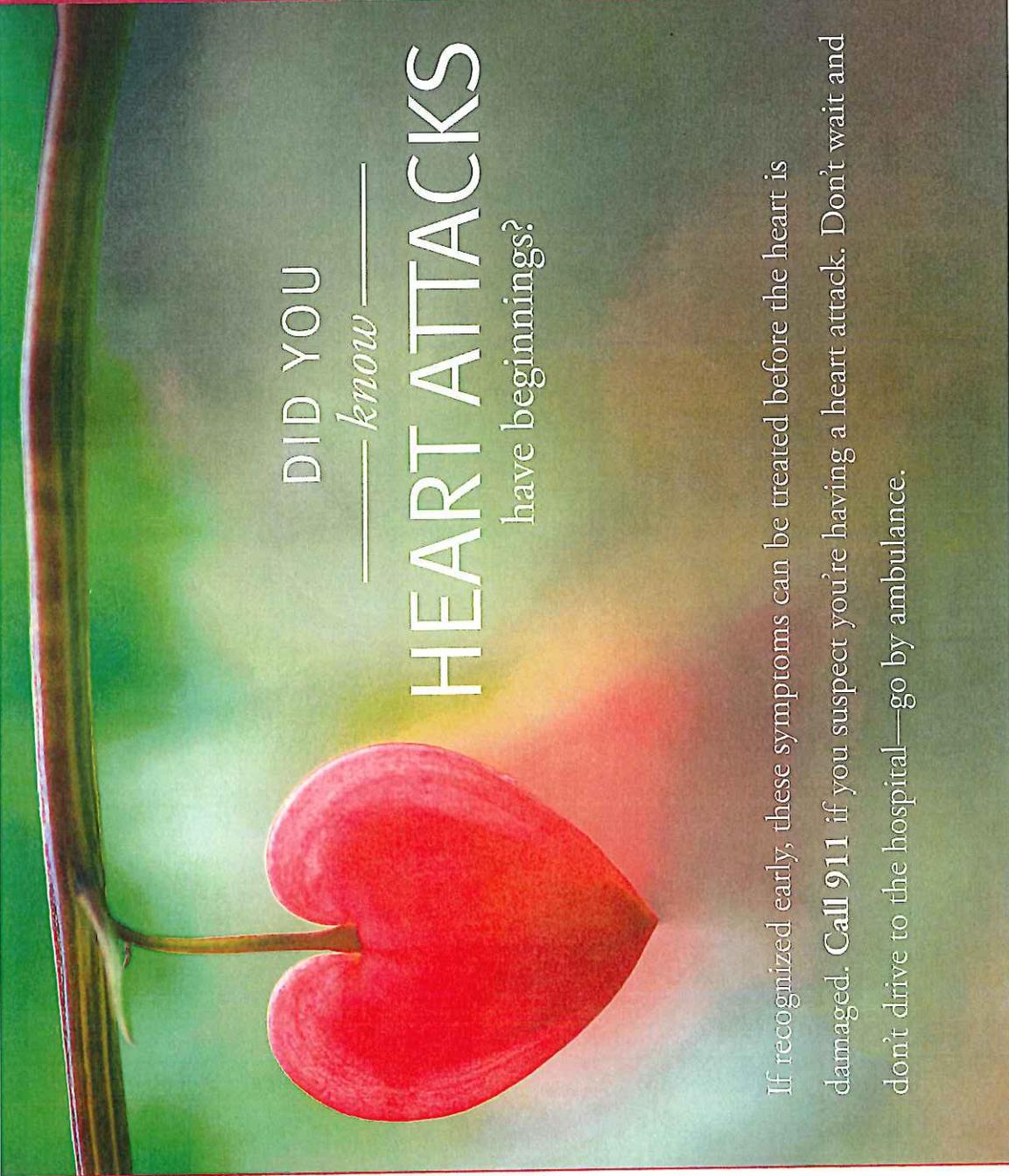
Low density lipoprotein (LDL) is the "bad" cholesterol that creates artery-clogging plaque and increases your risk of heart attack and stroke. Levels 100 mg/dL or more may increase risk.

Triglycerides: People with high triglycerides often have low HDL and high LDL. Levels 150 mg/dL or more may increase risk.

### We're Here If You:

- Want to stop smoking
- Want to exercise and lose weight
- Have high blood pressure and cholesterol
- Have been diagnosed with heart or vascular disease
- Want to attend a cardiac rehabilitation program
- Want to join a cardiac support group
- Have a family history of heart disease or vascular disease
- Need a dietitian to learn more about a heart-healthy diet

Visit [askAAMC.org/heart](http://askAAMC.org/heart) to learn more. For smoking cessation and fitness classes, visit [AAMCevents.org](http://AAMCevents.org).



DID YOU  
— *know* —  
HEART ATTACKS  
have beginnings?

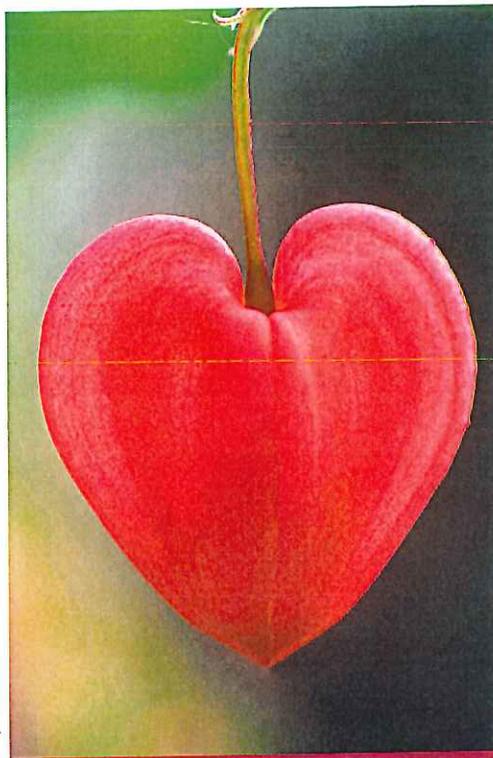
If recognized early, these symptoms can be treated before the heart is damaged. **Call 911** if you suspect you're having a heart attack. Don't wait and don't drive to the hospital—go by ambulance.

**EARLY  
SYMPTOMS  
OF A HEART  
ATTACK**

- > Chest pressure, squeezing, or discomfort
- > Pain down one or both arms, back pain, jaw pain
- > Shortness of breath
- > Feeling full or nauseated
- > Fatigue
- > Anxiety

**Anne Arundel  
Medical Center**  
Heart & Vascular Institute

To learn more visit,  
**[askAAMC.org/heartandvascular](http://askAAMC.org/heartandvascular)**  
or call **443-481-4000**.



**85% OF  
HEART  
DAMAGE**  
occurs  
within  
two hours  
of a heart  
attack.



Anne Arundel  
Medical Center  
Heart & Vascular Institute



**KNOW  
THE  
SIGNS**  
of a heart  
attack.  
Act before  
damage  
occurs.



Anne Arundel  
Medical Center

Heart & Vascular Institute

# Heart attack deputy quiz

## Answer the following questions to become a heart attack deputy.

**1. If a friend, co-worker or spouse confides in you that they are experiencing mild symptoms of a heart attack, how would you respond?**

- Tell them it's probably indigestion and advise them to take some antacids.
- Encourage their denial because you are too busy.
- Tell them that they are probably suffering from a gall bladder attack or a hiatal hernia.
- Show concern and ask them if they have experienced these symptoms before.

**2. What questions should you ask the person experiencing early heart attack symptoms?**

- Is the discomfort, tightness, pressure, or pain located in the center of the chest?
- Are the symptoms present in the chest, throat, jaw, upper back or inside of the left arm?
- Did these symptoms come on with exertion and do they go away with rest?
- All of the above

**3. If the victim answers "yes" to your questions, how should you respond?**

- Expect denial by the victim if the symptoms are minimal; look for the most critical issue and take charge.
- Explain to this individual that they may be experiencing the earliest symptoms of a possible heart attack.
- Encourage this individual to get these symptoms checked out at the nearest heart attack care center/emergency room.
- Call 9-1-1 or assist the individual to the nearest heart attack care center/emergency room.
- All of the above.

**4. What are the three presentations of a heart attack?**

- Cardiac Arrest
- Severe chest pain
- Central chest pressure, ache or burning sensation
- All of the above

**5. Which of these presentations offers the most benefit?**

- Cpr for cardiac arrest
- Emergency care for severe chest pain
- Early intervention for the chest pressure, ache, or burning sensation

**6. When can a threatening heart attack be prevented?**

- At the cardiac arrest stage
- At the crushing severe chest pain
- At the mild onset of chest discomfort

**7. How many adults do heart attacks kill in the US each year?**

- 600,000
- 60,000
- 6,000

**8. Early chest discomfort occurs in what percentage of patients with heart attacks?**

- 50 percent
- 20 percent
- 5 percent

**9. If an early heart attack is detected early and acted upon, how many adults in the US can we save?**

- 300,000
- 30,000
- 3,000

**10. If CPR is cardiopulmonary resuscitation for the dead, then EHAC education and awareness is the program for prevention of death. What does the acronym EHAC stand for?**

- Evolving Heart Attack Care
- Early Heart Attack Care
- Emergency Heart Attack Care

# Heart attack deputy quiz

## ANSWERS

- 1. If a friend, co-worker or spouse confides in you that they are experiencing mild symptoms of a heart attack, how would you respond?**
  - D. Show concern and ask them if they have experienced these symptoms before.
  -
- 2. What questions should you ask the person experiencing early heart attack symptoms?**
  - D. All of the above
  -
- 3. If the victim answers “yes” to your questions, how should you respond?**
  - E. All of the above
  -
- 4. What are the three presentations of a heart attack?**
  - D. All of the above
  -
- 5. Which of these presentations offers the most benefit?**
  - C. Early intervention for the chest pressure, ache, or burning sensation
  -
- 6. When can a threatening heart attack be aborted (prevented)?**
  - C. At the mild onset of chest discomfort
  -
- 7. How many adults do heart attacks kill in the US each year?**
  - A. 600,000
  -
- 8. Early chest discomfort occurs in what percentage of patients with heart attacks?**
  - A. 50 percent
  -
- 9. If an early heart attack is detected early and acted upon, how many adults in the US can we save?**
  - A. 300,000
  -
- 10. If CPR is cardiopulmonary resuscitation for the dead, then EHAC education and awareness is the program for prevention of death. What does the acronym EHAC stand for?**
  - B. Early Heart Attack Care

# AAMC Heart & Vascular Institute

## How High is High Blood Pressure?

- Blood pressure is the force of blood pushing against artery walls.
- If this force is too strong for a long period of time, you have “high blood pressure.”
- The medical term for high blood pressure is hypertension.
- High blood pressure usually has no symptoms.
- Many people are completely unaware that they have it.
- Blood pressure often increases with age.
- You may not have high blood pressure now, but you may develop it later.
- Take action now to help keep your blood pressure low as you get older.
- High blood pressure increases the heart’s workload, causing the heart to thicken and become stiffer.

## WHY DOES BLOOD PRESSURE MATTER?

Untreated or under-treated high blood pressure can cause serious damage to your whole body. It can make you very sick or even kill you. Damage to your body can include:

- Heart attack
- Stroke
- Heart failure
- Kidney disease

Lowering blood pressure can greatly reduce these health risks.

## THE DAMAGING EFFECTS OF HIGH BLOOD PRESSURE

If you have high blood pressure, the increased pressure in your blood vessels can seriously damage them. Damage to your blood vessels can include:

- Hardening and stiffening
- Narrowing
- Breaking
- Clots

High blood pressure also makes your heart work harder. These problems significantly increase your risk of coronary heart disease, stroke, heart failure and kidney disease. There may be no obvious symptoms until you become seriously ill or die.

## HOW DO I GET MY BLOOD PRESSURE MEASURED?

- Health care professionals use a blood pressure cuff to measure your blood pressure levels
- It’s important to get your blood pressure checked regularly
- It’s fast, easy and painless
- If you don’t know your blood pressure, you should see your health care professional to have your blood pressure checked

# AAMC Heart & Vascular Institute

## MEASURING BLOOD PRESSURE

Home blood pressure monitoring systems can help you track your blood pressure over time and at different times of the day. You can keep a log of your blood pressure measurements to show your doctor.

## WHAT BLOOD PRESSURE IS NORMAL AND WHAT BLOOD PRESSURE IS HIGH?

If either systolic or diastolic blood pressure (BP) is in the high or very high range, you have high blood pressure.

The blood pressure categories are:

- Very High Range = Stage 2 Hypertension  
Systolic blood pressure 160 mm Hg or higher OR diastolic blood pressure 100 mm Hg or higher
- High Range = Stage 1 Hypertension  
Systolic blood pressure 140 - 159 mm Hg OR diastolic blood pressure 90 - 99 mm Hg
- Caution Range = Prehypertension  
Systolic blood pressure 120 - 139 mm Hg OR diastolic blood pressure 80 - 89 mm Hg
- Normal Range = Normal  
Systolic blood pressure below 120 mm Hg AND diastolic blood pressure below 80 mm Hg

The blood pressure categories come from JNC 7, a report sponsored by the National Heart, Lung, and Blood Institute, describing how to prevent, detect, evaluate and treat high blood pressure. It was written by a large group of high blood pressure experts, and reflects the most recent studies and knowledge about high blood pressure. Most doctors follow the recommendations and suggestions in JNC 7. JNC 7 was sponsored by the NHLBI. NHLBI is part of the U.S. Department of Health and Human Services.

## WHAT CAN I DO TO LOWER MY BLOOD PRESSURE?

Here are some other important things you can do:

- Know what your blood pressure level is, and what it should be
- Talk to your doctor about your blood pressure
- Take medications as prescribed
  - Make lifestyle changes as recommended
    - Weight loss
    - Daily physical activity
    - Healthy diet
    - Limit salt
    - Limit alcohol

Making lifestyle changes is the best way to control blood pressure. In addition to controlling blood pressure, lifestyle changes also reduce other risk factors. If making lifestyle changes is not enough to control blood pressure, then medications may be used. The risk of side effects that may occur from these drugs is generally much less than the health risks that result from high blood pressure. Also, lifestyle changes may reduce the amount of drugs needed to control blood pressure.

# AAMC Heart & Vascular Institute

## Cholesterol and the Skinny on Fats

### 50% OF ADULTS OVER AGE 20 HAVE HIGH CHOLESTEROL

**Cholesterol:** Healthy levels of cholesterol are an important part of a healthy body. Your body needs cholesterol to produce cell membranes and certain hormones. Cholesterol plays an important role in other bodily functions as well. Cholesterol can be good or bad, so it's important to learn what it is, how it affects your health, and how to manage your levels. Unhealthy levels of cholesterol can lead to heart and vascular disease or stroke. Your body makes some cholesterol and the rest comes from animal products you eat such as meat, poultry, fish, eggs, butter, cheese, and whole and 2% milk. Cholesterol is not found in foods from plants.

**High blood cholesterol:** As blood cholesterol rises, so does risk of coronary heart disease. With other risk factors such as diabetes, high blood pressure or smoking, this risk increases even more. A person's cholesterol level is also affected by age, sex, heredity and diet.

**HDL:** "Good" cholesterol is called high density lipoprotein (HDL), remember H=Healthy. HDL carries cholesterol away from your arteries and takes it to your liver, where it's removed from your body. High levels of HDL protect you from heart attacks. HDL levels less than 40 mg/dL for men and less than 50 mg/dL for women may increase your risk for heart disease. Women tend to have higher HDLs than men. HDL levels higher than 60 mg/dL may help protect you against heart disease.

**LDL:** "Bad" cholesterol is low-density lipoprotein (LDL), remember L=Lethal. High levels of "bad" cholesterol in your body can clog your arteries and increase your risk of heart attack and stroke. When there is too much bad cholesterol in your body, it can slowly build up in the walls of the arteries (forming plaque, atherosclerosis) in your heart and brain. The plaque narrows your arteries and makes them less flexible.

Keep your LDL low—below 100 mg/dL.

**Triglycerides:** is a form of fat that's made in your body. People who have high levels of triglyceride often have a low level of "good" cholesterol and a high level of "bad" cholesterol. Many people with heart disease, diabetes or both have high triglyceride levels. Triglyceride levels of 150 mg/dL or higher may increase your risk for heart disease.

## How to lower your triglycerides...

### CHOOSE HIGH FIBER CARBOHYDRATES

- Avoid refined grains, white bread, white rice and pasta
- Choose whole wheat products including oat bran for fiber

**CHOOSE LEANER CUTS OF MEATS, EAT FISH, POULTRY AND VEAL, TRIM VISIBLE FAT, DO NOT USE FAT**

# AAMC Heart & Vascular Institute

## **DRIPPINGS**

- Choose fat free or 1% dairy products, skim milk cheeses
- Choose sherbet instead of ice cream

## **LIMIT SIMPLE SUGARS TO 1-2 SERVINGS PER WEEK**

- 1 Serving = 100 Calories
- Simple sugars including corn syrup, honey, soft drinks, candy, baked goods, jam, etc.

## **EAT FRUITS AND VEGETABLES**

- 4-6 servings of fruits and vegetables/day
- Limit 100% fruit juices to ½ cup per day

## **REDUCE YOUR STRESS LEVEL**

- Consult a nutritionist at AAMC's Wellness Center 443-481-5360
- Plan a start date for exercise; slowly build up to 30 minutes of moderate exercise most days

## **Choose Good Fats**

### **USE**

- Monounsaturated fats; canola, olive or peanut oil
- 1 serving= 1 teaspoon
- 1 serving= 1 Tablespoon of walnuts, almonds or peanuts
- 1 serving= 1 Tablespoon reduced fat peanut butter

### **AVOID**

- Saturated fats; coconut oil, palm oil, hydrogenated fats, animal fats like lard and meat fats
- Trans fats; used in baked goods and some margarines

### **ADD**

- Omega 3 fatty acids by eating 2-3 servings per week of salmon, albacore tuna, mackerel
- 1 serving = 3 ounces cooked
- Omega 3 fatty acids can also be found in flax seed, flax seed oil, nuts and fish oil
- Consume in moderation

### **TO DO**

While shopping, read the nutrition labels and begin to incorporate a variety of foods low in saturated fat and cholesterol.

# *AAMC Heart & Vascular Institute*

## **Nutrition and Nuts of Healthy Hearts**

You can protect your heart and blood vessels by making smart choices when you cook. Small changes can make a big difference in your health by planning heart healthy meals.

### **CHOOSE LEAN MEAT, POULTRY AND FISH**

- Check food labels and choose meats with 5 grams of fat or less in each serving
- Buy poultry such as chicken, turkey, and Cornish hen without skin
- Eat fish 2 or 3 times a week. Albacore tuna, herring, mackerel, rainbow trout, sardines, and salmon are great choices
- Have a meatless meal at least once a week, vegetable lasagna or pizza with a side salad, black bean soup or meatless chili.

### **GRAINS**

Make half your grains whole grains, whole wheat pasta, whole wheat flour products, whole oats, and whole grain products

### **VEGETABLES**

Vary your vegetables, dark green, orange, dry beans and peas, starchy vegetables

### **FRUITS**

Focus on fruits. Fruit provides fiber that juices don't.

### **DAIRY**

Calcium-rich foods go well with low-fat or fat-free milk, yogurt or cheese

### **MEATS AND BEANS**

Go lean with protein: choose low-fat meats and poultry, vary your protein choices with fish, beans, peas, nuts and seeds. Have a meatless meal once a week.

### **LIMIT FAT, SUGARS AND SODIUM**

Know your limits for fats, sugars and sodium

### **CHOOSE FAT-FREE OR LOW-FAT DAIRY FOODS**

- Choose fat-free (skim) milk, 1/2% milk, or 1% milk. Use fat-free or low-fat yogurt
- Buy lower-fat cottage and grated cheese
- Parmesan, and any cheese with 3 grams of fat or less per ounce

# AAMC Heart & Vascular Institute

## **CHOOSE WHOLE-GRAIN BREADS**

- Carbohydrate type affects Coronary Heart Disease risk. Refined carbohydrates are highly processed, resulting in removal of fiber, vitamins, minerals, phyto-nutrients, and essential fatty acids.
- Check the list of ingredients on foods made from grains. Choose foods that show “whole” or “whole grain” as the first ingredient. Whole-wheat flour, whole oats, oatmeal, whole-grain cornmeal, popcorn, whole-rye flour, barley, and bulgur are whole grains.
- Make a whole-grain side dish several times a week.
- Eat whole-wheat pasta instead of wheat pasta. Have brown rice, whole-wheat couscous (a quick-cooking grain), or a boxed whole-grain mix instead of white rice

## **HAVE PLENTY OF FRUITS AND VEGETABLES**

- Eat at least one vegetable or a salad at lunch and at dinner
- Eat dark green and dark yellow and orange vegetables every day, such as broccoli, spinach, collards, kale, carrots, squash, and peppers
- Snack on cut-up raw vegetables and fruit
- Choose fruit for dessert – or when you’re craving something sweet

## **CUT BACK ON SALT**

Check food labels and choose foods with less salt (sodium), do not add table salt while cooking or eating

## **COOK WITH LESS FAT AND WITH HEART-HEALTHY FATS**

- Use low-fat ways to cook. Broil, microwave, bake, roast, poach, steam, or grill your food
- Use nonstick pans and cooking sprays.
- If you use fat for cooking, choose fats that help your cholesterol and triglycerides. Cook with olive oil, canola oil, corn oil, sunflower oil and safflower oil.
- Trim fat from meat and poultry, skim excess fat

## **Nuts for Heart & Vascular Disease**

### **CAN EATING NUTS HELP YOUR HEART?**

People who eat nuts as part of a heart-healthy diet can lower the LDL, low-density lipoprotein or “bad,” cholesterol level in their blood. High LDL is one of the primary causes of heart disease.

### **WHAT AMOUNT OF NUTS IS CONSIDERED HEALTHY?**

Nuts contain a lot of fat; as much as 80 percent of a nut is fat. Even though most of this fat is healthy fat, it’s still a lot of calories. That’s why you should eat nuts in moderation. Ideally, you should use nuts as a substitute for saturated fats, such as those found in meats, eggs and dairy products.

### **DOES IT MATTER WHAT KIND OF NUTS YOU EAT?**

Walnuts are one of the best-studied nuts; they contain high amounts of Omega-3 fatty acids. Almonds, macadamia nuts, hazelnuts and pecans are other nuts that are heart healthy.

# *AAMC Heart & Vascular Institute*

## **Smoking and Peripheral Arterial Disease (PAD)**

Smokers have four times the risk of developing PAD than nonsmokers. **Smoking is the single most preventable cause of premature death in the United States.** Smokers have a higher risk of developing many chronic disorders, including atherosclerosis — the buildup of fatty substances in the arteries — which can lead to coronary heart disease, heart attack (myocardial infarction), and stroke. Controlling or reversing atherosclerosis is an important part of preventing future heart attack or stroke.

### **YOU CAN MODIFY OR CONTROL SIX MAJOR INDEPENDENT RISK FACTORS FOR CORONARY HEART DISEASE:**

- Cigarette and tobacco smoke
- High blood cholesterol
- High blood pressure
- Physical inactivity
- Overweight or obesity
- Diabetes

Smoking by itself increases the risk of coronary heart disease. When it acts with the other factors, it greatly increases your risk from those factors, too. Smoking decreases your tolerance for physical activity and increases the tendency for blood to clot. It decreases HDL (good) cholesterol. Your risks increase greatly if you smoke and have a family history of heart disease. Smoking also creates a higher risk for peripheral artery disease and aortic aneurysm. It increases the risk of recurrent coronary heart disease after bypass surgery, too.

Smoking also is an important risk factor for stroke. Inhaling cigarette smoke produces several effects that damage the cerebrovascular system.

- Women who take oral contraceptives and smoke increase their risk of stroke.
- Cigars and pipes are not a “safer” alternative to cigarettes. People who smoke cigars or pipes seem to have a higher risk of death from coronary heart disease (and possibly stroke), even though their risk isn’t as great as that of cigarette smokers.
- It’s also important to avoid other people’s smoke. The link between secondhand smoke (also called environmental tobacco smoke) and disease is well known, and the connection to cardiovascular-related disability and death is also clear.
- Each year about 38,000 people die from heart and blood vessel disease caused by other people’s smoke. Nonsmokers who are exposed to secondhand smoke at home or at work increase their risk of developing heart disease by 25–30 percent.

If you already have heart disease, you may think, “What good will it do to quit smoking now?” But don’t be discouraged. Heart disease can be prevented and controlled, but you must follow your treatment plan — and quitting smoking is a big part.

# *AAMC Heart & Vascular Institute*

## **Facts About Smoking**

### **RISK**

- Smoking is the leading cause of death worldwide
- Smoking reduces your life span by 13-14 years
- Smoking is associated with all types of vascular disease, including CHD, stroke, PAD and sudden cardiac death
- Cigarette smoking is a powerful independent predictor of sudden cardiac death

### **BENEFITS**

- Benefits of quitting smoking begin 20 minutes after the last puff
- 20 Minutes – Blood pressure and body temperature return to normal
- 8 Hours – carbon monoxide and oxygen levels return to normal
- Lowers your risk for heart attack or stroke
- Reduce your risk for some types of Cancer
- For pregnant women, lowers risk of premature delivery and low birth weight
- Increases your energy levels
- Stop exposing your family and friends to second hand smoke
- Save money: \$6/pack x 30 days=\$180 x 12 months=\$2,160 per year

## **Smoking Cessation Tips**

### **THINGS TO DO BEFORE YOU QUIT**

- Make a list of why you are quitting and keep this list where you will see it every day. Laminate on 3x5 card and attach to a key ring, or attach to your computer screen.
- Choose a quit date, tell your family and friends about your plan to quit, and ask them for their help and understanding.
- If you have a friend or family member who smokes, ask them to quit with you.

### **TIME TO QUIT**

- Talk to your health care provider about what works best for you. Discuss the use of nicotine patch, nicotine gum or prescription medication. Discuss counseling, acupuncture or hypnosis.
- Find your state's "quitline" or smoking cessation program.
- Quit all at once-throw away all your cigarettes, matches, lighters, and ashtrays.
- Taper off. Quit smoking by cutting back over several weeks.
- Get counseling. Studies show that people who receive counseling in a group or individually are more successful quitting.
- Change your routine. Take a different route to work; drink tea instead of coffee, and eat your meals in a different seat can help form new behaviors.
- Drink a lot of water.
- Prepare for tough times and temptations. Avoid situations where you might drink alcohol.
- Eat a healthy diet and focus on quitting smoking instead of gaining a few extra pounds.
- Stay away from places where people are smoking so you will not be tempted.

# AAMC Heart & Vascular Institute

## Physical Activity

Poor diet and physical inactivity accounted for an estimated 17% of all deaths in the United States.

### OBESITY AND OVERWEIGHT

People who have excess body fat — especially if a lot of it is at the waist — are more likely to develop heart disease and stroke even if they have no other risk factors. Excess weight increases the heart's work. It also raises blood pressure and blood cholesterol and triglyceride levels, and lowers HDL (“good”) cholesterol levels. It can also make diabetes more likely to develop. Many obese and overweight people may have difficulty losing weight. But by losing even as few as 10 pounds, you can lower your heart disease risk.

### HOW DID AMERICANS GET SO HEAVY?

Today, 65 percent of American adults over age 20 are overweight or obese. That's a pretty scary statistic. What's the reason? Most of us are eating more calories than we are burning.

**The problem of an overweight population comes from a combination of factors:**

- Increased portion sizes
- More processed foods with fewer nutrients
- A more sedentary lifestyle

### TO SLIM DOWN AND STAY HEALTHY:

- Eat smaller portions
- Choose nutritious foods
- Staying physically active
- Maintain Body Mass Index is 18.5-24.9
- Waist circumference: Women <35 inches, Men < 40 inches
- Talk to your primary care physician for guidelines specific to you

### IDEAS TO INCREASE YOUR PHYSICAL ACTIVITY

- Start a weekly activity plan and incorporate time in your schedule to move more and sit less
- Walk at least 10 minutes after each meal
- Take stairs instead of the elevator
- Park farther away from, rather than closer to, the grocery store
- Walk your dog briskly, twice a day
- Take up recreational activities, such as bowling and golf
- Take up aerobic activities, such as tennis, racquetball, basketball, biking, swimming and dancing
- Take up stretching and strengthening exercises, such as pushups, pull-ups, weight lifting, yoga, Pilates

be+ter  
together

sponsored by  Anne Arundel  
Medical Center

CHF Navigator: Sherri Nash, R.N., 443-591-0750, snash@aaahs.org

# Congestive Heart Failure: Symptom Signals



**Green Light**  
*You're doing well keep going!*



**If you can confirm each of the following...**

- ✓ at goal weight: \_\_\_\_\_
- ✓ no shortness of breath
- ✓ no swelling
- ✓ no weight gain
- ✓ no chest pain
- ✓ no change in your activity level



**...your symptoms are under control.**

- Continue taking your medications as instructed.
- Continue daily weights.
- Follow low-salt diet.
- Keep all physician appointments.



**Yellow Light**  
*Caution – call for advice.*



**If you have any of the following...**

- ✓ weight gain of 3 or more pounds in 2 days
- ✓ increased cough
- ✓ increased swelling
- ✓ increase in shortness of breath
- ✓ increase in the number of pillows needed
- ✓ feeling tired always, less activity
- ✓ dizziness



**...you may need changes in your medications.**

- Call your physician or nurse navigator.

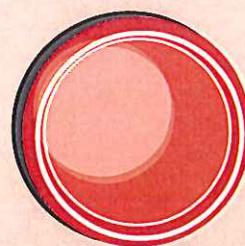
Physician: \_\_\_\_\_

Phone: \_\_\_\_\_

Nurse navigator:

Sherri Nash, R.N.

Phone: 443-591-0750



**Red Light**  
*Stop! Get help immediately.*



**If you have any of the following...**

- ✓ unrelieved shortness of breath, shortness of breath at rest
- ✓ unrelieved chest pain
- ✓ wheezing or chest tightness at rest
- ✓ weight gain or loss of more than 5 pounds in 2 days
- ✓ need to sit in chair to sleep
- ✓ passing out



**...seek help immediately.**

- Call your physician right away.

Physician name: \_\_\_\_\_

Phone: \_\_\_\_\_

- If you have not reached your physician in \_\_\_\_\_ minutes, call 911.



Thank you **EMS** for your service!

# Celebrating **10** Years of **STEMI** Care

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# THE SMART WOMAN

2014 CALENDAR

Health Education classes for women



## March 13

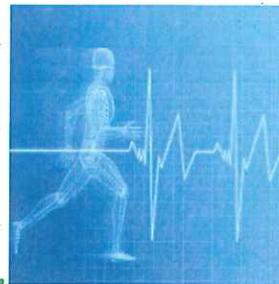
Heart Disease-Public Enemy #1

(Women, heart, risk)



## April 10

Menopause and Aging



## May 1

Confused about Health Screenings

(Health Screening, guidelines)

All events are from 630pm to 8pm at the AAMC Belcher Pavilion  
2000 Medical Parkway 7<sup>th</sup> floor, Annapolis, MD Register at [AAMCsmartwomen.com](http://AAMCsmartwomen.com)

# THE *smart* woman

## 2013 CALENDAR

health education classes  
for women



**Feb. 7**  
**FEMME FATALE:**  
INTIMACY AT  
EVERY AGE



**Mar. 7**  
**ROCK-A-BYE BABY:**  
GETTING A GOOD NIGHT'S SLEEP



**Apr. 4**  
**A REAL SPORT:**  
BONE STRENGTH  
FOR A LIFETIME



**May 2**  
**SUMMER GODDESS:**  
PROTECTING YOUR  
SKIN, EYES AND HAIR



**Sept. 5**  
**ORGANIZATIONAL  
GENIUS:**  
GETTING IT  
TOGETHER



**Oct. 3**  
**PRECIOUS  
VALENTINE:**  
BREAST AND  
HEART HEALTH



**Nov. 7** **SPA GIRL:**  
STRESS REDUCTION



**Dec. 5**  
**SMART CHEF:**  
HEALTHY HOLIDAY  
COOKING

**June–August**  
**ENJOY YOUR  
SUMMER BREAK!**

All events are from 6:30 to 8pm at the AAMC Health Sciences Pavilion  
7th floor, Doordan Institute, 2000 Medical Parkway, Annapolis, Md.

Register at [AAMCsmartwomen.com](http://AAMCsmartwomen.com).



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## **Smart Women:**

### **January 9<sup>th</sup>: Managing your Financial Health**

Begin your New Year by taking a look at your financial health. Are you prepared for the future? What can you do now?

### **February 13<sup>th</sup>: Heart Disease- Public Enemy #1**

Women are at Risk! Let's get our Hearts/ Bodies healthy to fight this #1 threat!

### **March 6<sup>th</sup>: The Sandwich Struggles**

Are you caring for your ageing parents and your kids? What resources are there for you and how can the family manage?

### **April 10<sup>th</sup>: Menopause and Aging**

Learn how to maintain style and health as we age beautifully!

### **May 1<sup>st</sup>: Confused about Health Screenings**

What's right for you let's look at the latest guidelines so we can make the best choices

## Smart Women info

January: Doc talk Kick Off (not sure what they are calling this one)

February: **Sex in the suburbs. Intimacy at every age** Join us for a discussion by our guest speakers and view some intimate apparel. Join us for wine and cheese prior to the event.

March: **40 Winks, How many are you getting?** Dr. Ira Weinstein to discuss sleep issues. Display of aromatherapies.

April: **Bones, Strength for a lifetime.** How to prevent osteoporosis and keep your bones healthy a discussion led by one of AAMC's leading orthopedics. An athletic trainer will show us some exercises that we can do at home (would like to offer power shakes prior to event?)

May: **Summer Skin and hair.** Getting ready for the summer sun and how to protect your skin and hair. Education and discussion led by MD Dermatology Dr. Saini. Face and hand screenings.

September: **Organize your life.** Getting rid of your clutter. A professional organizer will give us helpful hints on how to begin. (fresh vegetables and dip last of the summer prior to event)

October: **Breast and Heart Health.** The experts will answer our questions and provide us with Education for a healthier life

November: **Giving Thanks and Counting our Blessings.** Let's learn how to reduce the stress in our lives and make time to enjoy our many blessings. (hot cider and muffins prior to event)

**Chest pressure,  
squeezing, or  
discomfort**

**Pain down one  
or both arms,  
back pain, jaw  
pain**

**Shortness  
of breath**

**Feeling  
full**

**Feeling  
nauseated**

**Fatigue**

**Anxiety**

## **Know the Early Signs of a Heart Attack.**

# **LISTEN TO HER HEART**

**Did you know heart attacks have beginnings?** If recognized early, these “beginnings” can be treated before the heart is damaged. Call 911 if you suspect you’re having a heart attack.

 Learn more about heart attack warning signs at [AAHS.org/heartandvascular](http://AAHS.org/heartandvascular).

**ROCK**  
THE **RED**



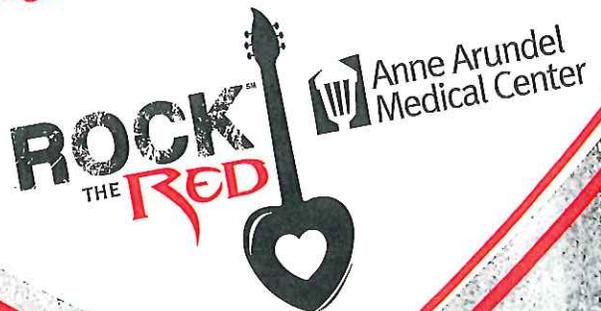
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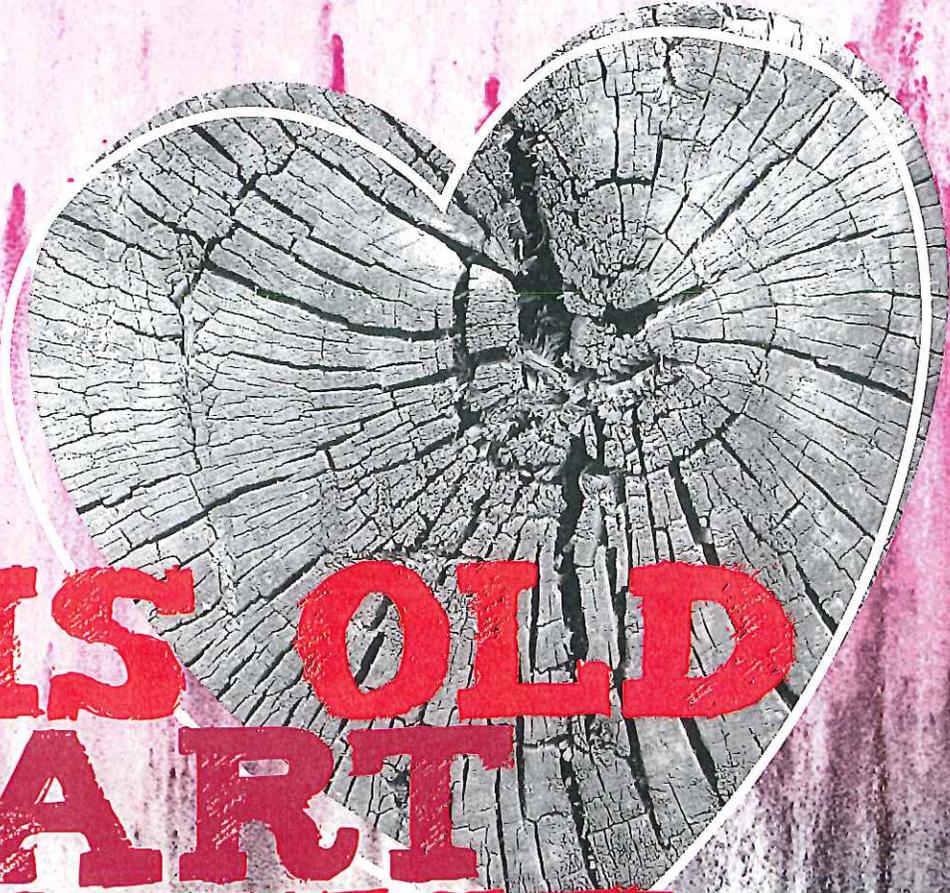


# UNCHAIN MY HEART

If your parents or siblings have heart disease, your risk may be high too. Instead of being shackled into an unhealthy future, be proactive in learning about your risk for heart disease. **Check your family history** and schedule regular visits to see your doctor to help monitor your risk level. You can beat the odds.

 **Need a doctor?** Visit **AAHS.org** and click on "find a doctor," our free online resource connecting you to the best physicians.





# THIS OLD HEART OF MINE

If you're a man older than 45 or a woman older than 55, keep in mind that heart attack risk rises with age. You can't stop aging, so what can you do to help that old heart of yours?

**Watch for warning signs:**

- › Discomfort in center of chest
- › Discomfort in upper body
- › Shortness of breath
- › Cold sweat
- › Nausea
- › Feeling light-headed
- › Indigestion/Heartburn
- › Extreme fatigue
- › Trouble breathing
- › Feeling "off"



**Learn about the difference** between men's and women's heart attack warning signs by joining us for **Venus and Mars: Heart-Healthy Together** on Thursday, February 16. Register for this event at **[AAMCdocsTALK.com](http://AAMCdocsTALK.com)**.

**ROCK**  
THE **RED**



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# UNBREAK MY HEART

The heart attack death rate among all smokers is 70 percent greater than among nonsmokers. Add to that statistic the fact that heart disease is the number one killer of Americans and it's clear: **smoking is breaking your heart.**

 **Decrease your risk for heart disease by quitting smoking. Visit [AAHS.org/quitsmoking](http://AAHS.org/quitsmoking) for smoking cessation classes, support groups and the tools you need to kick the habit.**

**ROCK**  
THE **RED**

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# HEARTACHES BY THE NUMBER

If you have the wrong amounts of good and bad cholesterol, your heart is at risk. Low-density lipoprotein (LDL)—the bad cholesterol—can build up in artery walls and restrict the flow of blood. High-density lipoprotein (HDL)—the good cholesterol—carries unneeded cholesterol to your liver so that it can be removed from the body. High levels of HDL help protect against heart disease, where low levels of HDL or high levels of LDL increase your risk for heart disease.

## Know the Numbers: HDL (Good Cholesterol)

	At Risk (Low HDL)	Desirable (High HDL)
Men	Less than 40 mg/dL (1.0 mmol/L)	60 mg/dL (1.6 mmol/L) or above
Women	Less than 50 mg/dL (1.3 mmol/L)	60 mg/dL (1.6 mmol/L) or above



## What are your numbers?

If you don't know, you can find out by donating blood! You'll get a mini-physical and test results within a week. Contact AAMC's Blood Donor Center at **443-481-4215** to make an appointment.

**ROCK**  
THE **RED**



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# HEARTBEAT IT'S A LOVEBEAT

**Excess weight, often caused by inactivity, overworks your heart** and makes other risk factors for heart disease worse.

Amp up your heart health by loving your heartbeat. Push your pulse by trying these easy ways to add activity to your life:

- › Use housework as an opportunity to exercise.  
Vacuuming briskly can be a real workout.
- › Think of your dog as an exercise machine with fur. A brisk walk is good for both of your hearts, so add it to your daily routine.
- › Wear a pedometer and aim for 10,000 steps per day.

 **Get in on Energize<sup>sm</sup>, AAMC's wellness movement.** Go to [AAHS.org/energize](http://AAHS.org/energize) to check out our full schedule of fitness classes.

**ROCK**  
THE **RED**



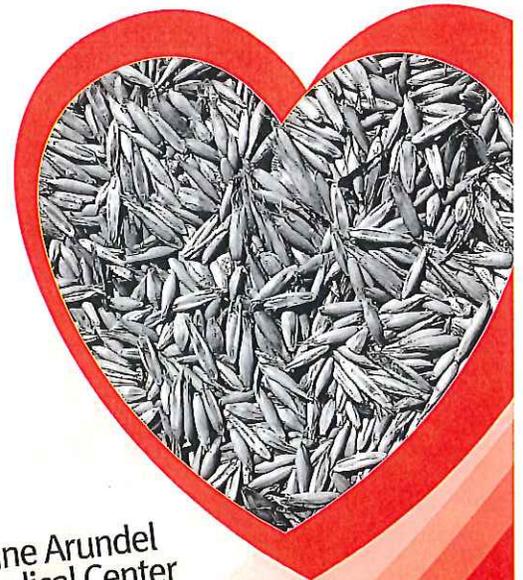
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# HUNGRY HEART

**Diabetes and high blood sugar greatly increase your heart attack risk, especially if they're not controlled.** To balance your blood sugar, you don't have to give up normal foods. Enjoy your favorite treats as part of a healthy meal plan or combined with exercise. Satisfy your body's cravings by eating well-balanced meals that love your heart back. Try including some of the healthy heart's top 10 foods in your new hungry-heart diet:

1. Oatmeal
2. Salmon
3. Avocado
4. Extra Virgin Olive Oil
5. Nuts
6. Berries
7. Legumes (Beans)
8. Spinach
9. Flaxseed
10. Soy

♪ **Learn more about heart-healthy nutrition options.** Schedule an appointment with one of our registered dietitians by calling **443-481-5555.**





# WITH EVERY BEAT OF MY HEART

**When it comes to heart attacks, don't skip a beat; call 911.** Once heart muscle is damaged, those precious cells don't grow back. So if you or someone you love is having a heart attack, call 911 right away.



Learn more about heart attack warning signs at **AAHS.org/heartandvascular**.

**ROCK**  
THE **RED**



 Anne Arundel  
Medical Center

# HEART & SOUL

**Take a moment to breathe deeply** so that your heart and soul have an opportunity to unwind. Relaxation is the antidote to stress, which is known to contribute to the development of heart disease.

 **Set aside part of your day** and join an Energize Yoga and Meditation class. Register online at [AAHS.org/fitness](http://AAHS.org/fitness).

**ROCK**  
THE **RED**



 Anne Arundel  
Medical Center

For a doctor recommendation.  
A healthy conversation.  
Or some good advice. ▶ That's what friends are for.

askAAMC nurse advice line is your resource for health information the way you want it, for your busy life—free and confidential. Our experienced and compassionate registered nurses are here to answer your questions, seven days a week, including evenings.

Let's get connected. To find a doctor, receive free health advice or find local community events and screenings, call **443-481-4000** or visit us online at [askAAMC.org/GetAnswers](http://askAAMC.org/GetAnswers).



LIVING HEALTHIER TOGETHER.

# Advice from nurses you can trust.

More than 100 years of telephone nursing experience.



## Find a physician.

Need a doctor? We can help find one that meets your needs. We have almost 1,000 physicians throughout the region. You can also check out online profiles online at [askAAMC.org/FindaDoc](http://askAAMC.org/FindaDoc).



## Advice and information.

Are you or a loved one not feeling well? We provide nurse triage and advice for callers with symptoms and health concerns. It's free and confidential. And, we're here after doctor offices are closed.



## Community connection.

Let us help connect you with an array of resources, including health screenings, support groups, crisis intervention, and more. You can also check out all our programs at [AAMCevents.org](http://AAMCevents.org).

Stay connected with us online at [askAAMC.org](http://askAAMC.org)

Watch with us at [youtube.com/AAMCNews](http://youtube.com/AAMCNews)

Become a fan at [facebook.com/AnneArundelMedicalCenter](http://facebook.com/AnneArundelMedicalCenter)

Follow our experts at [twitter.com/AAMCNews](http://twitter.com/AAMCNews)



2001 Medical Parkway  
Annapolis, MD 21401  
[askAAMC.org](http://askAAMC.org)

Call 443-481-4000 or visit us online at [askAAMC.org/GetAnswers](http://askAAMC.org/GetAnswers).

**Anne Arundel Medical Center**, a regional health system, serves an area of more than one million people. Founded in 1902, AAMC includes the state's third busiest hospital, a medical group with more than 30 offices, and diagnostic lab and imaging services. Nationally recognized for surgical services, emergency heart attack response and cancer care, AAMC consistently receives awards for quality, patient satisfaction and innovation.



**Have a medical question?  
Need a doctor? Call us.  
askAAMC Nurse Advice Line**

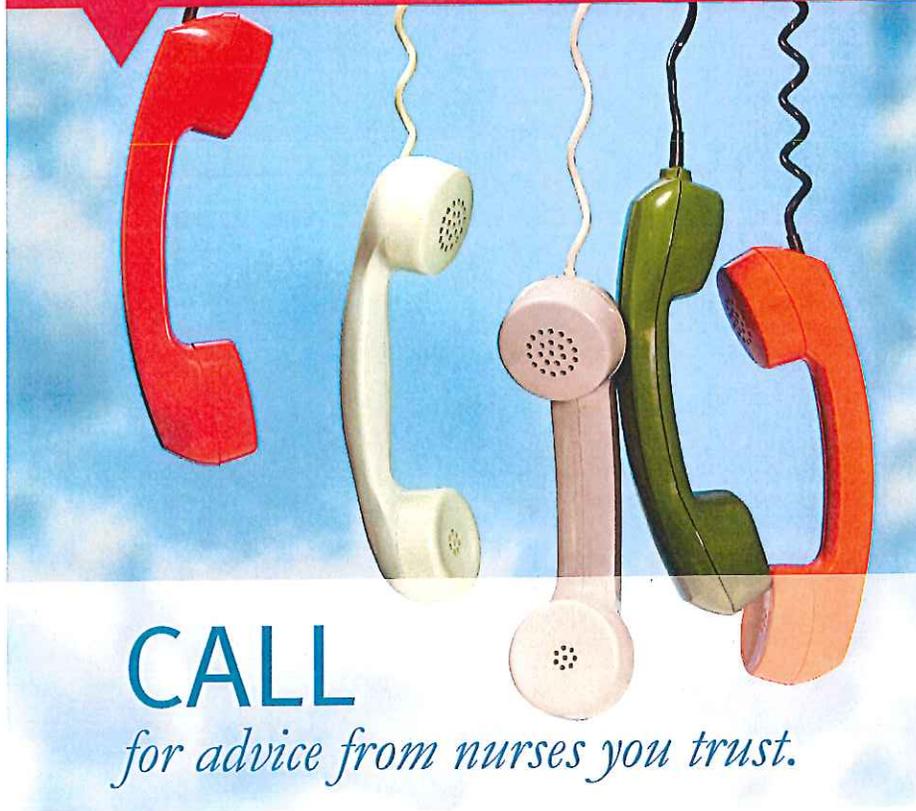
**443-481-4000**

**[askAAMC.org/getanswers](http://askAAMC.org/getanswers)**



**Anne Arundel  
Medical Center**

## askAAMC Nurse Advice Line



*More than 100 years of telephone nursing  
experience. Your resource for advice from  
nurses you trust. Call us.*

- › Nurse triage and advice for callers with symptoms and health concerns
- › Free and confidential
- › Assistance locating community resources, health screenings, education, support groups, crisis intervention referrals, and more.
- › Physician referrals for primary care or specialty practices
- › Health education and information

[askAAMC.org/getanswers](http://askAAMC.org/getanswers)  
443-481-4000

 Anne Arundel  
Medical Center

## AAMC Nutrition Services

**ACHIEVE** *your health goals.*

*Eating the right foods provides the foundation for reducing a range of health risks including digestive disorders, heart disease, osteoporosis, diabetes and cancer. Our Nutrition Services are provided by Registered Dietitians who will work with you to optimize your nutritional health and get results.*

### ▶ How could nutrition counseling help me?

- › Dietitians are your link to safe, reliable, time tested, food and nutrition information
- › Prevent and control various health risks such as diabetes, heart disease, obesity, and cancer
- › Deal with eating disorders including anorexia and bulimia
- › Understand the benefits of eating healthier
- › Establish healthy eating habits
- › Find a satisfying meal plan to successfully attain your goals
- › Feel more energized
- › Lifestyle changes to promote and maintain weight loss

### ▶ Ann Caldwell, RD, LDN



A Registered Dietitian with the American Dietetic Association, a Licensed Dietitian/Nutritionist through the Maryland

Department of Health and Mental Hygiene. Ann's education and many years of practice give her an exceptional breadth of knowledge and experience in the field of nutrition. Ann provides individual counseling, seminars, and classes to address a variety of nutritional concerns and conditions. She is also a resource and speaker for many community organizations.

### ▶ Maureen Shackelford, RD, LDN, CDE, MA



A Registered Dietitian with the American Dietetic Association, a Licensed Dietitian/Nutritionist through the Maryland

Department of Health and Mental Hygiene, and a Certified Diabetes Educator. Her extensive knowledge and experience in human nutrition has equipped Maureen with an extraordinary ability to assess health status and create food plans designed to meet the special dietary needs associated with a variety of health conditions.

For questions or to schedule a consultation, visit us online at [askAAMC.org/nutrition](http://askAAMC.org/nutrition) or call 443-481-5360.

 Anne Arundel Medical Center

## AAMC Nutrition Services

**ACHIEVE** *your health goals.*

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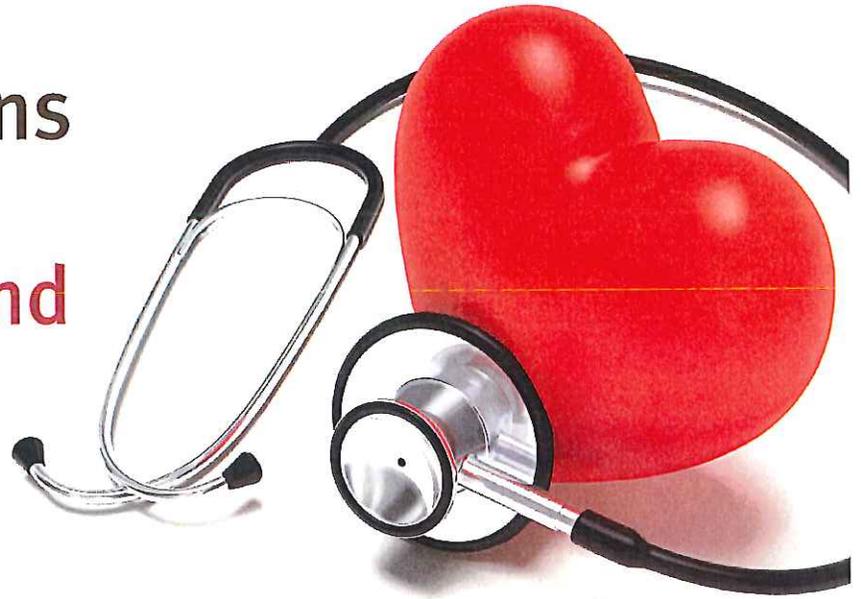
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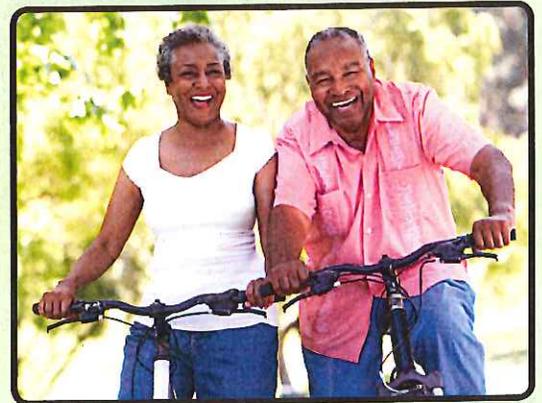


Heart Disease runs  
in the family.

Let AAMC Heart and  
Vascular Institute  
keep your family  
heart healthy.



- ♥ designated Cardiac Intervention Center
- ♥ dedicated Inpatient Unit
- ♥ elective and emergency coronary procedures
- ♥ collaboration with local Emergency Medical services
- ♥ vascular screenings and free informational seminars
- ♥ nutrition, fitness classes and smoking cessation programs to maintain a healthy lifestyle
- ♥ cardiac rehabilitation programs with monitored exercise sessions



# **Young Women's Cardiac Support Group**



**PLEASE JOIN US IN DISCUSSING YOUNG WOMEN AND  
CARDIAC DISEASE**

**MEETING TIME: SECOND MONDAY OF EACH MONTH**

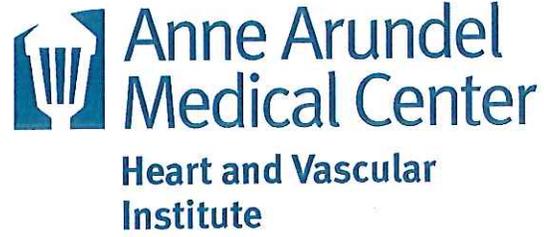
**4:30 PM-5:30 PM**

**MEETING PLACE: HEALTH SCIENCE PAVILION 7<sup>TH</sup> FLOOR**

**HOSTS: BARBARA FURLOW, MD & DIANNE WALTERS, RN**

**AGE GROUP: 60 Y/O AND UNDER**





# Screenings & Events

Sponsored in part by *Grau's*  
HARDWARE

## Caution: Heart at Work

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

**Thursday,  
Feb. 19, 6pm**

# AAMC docsTALK

Join the docsTALK hosts, along with their special guests for lively conversation and insight on keeping your heart in top condition. This interactive show is free. Discussions will include:



**PLUMBING:** Tips for keeping the "pipes"—your arteries—clean, with Jerome Segal, MD, cardiologist.



**ELECTRICITY:** The importance of heart rhythm and rate, with Baran Kilical, MD, electrophysiologist.



**FUEL:** Managing stress and creating life balance for improved health and wellbeing, with Alan Weiss, MD, internal medicine.

**NEXT EPISODE:  
MARCH 19, 2015  
Joint and Bone  
Pain**

Living well with aches and pain  
in your joints and bones.

Register online at [AAMCdocsTALK.com](http://AAMCdocsTALK.com)  
or call 443-481-5555.



Join us for a FREE docsTALK, health education show where complex medical topics become easy conversations.

LIVING HEALTHIER TOGETHER.



Anne Arundel  
Medical Center

Sponsored in part by *Grau's*  
HARDWARE

# Anne Arundel Medical Center HEART MONTH WORKSHOPS



Join the expert heart nurses of AAMC at Westfield Annapolis to check your stats and learn more about your heart health. Stop by the charging station in the hallway between Nordstrom and Pottery Barn. Free.

**Feb. 6  
Friday**

7:30–9:30am

**Feb. 12  
Thursday**

6–8pm

**Feb. 18  
Wednesday**

7–9am

**Feb. 21  
Saturday**

11am–1pm



Learn your heart age and risk for heart disease with AAMC's heart health profiler. [AAMCYoungAtHeart.org](http://AAMCYoungAtHeart.org)

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 Anne Arundel  
Medical Center

15-HEAR-0256 01/15

# We've Got Heart@AAMC

## Feb. 6 Heart@AAMC

Wear red (and jeans!) to show your support for heart health. Share your photos on AAMC's Facebook page.

## Heart@ Play

Sign up for AAMC's pedometer challenge—get a free pedometer, win prizes, challenge your coworkers! [AAHS.org/Energize](http://AAHS.org/Energize) tracking sheet on back energize

## Heart@ Work

Show your heart at work and spread the love for heart month with a random act of kindness. Keep an eye out for Heart@Work cards.

## Feb. 6, 12, 18, 21 Heart@The Mall

Join our heart nurses for heart health workshops at Westfield Annapolis Mall. For times and location visit [AAMCYoungAtHeart.org](http://AAMCYoungAtHeart.org).

## Feb. 7, 11am Heart@Downtown

Walk with Dare to C.A.R.E. from Fado at Park Place to Market House to raise awareness for heart and vascular disease.

## Feb. 10 & 12 Heart@ The Gym

From 3:30 to 7pm, the Employee Gym (Belcher Pavilion, 4th Floor Outpatient Rehab). Free "Heart Team" t-shirts to gym-goers.

## Young@Heart

Don't just feel young at heart. Learn your heart age and risk for heart disease with our free heart health profiler. [AAMCYoungAtHeart.org](http://AAMCYoungAtHeart.org)

## Feb. 19 Heart@ docSTALK

docSTALK: Caution: Heart at Work: Thursday, Feb. 19, 6-7pm. Doordan Institute.

## Heart@ WWW

Find more on heart health at [AAMCYoungAtHeart.org](http://AAMCYoungAtHeart.org). Listen to podcasts and read blog stories.

## Heart@

Fill in your blank and post a picture to AAMC's Facebook page showing how you live heart healthy! Weekly chances for a \$25 gift card.

LIVING HEALTHIER TOGETHER.



Anne Arundel  
Medical Center

# Heart@Play

Pedometer Challenge February 2 – March 1, 2015

## Did you know?

If all the arteries, veins and capillaries of the human circulatory system were laid end to end, the total length would be 60,000 miles? That's more than twice around the Earth! This Heart Month join us for the Heart@Play Pedometer Challenge and help AAMC walk 60,000 miles for heart health!

## Team up!

Teams of 5 compete for weekly and grand prizes by recording and entering the number of steps walked each week. Prizes are based on both participation and maximum number of steps per team! Each person to register receives a free pedometer to track daily steps. Register today at [AAHS.org/Energize!](http://AAHS.org/Energize!)

## Get Started

- > Enter teams weekly steps (Monday–Sunday).
- > If you don't have a team, we'll put you on one.
- > Each team needs a team captain and team name.



**energize™**

Mon. 2/2	Tues. 2/3	Wed. 2/4	Thurs. 2/5	Fri. 2/6	Sat. 2/7	Sun. 2/8	Total WEEK ONE
				Wear Red and Jeans Day	Annapolis Heart Walk (11am)		
Mon. 2/9	Tues. 2/10	Wed. 2/11	Thurs. 2/12	Fri. 2/13	Sat. 2/14	Sun. 2/15	Total WEEK TWO
	Free Employee Gym Day (3:30-7pm)		Free Employee Gym Day (3:30-7pm)				
Mon. 2/16	Tues. 2/17	Wed. 2/18	Thurs. 2/19	Fri. 2/20	Sat. 2/21	Sun. 2/22	Total WEEK THREE
			docsTALK: Heart at Work (6pm)				
Mon. 2/23	Tues. 2/24	Wed. 2/25	Thurs. 2/26	Fri. 2/27	Sat. 2/28	Sun. 3/1	Total WEEK FOUR



Pick up your pedometer in the Wellness Office, Suite 250, Sajak Pavilion, beginning the week of January 26. You may also use your FitBit, Jawbone, smartphone or other personal fitness device to track your steps each week. Questions? Please contact **Abigail Nelson** at [anelson6@AAHS.org](mailto:anelson6@AAHS.org).

TOTAL STEPS: Week 1–4

LIVING HEALTHIER TOGETHER.

 Anne Arundel Medical Center

# Live Young at Heart with AAMC's Heart Month Tips and Events

[Anne Arundel Medical Center](#)

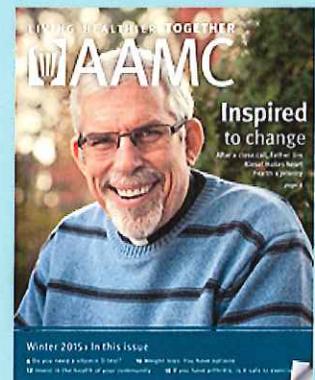
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GO

## Live Young at Heart with AAMC's Heart Month Tips and Events

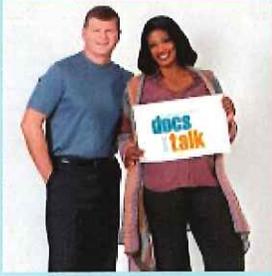
Posted on Feb 1, 2015



A healthy heart means you're doing what you love and living each day to the fullest. Need a little help getting there? This Heart Month Anne Arundel Medical Center offers a variety of tips, events and information to help you stay young at heart.

[Young@Heart](#)

Do you know your “heart age?” Find out if you’re really young at heart with AAMC’s free heart health profiler at [AAMCYoungAtHeart.org](http://AAMCYoungAtHeart.org). You’ll learn your heart age and your risk for heart disease. In most cases, you’ll be able to take action to lower your risk.



Also, listen to Drs. John Martin and Briana Walton on this month’s [docsTALK podcast](#) discuss their heart age results when they took our free heart profiler. Listen to their tips for staying young at heart, plus learn the factors you can control to improve your heart health.

### Red@Heart

It’s **National Wear Red Day** on Friday, February 6 to support the fight against heart disease in women. Our employees are encouraged to wear red (and jeans!), and we encourage you to wear red, too.

For more information on women and heart disease, read this blog from Dr. Barbara Hutchinson about [Six Activities that Can Prevent 70% of Heart Attacks](#) in women.

### Heart@TheMall

Join our expert heart nurses at [Westfield Annapolis](#) to check your stats and learn more about your heart health. Stop by the charging station in the hallway between Nordstrom and Pottery Barn for these free events throughout the month:

- - Friday, February 6 from 7:30 to 9:30 a.m.
- - Thursday, February 12 from 6 to 8 p.m.
- - Wednesday, February 18 from 7 to 9 a.m.
- - Saturday, February 21 from 11 a.m. to 1 p.m.

### Heart@Downtown

On Saturday, February 7 at 11 a.m. join Dare to C.A.R.E.’s Heart Walk from Fado Irish Pub to Market House to raise awareness for heart and vascular disease. Visit [www.HeartHealthFoundation.org](http://www.HeartHealthFoundation.org) for more information or call 410-573-9483, ext. 201.

### Heart@docsTALK

Join our live **docsTALK** program on Thursday, February 19 entitled [Caution: Heart at Work](#) from 6 to 7 p.m. The show is from 6 to 7 p.m. in the Doordan Institute. After the show, from 7 to 8 p.m., you will have the opportunity to learn more by attending one of three breakout sessions led by our guests.

Join our hosts and special guests for lively conversation and insight on keeping your heart in top-notch condition. Learn from the experts how to care for your heart’s plumbing, electricity and fuel system.

- - **Plumbing:** Tips for keeping the “pipes”, your arteries, clean and working properly with Dr. Jerome Segal, cardiologist.
- - **Electricity:** The importance of heart rhythm and rate with Baran Kilical, electrophysiologist.
- - **Fuel:** Managing stress and creating life balance for improved health and wellbeing with Alan Weiss, internal medicine.

[Register](#) today for this free event.

## Heart@Work

If you happen to find yourself at AAMC this month be on the lookout for **Heart@Work** cards. We're encouraging our employees to perform random acts of kindness to show their Heart@Work. If you're a lucky recipient, you'll receive one of our Heart@Work cards. We'd love to hear about it on [our Facebook page](#).

## Heart@\_\_\_\_\_

Fill in your blank and post a picture to [AAMC's Facebook page](#) showing how you live heart healthy! There will be weekly chances for a \$25 gift card.

**Together we'll make this another successful Heart Month, and show how we've got Heart@AAMC!**

You may be interested in:

[Heaven Can Wait – AAMC's World-Class Cardiac Care Saved Father Jim Kiesel's Heart](#)

[Despite Vague Heart Attack Symptoms Fast Action Saved the Day](#)

0

## 2 comments

1. Posted by **L. Clark**, at Feb 1, 2015 — [Reply](#)



Thanks AAMC for doing such an outstanding job with Heart Month awareness. Looking forward to attending a few of the events along with family and friends.

2. Posted by **FMHartman**, at Feb 2, 2015 — [Reply](#)



I'll be wearing RED this Friday and encouraging my workplace to do the same. We have to encourage heart health in women!!!

## Post your comment

Cardiovascular disease is the #1 health problem in the US. Learn your risk and take the first step toward a longer, healthier life with these free tools:



#### Learn Your Heart Age

Don't just feel young at heart, be young at heart. Learn your heart age and risk for heart disease with our quick, easy and FREE heart health profiler at [AAMCyoungatheart.org](http://AAMCyoungatheart.org).



#### Get A Free Screening

A simple 15-minute vascular screening can reduce your risk of heart disease and stroke, adding years to your life. Find out if you're eligible by calling **410-573-9483** or visit [AAMCyoungatheart.org](http://AAMCyoungatheart.org).



#### Find A Heart Doc

A healthy heart for life starts with the relationship you build with your doctor. Check out our doctors' online profiles at [askAAMC.org/FindaDoc](http://askAAMC.org/FindaDoc) or call 443-481-4000 and we'll help you find the right doctor for you.

Show us how you're living young at heart on our Facebook page at

[Facebook.com/AnneArundelMedicalCenter](https://www.facebook.com/AnneArundelMedicalCenter).



2001 Medical Parkway  
Annapolis, MD 21401

[askAAMC.org](http://askAAMC.org)



Find us on Facebook

Anne Arundel Medical Center is an accredited Chest Pain Center by the Society of Cardiovascular Patient Care, and a designated Cardiac Interventional Center by the Maryland Institute of Cardiovascular Patient Care. Today, we see more patients and save more lives than ever before. Our expert cardiologists and vascular surgeons provide exceptional emergency, interventional and surgical care.

# Healthier *U*: *Learn about living healthier together.*

## 2014 Events Calendar

New Year, New You Kick Off	Meet your health care partners from Anne Arundel Medical Center and receive information to help you with your diet, stop smoking, understanding health insurance.	January 15 11a-12p Multipurpose Room
Living Well with Diabetes	This 6 week class is for anyone with Type 1 or Type 2 diabetes (and caregivers). Understand how you can manage your disease, including medications and eating right.	January 22, 29, February 5, 12, 19, 26 at 1-3 pm
Heart Disease: Public Enemy #1	In this class, find out the signs and symptoms of a heart attack and what you should do. Find out more about managing your blood pressure and cholesterol and how to prevent heart disease.	February 13 11am-12pm Multipurpose Room
What are your risks for cancer?	All of us know someone who has been diagnosed with cancer. In this class, find out how you can reduce your risk for getting cancer and what tests you should get.	March 13 4p-5p Multipurpose Room
Healthy Eating Tips	Are you having problems with high blood pressure? Are you gaining weight? Can't lose weight? Join our registered dietitian for a class on improving your diet.	April 10 4p-5p Multipurpose Room
Living Well with Diabetes	This 6 week class is for anyone with Type 1 or Type 2 diabetes (and caregivers). Understand how you can manage your disease, including medications and eating right.	April 16, 23, 30 May 7, 14, 21 10a-12p
Understanding Kidney Disease	What is your risk for getting kidney disease? If you have diabetes, you should attend this class and find out more.	May 8 11a-12p Multipurpose Room
Medication Safety	Do you use several kinds of medicines to stay healthy? Medicines are safe when taken as prescribed, but there are still risks. Learn more about reducing your risk of harm from medicines	June 12 11a-12p Multipurpose Room

Call 410-990-0050 for an appointment.  
Visit us online at [AAMCcommunityclinics.com](http://AAMCcommunityclinics.com).

*Our staff speaks English, Spanish and Arabic.*



Anne Arundel  
Medical Center  
Community Clinics

# Healthier *U*: *Learn about living healthier together.*

## 2014 Events Calendar

Are You Heart Healthy?	Understand your risks for heart disease and the symptoms of a heart attack.	<b>September 3</b> 1pm-2pm Multipurpose Room
Are You Heart Healthy (Part 2)?	Have you been diagnosed with Congestive Heart Failure or CHF? If you want to learn more, then talk to our nurses about managing your CHF.	<b>September 10</b> 1pm-2pm Multipurpose Room
What is your risk for Stroke?	Our own Dr. John Martin will lead this discussion about stroke, how to prevent it, how to diagnose it, and how to treat it.	<b>September 17</b> 1pm-2pm Multipurpose Room
My Aching Joints...	Do your knees or hips hurt? How about your fingers or wrists? Our joint health nurse will lead a discussion on arthritis and taking care of your joints.	<b>September 24</b> 1pm-2pm Multipurpose Room
Intimacy and Aging (Women Only!)	As we age, women face some problems that may make having intimacy difficult. Our women's health nurse will talk to you about sex and aging.	<b>October 1</b> 1pm-2pm Multipurpose Room
C.O.P.D 101	Do you feel short of breath often? Has a doctor told you that you have a respiratory or lung problem? AAMC's respiratory therapist will answer some of your questions about breathing.	<b>October 8</b> 1pm-2pm Multipurpose Room
Intimacy and Aging (Men Only!)	As we age, men face some problems that may make having intimacy difficult. Our men's health specialist will talk to you about sex and aging.	<b>October 15</b> 1pm-2pm Multipurpose Room
Dare to C.A.R.E.	Free vascular screening, go to the clinic to sign up!	<b>October 22</b> Sign up for an appointment
Flu Shots!	Free for residents, more information coming...	<b>October 29</b>

Call 410-990-0050 for an appointment.  
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*Our staff speaks English, Spanish and Arabic.*



**Anne Arundel  
Medical Center**  
Community Clinics

# Healthier *U*: *Learn about living healthier together.*

## 2014 Events Calendar

Planning for our future....	We don't want to talk about it, but we need to. Our wishes as we age and pass away should be considered. Come and learn more about Advanced Directives and what these important papers are.	<b>November 5</b> 1p-2p Multipurpose Room
Why do I feel so down?	Do you often feel tired? Have the blues? Are you so upset or nervous about things that it interferes with your life? Come talk to our health experts about your feelings.	<b>November 12</b> 1p-2p Multipurpose Room
What is going on?	Is someone you know drinking or using a lot? Does it affect the way they act? Our Pathways specialist will be on site to talk about using and our behavior.	<b>November 19</b> 1pm-2pm Multipurpose Room

Call 410-990-0050 for an appointment.  
Visit us online at [AAMCcommunityclinics.com](http://AAMCcommunityclinics.com).

*Our staff speaks English, Spanish and Arabic.*



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# Healthier *U*: *Learn about living healthier together.*

## 2014 Events Calendar

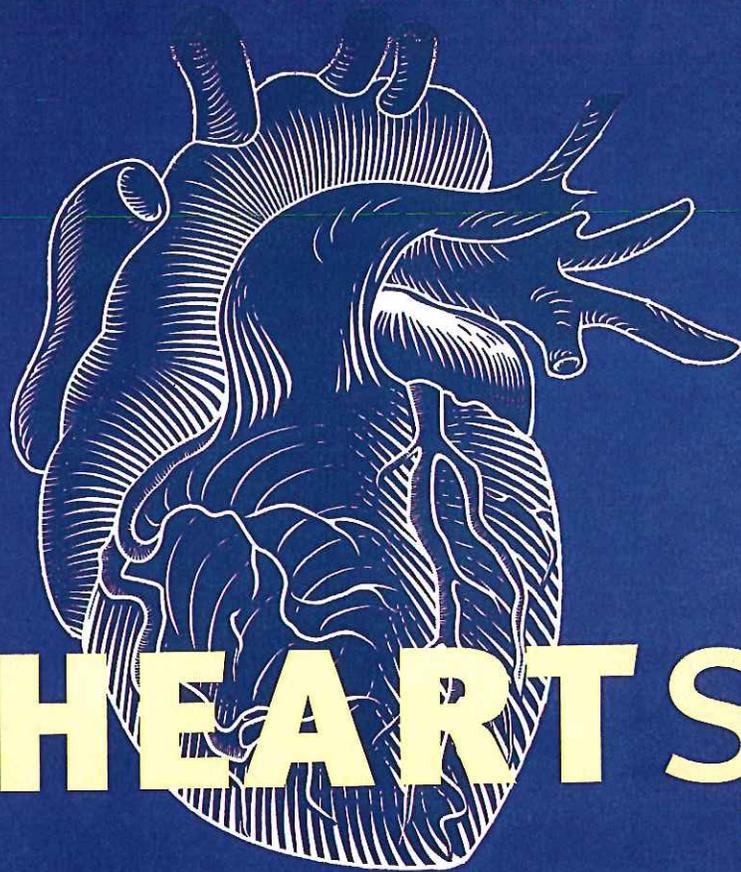
Living Well with Diabetes (The Advanced Class)	This 6 week class is for anyone with Type 1 or Type 2 diabetes (and caregivers). Understand how diabetes affects your risk for kidney disease and stroke. Other sessions will focus on eating right on a budget, managing your medications, movement and joints, relaxation techniques.	May 7, 14, 21, 28 June 4, 11 1-3 pm
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Call 410-990-0050 for an appointment.  
Visit us online at [AAMCcommunityclinics.com](http://AAMCcommunityclinics.com).

*Our staff speaks English, Spanish and Arabic.*



Anne Arundel  
Medical Center  
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*quick*

easy on your schedule—  
the scan only takes  
a few seconds!

# HEART SCAN

(CALCIUM SCORING)

*painless*

easy on your body—  
no IVs, no contrast

*inexpensive*

easy on your budget—  
only one flat fee of \$75

Calcium scoring, also called a heart scan, is performed **at AADI's Sajak Pavilion location** on a walk-in basis or by appointment (888-909-9729). *We use the most sophisticated CT scanner built for heart scans.*

**Talk to your doctor for a referral.**

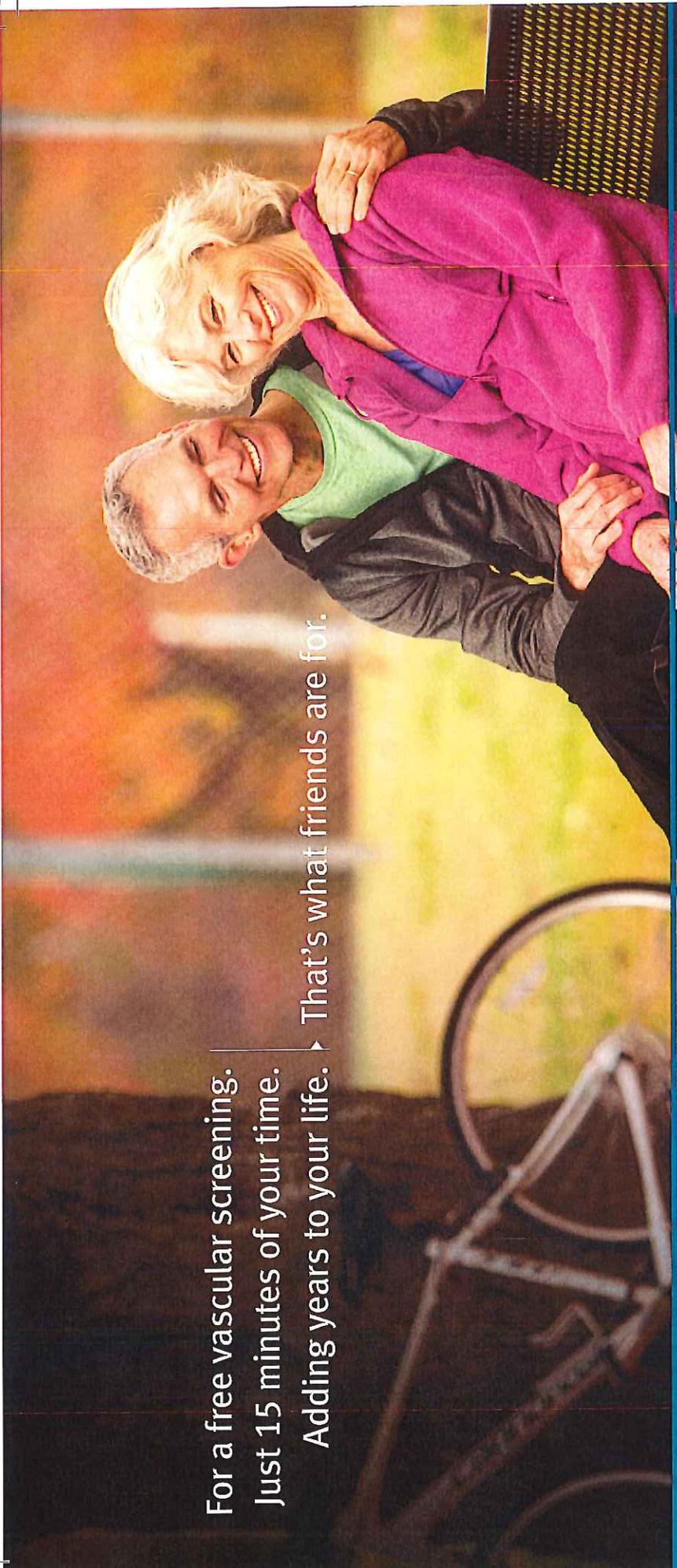
**Anne Arundel Diagnostics Imaging**  
Sajak Pavilion, 2002 Medical Pkwy,  
Annapolis, MD

AADImaging.com | 888-909-XRAY (9729)

 **Anne Arundel  
Diagnostics Imaging**

For a free vascular screening.  
Just 15 minutes of your time.  
Adding years to your life. ▶

That's what friends are for.



LIVING HEALTHIER TOGETHER.



Anne Arundel  
Medical Center

# A simple 15-minute screening can reduce your risk of heart disease and stroke.



## Eligible for a free screening?

Over age 60? Or over 50 with one or more of the following risk factors:

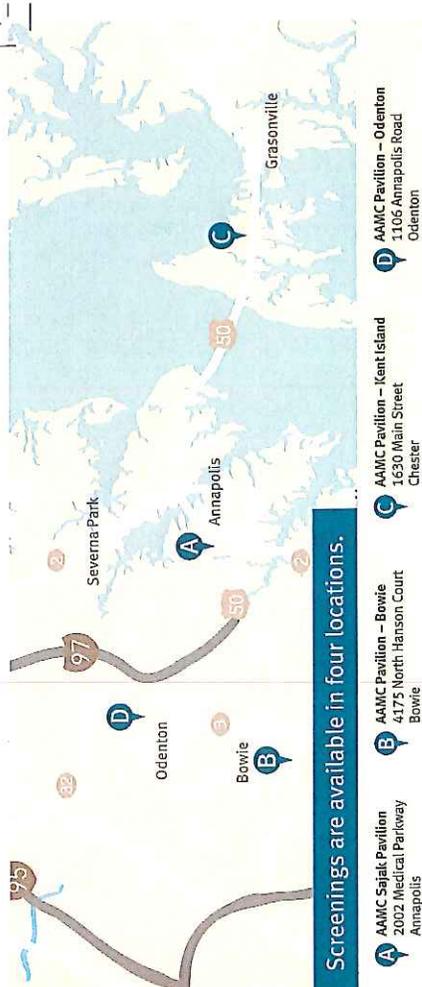
- > High cholesterol, high blood pressure, diabetes or smoking
- > Family history of stroke, cardiac issues, hypertension, kidney failure, renal failure or aneurysms



## Free 15-minute exam.

Following the Dare to C.A.R.E. national model for early detection of stroke or vascular disease, you'll receive:

- > Carotid artery duplex scan
- > Abdominal aortic ultrasound
- > Renal artery
- > Extremity artery evaluation



Screenings are available in four locations.

**A** AAMC Sajak Pavilion  
2002 Medical Parkway  
Annapolis

**B** AAMC Pavilion – Bowie  
4375 North Hanson Court  
Bowie

**C** AAMC Pavilion – Kent Island  
1630 Main Street  
Chester

**D** AAMC Pavilion – Odenton  
1106 Annapolis Road  
Odenton



2001 Medical Parkway  
Annapolis, MD 21401  
askAAMC.org



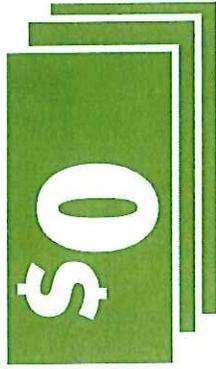
Visit us online at [askAAMC.org/FreeScreening](http://askAAMC.org/FreeScreening) or call us at 410-573-9483.

**Dare to C.A.R.E.** is an independent not-for-profit organization. It is a national model for identifying stroke and vascular disease early. AAMC is a proud sponsor of Dare to C.A.R.E., which originated in Annapolis.

# FREE EARLY DETECTION



Number of minutes it takes to get a Dare to C.A.R.E. vascular screening.



The cost of our screenings, if you meet the eligibility criteria.

Other "special offers" can cost up to \$200 for the same test.

# 40,000



Number of community members who've had a Dare to C.A.R.E. screening.



**Free vascular screenings** available in Annapolis, Bowie, Odenton and Kent Island. Call us at **410-573-9483**.

AAMC is a proud sponsor of Dare to C.A.R.E., a national model for identifying stroke and vascular disease early.



# TAKE COMFORT IN KNOWING

*a simple screening using ultrasound can find a blockage in your arteries.  
Having a stroke or an aneurysm threatens your life and livelihood.*

## ► Are you eligible for a FREE screening?

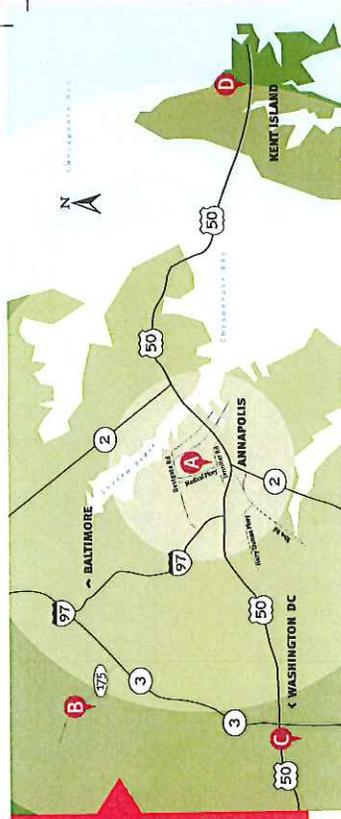
If you answer yes to any of these questions, call us:

- > Are you 60 or older or age 50 with one or more of the following risk factors?
  - > High cholesterol
  - > High blood pressure
  - > Diabetes
  - > Smoking
  - > Family history of stroke, heart attack, high blood pressure, kidney failure, sudden cardiac death, or abdominal aortic aneurysms.

## ► The 15-minute exam consists of:

- > Carotid artery duplex scan
- > Abdominal aortic ultrasound
- > Renal artery ultrasound
- > Extremity artery evaluation

You and your physician will have the results within 7 to 10 days. If we identify an immediate medical issue, consultation with a vascular surgeon will happen before you leave.



**A** AAMC Sajak Pavilion  
2002 Medical Parkway, Annapolis

**B** AAMC Pavilion – Odenton  
1106 Annapolis Road, Odenton

**C** AAMC Pavilion – Bowie  
4175 North Hanson Court, Bowie

**D** AAMC Pavilion – Kent Island  
1630 Main Street, Chester



**Anne Arundel  
Medical Center**

2001 Medical Parkway  
Annapolis, MD 21401  
askAAMC.org



For an appointment at any of our four locations  
call **410-573-9483** (Mon.-Thur., 8am-3:30pm).

Dare to C.A.R.E. volunteers will help schedule a time convenient for you.

## Healthier *U*: Free Educational Seminar

**2** out of **5** 

Americans die of heart attack, stroke, high blood pressure, and other heart issues.

**#1** health problem in the U.S. is cardiovascular disease.

**10x**  more women die of heart disease than breast cancer.

**40,000**   = 1,000

community members have had a free Dare to Care screening, which detects heart and vascular disease early and saves lives.

### FREE Seminar: Understanding Heart and Vascular Disease

Get answers to your questions during this interactive health talk led by vascular surgeon **John Martin, MD**.

You'll learn about:

- › **Risk factors**
- › **Signs and symptoms of cardiovascular disease**
- › **Latest treatment options**

**Tuesday, Sept. 10**

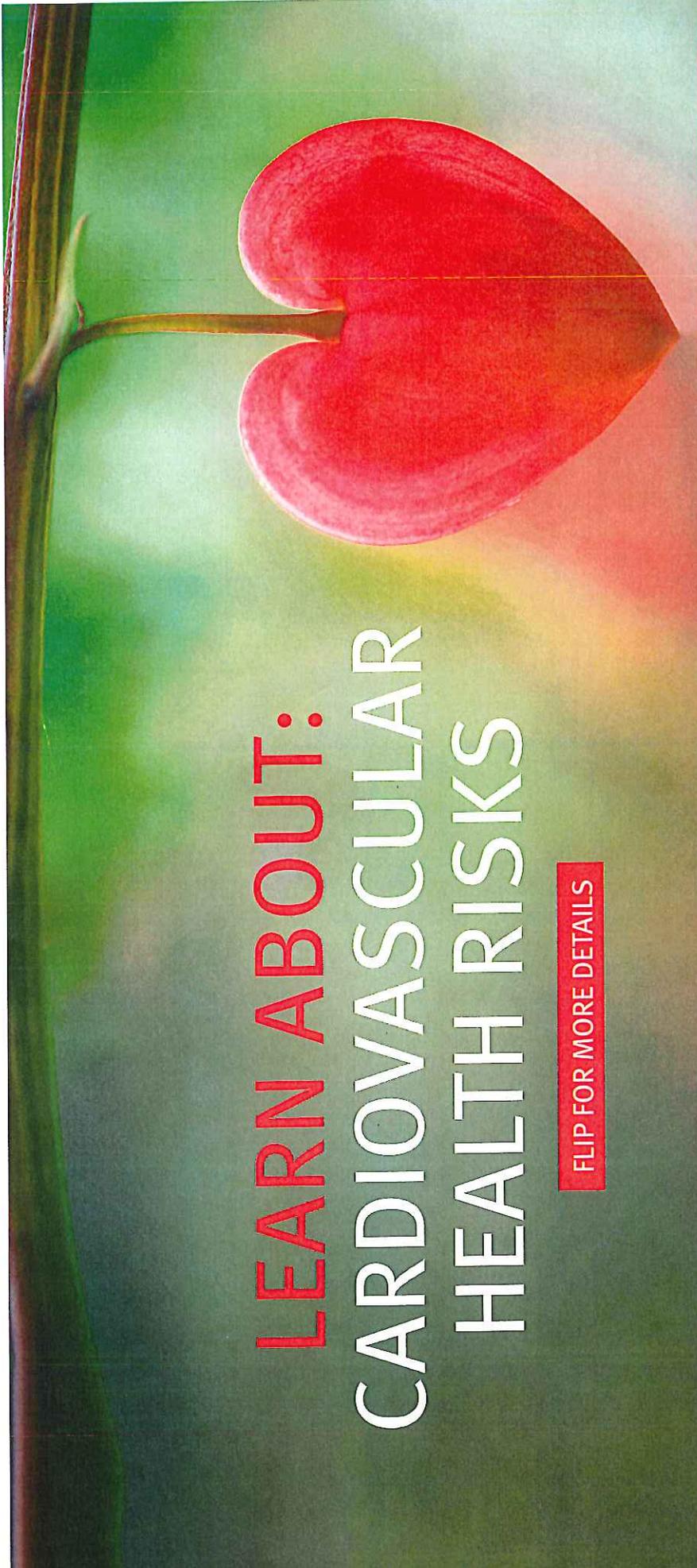
**5:30-7pm**

Bowie Branch Library  
15210 Annapolis Road  
Bowie, Md. 20715

Register at [AAMCevents.org](http://AAMCevents.org)  
or 443-481-5555.



 Anne Arundel  
Medical Center



# LEARN ABOUT: CARDIOVASCULAR HEALTH RISKS

FLIP FOR MORE DETAILS

To register for a health talk or schedule a free vascular screening, call **410-573-9483**.  
*Free vascular screenings are held on Kent Island and in Annapolis, Bowie and Odenton.*



Anne Arundel  
Medical Center  
Heart & Vascular Institute

## FREE HEALTH TALK

Cardiovascular disease is the nation's number one health problem and the leading cause of death for more than half of all Americans.



Learn about your risk factors for cardiovascular disease at a Dare to C.A.R.E. interactive health talk featuring John Martin, MD, director of Anne Arundel Medical Center's Heart & Vascular Institute.

**Thursday, March 14, 6-7:30pm**  
Kent Island Firehouse, 1610 Main Street, Chester, Md.

You'll learn about your health risks, how heart and vascular systems work and how to improve your chances of living longer by getting regular cardiovascular checkups.



*Dare to C.A.R.E., based in Annapolis, is a screening program focused on early diagnosis and treatment. More than 40,000 area residents have taken advantage of FREE screenings in this innovative and nationally-recognized initiative. It has saved hundreds of lives through early diagnosis of heart and vascular disease.*



**Anne Arundel  
Medical Center**

2001 Medical Parkway  
Annapolis, MD 21401  
[ask4AMC.org](http://ask4AMC.org)

To register for this health talk or schedule a free vascular screening, call **410-573-9483**. Free vascular screenings are held on Kent Island and in Annapolis, Bowie and Odenton.

# KNOW YOUR NUMBERS

Check out the new **higi** stations.

- › Garden Café in the Clatanoff Pavilion
- › Hospital Pavilion South near the first floor main elevators.

Get stats on important numbers  
everyone should know.

- › Body Mass Index
- › Blood Pressure
- › Pulse
- › Weight



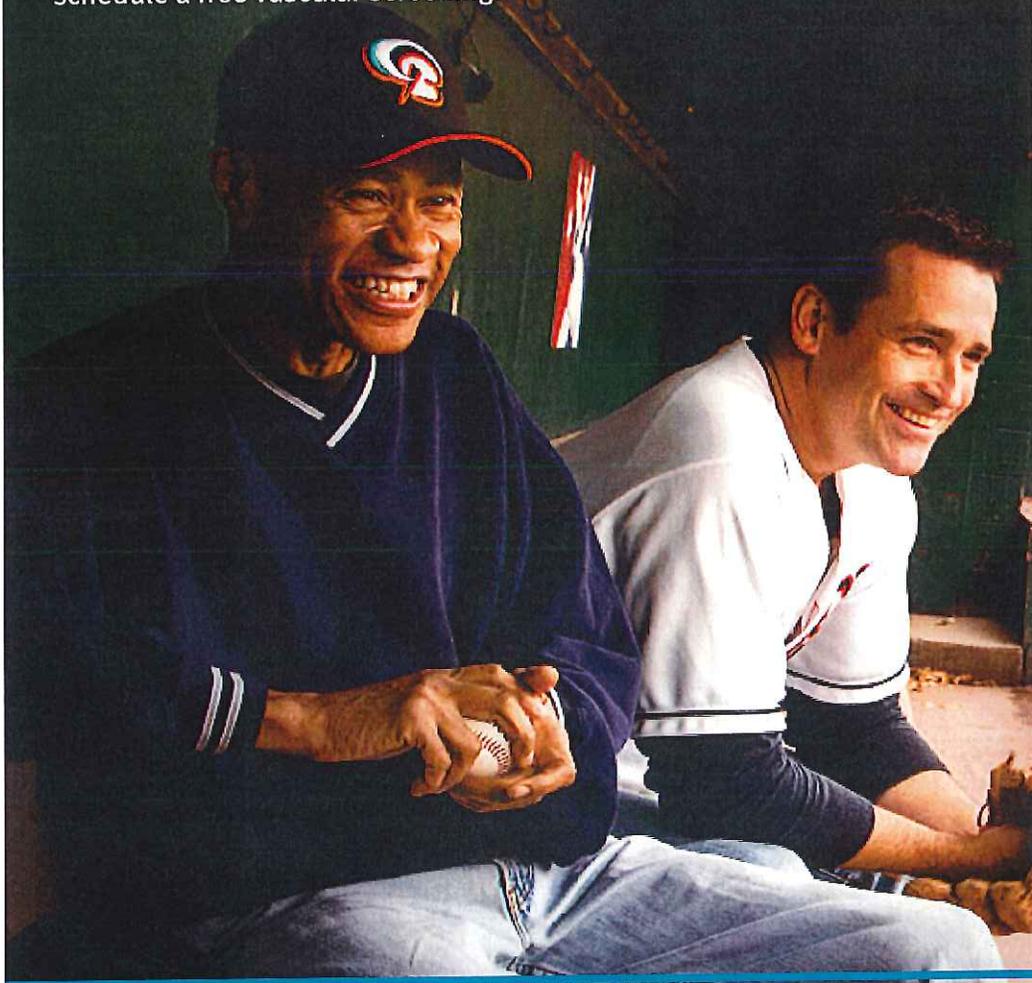
Catch heart disease early.

Reduce your risk.

Add years to your life.

That's what friends are for.

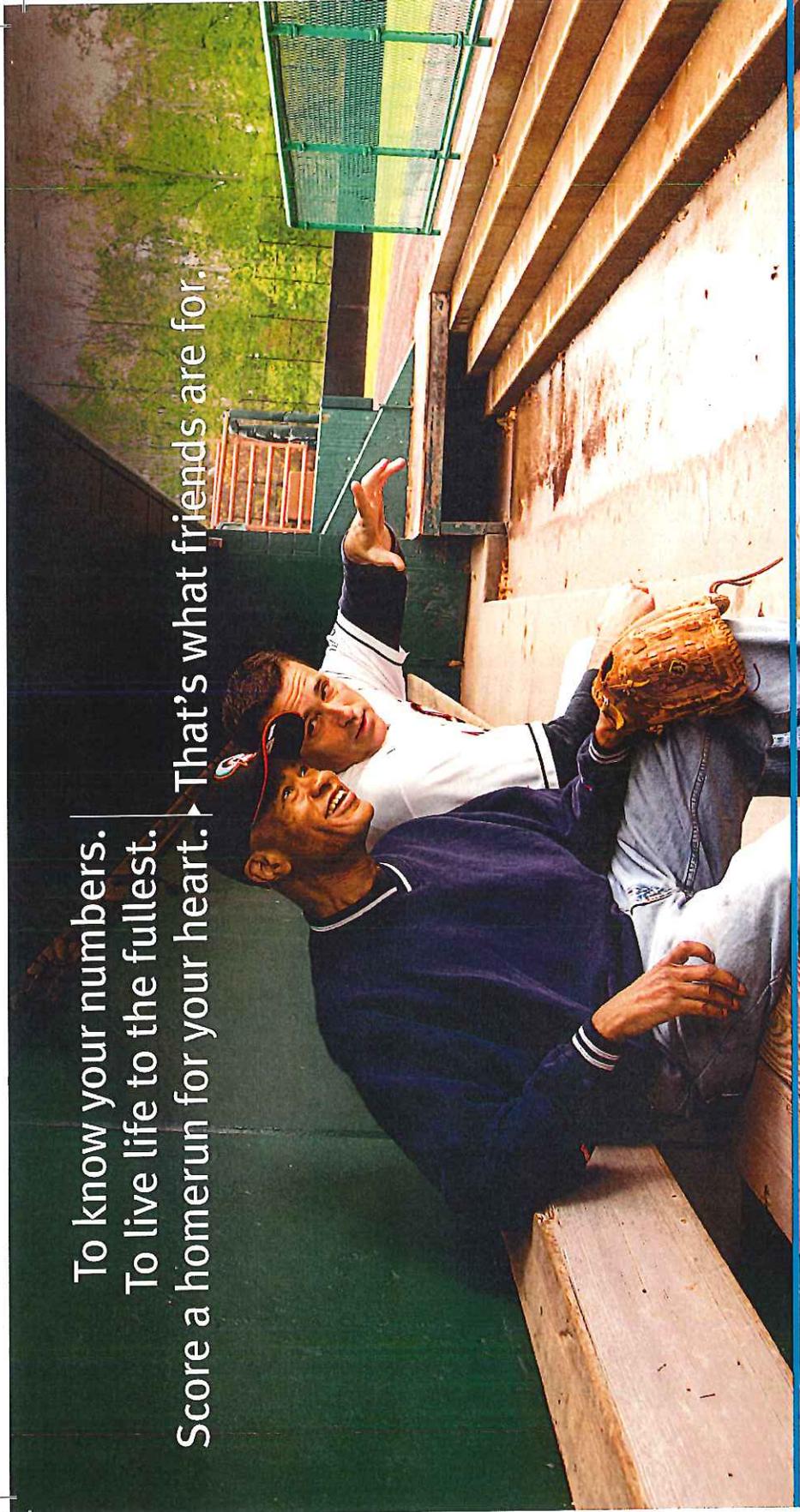
Don't let your first sign of heart disease be a heart attack. Learn what your risk is now. Visit us online at [askAAMC.org/heart](http://askAAMC.org/heart) to take a health risk assessment or schedule a free vascular screening.



LIVING HEALTHIER TOGETHER.

 Anne Arundel  
Medical Center

To know your numbers.  
To live life to the fullest.  
Score a homerun for your heart. ▶ That's what friends are for.



LIVING HEALTHIER TOGETHER.

 Anne Arundel  
Medical Center

# Improve your heart and vascular health. Attend our free class.



## Dare to C.A.R.E. Educational Session

During this interactive health talk – led by John Martin, MD, director of the AAMC Vascular Institute – you'll learn about your health risks, how the heart and vein systems work, and how to improve your chances of living longer by getting regular cardiovascular checkups.



### When is the next session?

**Thursday, May 1, 6-7:30pm**  
Kent Island Firehouse, Chester, Md.



Featuring  
John Martin, MD  
*Director of the AAMC Vascular Institute*

Register online at [askAAMC.org/heart](http://askAAMC.org/heart) or call **410-573-9483**.

### What does C.A.R.E. stand for?

- > Carotid Artery Disease: the primary source of preventable strokes.
- > Abdominal Aortic Aneurysms: the tenth leading cause of death in men.
- > Renal Artery Stenosis: results in dialysis.
- > Extremity Artery Disease: affects 12 million Americans.

To schedule a free vascular screening in Annapolis, Bowie, Kent Island or Odenton, visit [askAAMC.org/heart](http://askAAMC.org/heart) or call **410-573-9483**.



2001 Medical Parkway  
Annapolis, MD 21401  
[askAAMC.org](http://askAAMC.org)



Dare to C.A.R.E., based in Annapolis, is a screening program focused on early diagnosis and treatment. More than 40,000 area residents have taken advantage of FREE screenings. Hundreds of lives have been saved through early diagnosis of heart and vascular disease.

# FROM Head TO toe

**THURSDAY,  
FEB. 28, 6PM**

**preventing  
clogged  
arteries**

**Key Vascular Screenings | Improving Vascular Health | Heart Disease in Women**

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

Anne Arundel Medical Center  
Health Sciences Pavilion  
7th floor, Doordan Institute  
2000 Medical Parkway, Annapolis  
*Free Parking in Garage E*



 Anne Arundel  
Medical Center

These are the doctors you want.

Dr. Walton | Dr. Martin  
**docs  
talk**  
AAMC

**ROCK**<sup>SM</sup>  
THE **RED**



# FEBRUARY IS HEART MONTH AT AAMC!

## Are you ready to Rock the Red?

February is Heart Month, when we take time to focus on our heart health. To mark the occasion, AAMC will host events throughout the month. Make sure to join us!

## Rock the Red: Friday, Feb. 3

Wear a red shirt or scrubs,  
on the first Friday in February.

## AAMC docsTALK Mars and Venus: Heart-Healthy Together Thursday, February 16

February's AAMC docsTALK is all about men's and women's heart health. We'll cover:

- » The differences between heart attack warning signs for men and women
- » Sleep, stress, and their effects on the heart.
- » Rehabilitation.
- » Nutrition and wellness.

Make sure to spread the word about this FREE event. Learn more and register to attend at [AAMCdocsTALK.com](http://AAMCdocsTALK.com).

## Nutrition Demos: Fridays in the Southport Eatery 11am-1pm

AAMC Registered Dietitian Mary Doerschner will present nutrition demos to show you how to have a heart-healthy diet. She'll show you how to choose healthier snacks, how the Mediterranean diet can improve your heart health and how to set short-term goals for long-term heart health.

# HEROES AREN'T BORN, THEY'RE MADE.

## JOIN US AS WE TAKE A STAND TO BECOME A CITY OF HEROES.

Cardiopulmonary resuscitation (CPR) is the key to helping save lives. Knowing CPR can help you act quickly in the event of an emergency and give your family or even a perfect stranger a fighting chance.

### Save A Life: Annapolis CPR Day

A FREE learning day to help keep your family and community safe.

WALK IN A CITIZEN, WALK OUT A HERO.

Sponsored by



SATURDAY, MARCH 10  
9am-3pm

- Adult CPR
- Pediatric & Infant CPR
- Pool & Summer Safety
- Activities & Family Fun
- Health Information

Anne Arundel Medical Center  
Health Sciences Pavilion  
2000 Medical Parkway  
Annapolis, Md. 21401

Register online at [savealifeannapolis.com](http://savealifeannapolis.com).

SAVE A LIFE  
ANNAPOLIS CPR DAY



# Join us for docsTALK! Saving a Million Hearts

Wednesday, Feb. 26, 6pm

Westfield Annapolis  
Crate & Barrel Court

Join hosts Drs. John Martin and Briana Walton for a special edition of docsTALK at Westfield Annapolis mall. During this session, the doctors will discuss a few common myths and facts about heart disease and stroke.

Ask questions and learn the ABCS of heart health:

**Appropriate aspirin therapy**  
**Blood pressure control**  
**Cholesterol management**  
**Smoking cessation**

*Registration is not required.*  
*Learn more at [askAAMC.org/heart](http://askAAMC.org/heart).*

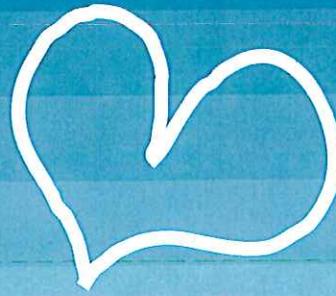


LIVING HEALTHIER TOGETHER.

 Anne Arundel  
Medical Center

free

energize<sup>SM</sup>



**Heart Health**

**Stairs Challenge**

**Start: Friday, Feb. 1**

**End: Thursday, Feb. 28**

**1. Take the stairs instead of the elevator... every time.**

**2. Complete a Personal Wellness Profile to get a snapshot of your current health.**

**Register at [AAHS.org/energize](http://AAHS.org/energize).**

*Questions? Contact Brad LaTour at x5363 or [blatour@AAHS.org](mailto:blatour@AAHS.org).*

# Introducing Energize at Westfield Annapolis

Welcome to Energize—a movement started at Anne Arundel Medical Center—now expanding to our friends and neighbors at Westfield Annapolis.

*All events will take place in the Crate & Barrel Court. Registration for the Energize: together wellness movement will be available during all activities.*



## Kickoff Week Schedule

### Monday, Oct. 21, 7:30-9:30am

Free breakfast and sign-up for Energize<sup>SM</sup>—the next generation of mallwalkers! Come and get a free t-shirt (courtesy of Under Armour<sup>TM</sup>), pedometer and learn about new tracking systems and contests. Plus, our Energize team will be on-site to learn more about what you want!

For more information visit us at [askAAMC.org/energizeatwestfield](http://askAAMC.org/energizeatwestfield)



### move it

#### Tuesday, Oct. 22, 6-8pm

Fitness demonstrations with AAMC's own wellness champions and instructors. Plus, meet a member of the Baltimore Ravens!

### lose it

#### Wednesday, Oct. 23, 11am-1pm

Nutrition education with registered Dietitian Ann Caldwell: 10 tips for a healthier plate.

### stop it

#### Thursday, Oct. 24, 11am-1pm

Cancer prevention with Nurse Joanne Ebner, RN: Understanding the sun's impact on your skin.

### reduce it

#### Friday, Oct. 25, 11am-1pm

Stress reduction demonstrations with wellness practitioners.



**Rx**

Patient Name: You and Your Family  
Directions:

**Exercise 5x/week  
for 30 min.**



Date: NOW

Signature: Your AAMC Family



# MOVEMENT

is the cure  
for so many ailments.

park your sex life

Boost energy

Control weight

Combat illness

Relieve stress

Sleep better

Feel happier



## energize fitness classes

AAMC offers you a way to fit in exercise before, after or even during your work day. Choose from more than 20 fitness classes per week offered right on campus. Enjoy exclusive low prices for you and your family members with convenient payroll deduction. Choose from three payment options:

- > EZ Pass—unlimited classes (50% discount for the first month!)
- > 10-Class Card
- > Drop-In

Register for classes online  
at [AAHS.org/energize](http://AAHS.org/energize).



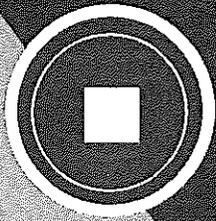
Save 50% off  
your first month\*  
when you use your  
EZ Pass!

\*EZ pass purchases made now through 10-31-12. New clients only.



Anne Arundel  
Medical Center

2001 Medical Parkway  
Annapolis, MD 21401



# stop it

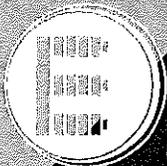
Typically, people try to quit many times before they become smoke-free. If you are thinking about quitting and would like additional support and resources, call a Wellness Coach! Through LifeWork Strategies, the employee assistance program (EAP), you have access to free, confidential over the phone smoking cessation counselling.

Over a two month period, your coach will help you develop a personal plan to cope with the ups and downs of quitting.

Remember it takes time, patience, and practice to quit smoking. Call **877-252-8550** for help.

## Your coach will work with you on a range of topics, such as:

- › Nicotine withdrawal
- › Medications that can help you quit
- › Dealing with urges to smoke
- › Staying positive
- › Managing stress and stressors
- › Weight gain
- › Relapse prevention



**energize**  
together wellness movement

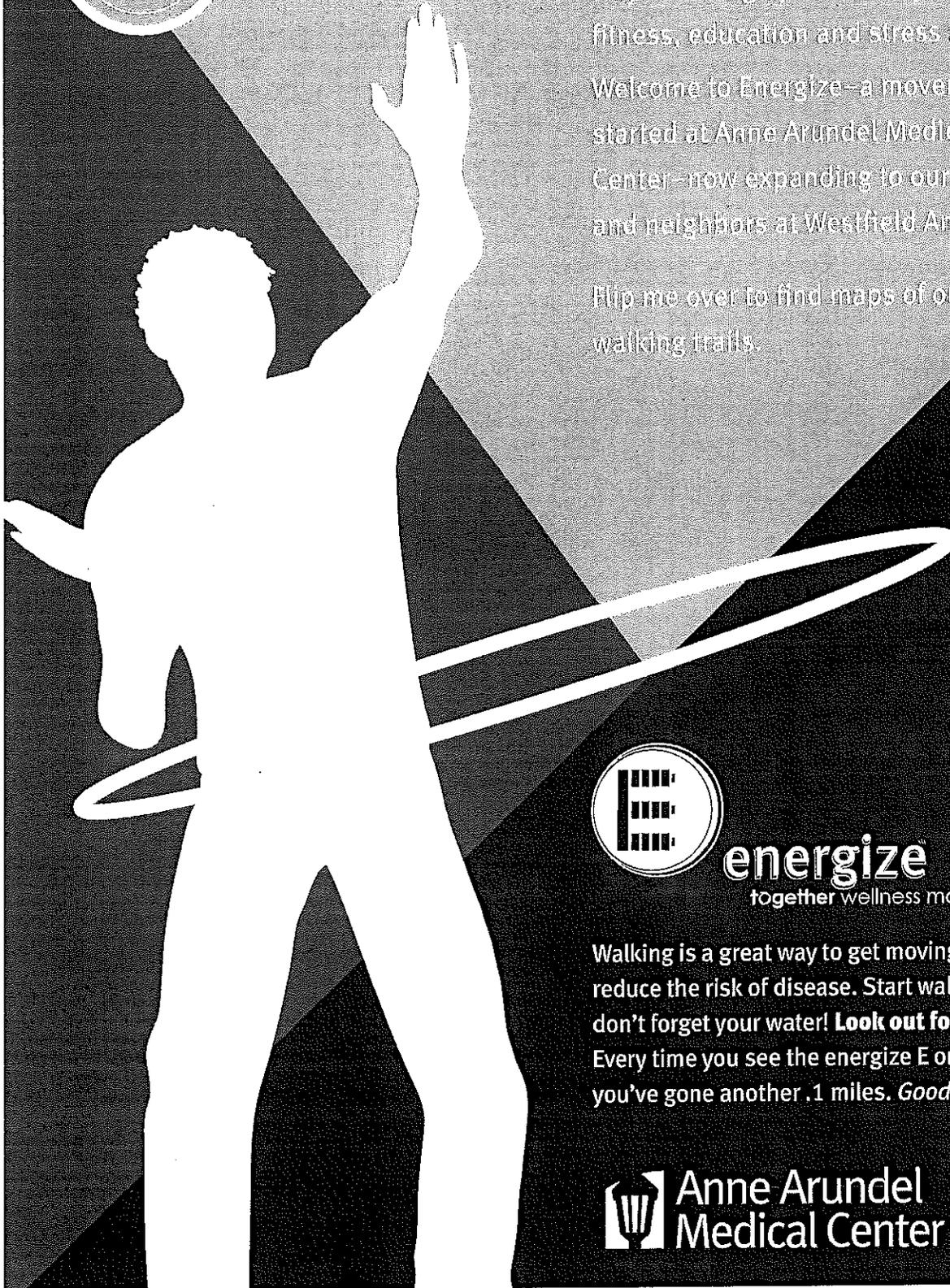


# move it

Who doesn't want more energy? Learn ways to charge your battery through fitness, education and stress reduction.

Welcome to Energize—a movement started at Anne Arundel Medical Center—now expanding to our friends and neighbors at Westfield Annapolis.

Flip me over to find maps of our walking trails.



**energize**

together wellness movement

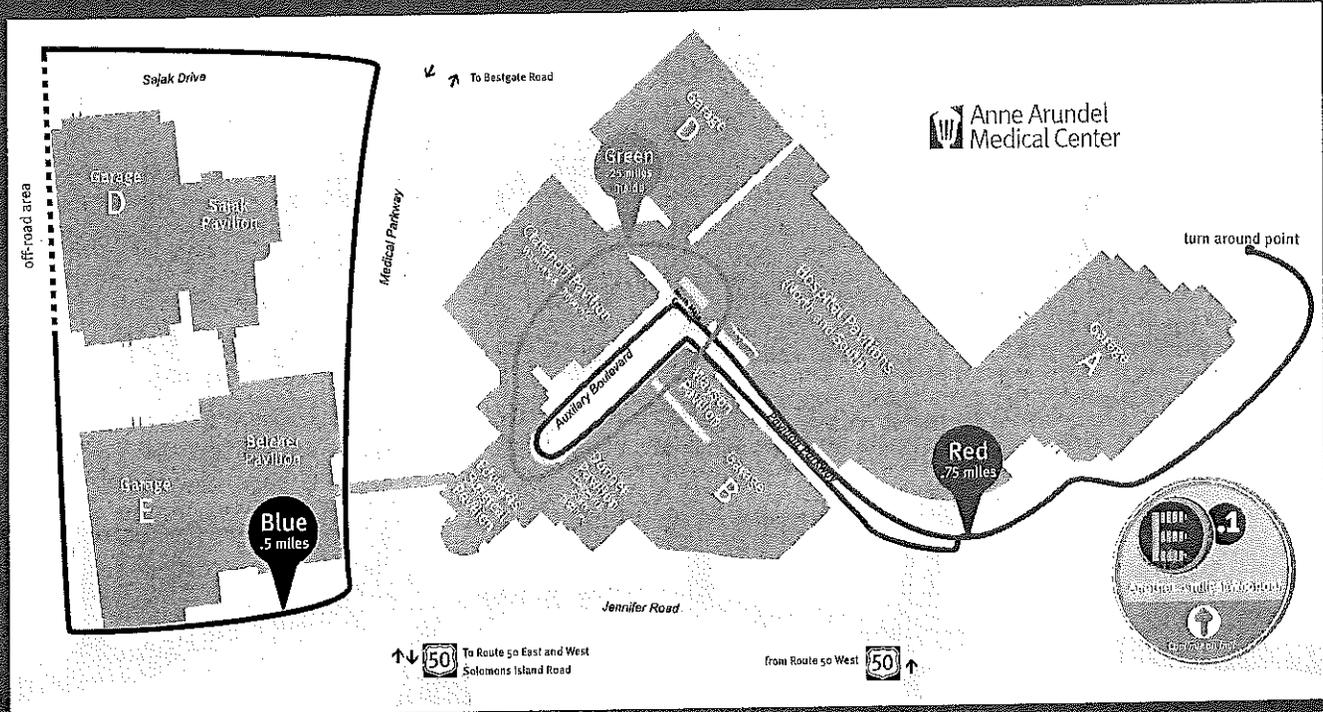
Walking is a great way to get moving and reduce the risk of disease. Start walking today—don't forget your water! **Look out for the E!** Every time you see the energize E on your walk, you've gone another .1 miles. *Good Job!*



Anne Arundel  
Medical Center

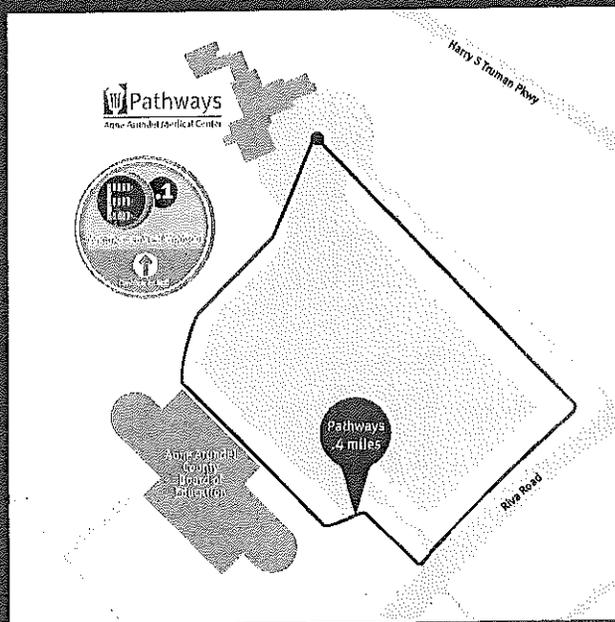
# AAMC Campus

Blue trail .5 miles | Green trail (AAMC employees only) .25 miles | Red Trail .75 miles



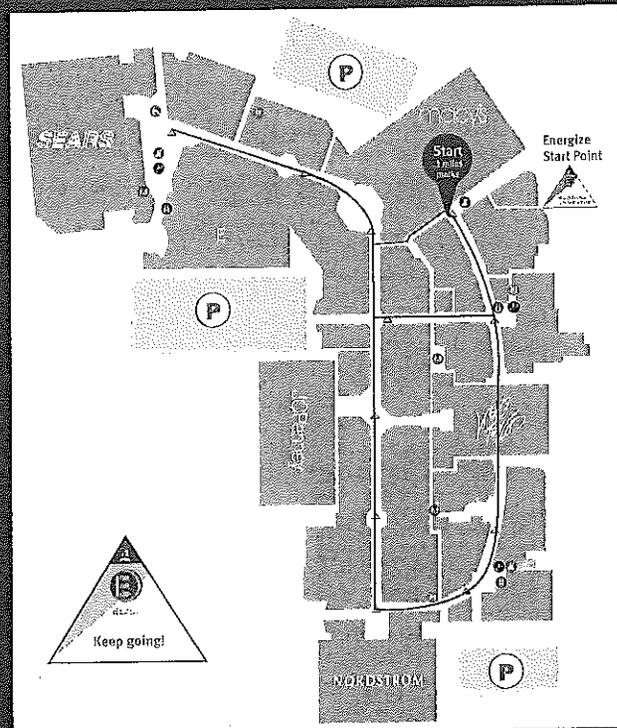
## Pathways

.4 mile walking trail



## Westfield Annapolis

1 mile walking trail



[askAAMC.org/Energize](http://askAAMC.org/Energize)

Anne Arundel Medical Center

# Lecture

Tuesday, August 30, 6–8pm  
Kenhill Center/Bowie City Hall,  
2614 Kenhill Drive



## FREE Lecture and Vascular Screening

Call to save your seat:  
410-573-9483

Dare to C.A.R.E. offers free vascular screenings to help prevent strokes and other serious conditions.

Join us for a free lecture and get your free screening if you meet these criteria:

- › Over age 60
- › Over age of 50 and smoke or suffer from diabetes, high blood pressure or high cholesterol.

### Step 1 Attend the Lecture

Tuesday, August 30, 6–8pm  
Kenhill Center/Bowie City Hall,  
2614 Kenhill Drive

### Step 2 Get a Screening

Thursday, September 1, 6–8pm  
Cardiology Associates  
4175 N. Hanson Court, Suite 100  
By Appointment Only

Can't make the date? Don't worry!  
Dare to C.A.R.E. offers multiple screening dates in Annapolis, Bowie and Kent Island.

*Dare to C.A.R.E. is a non-profit organization founded by health care professionals dedicated to providing free cardiovascular disease education and screening.*



www.daretocare.us | 410-573-9483

HEAR-0087-07/11

# AAMC Stroke Club

**JOIN US** *for resources, support and guidance.*

## ► Is this group for me?

The Stroke Club is a free monthly support group for stroke survivors, their families and caregivers.

## ► What will I learn?

Members will gather for educational programs and social activities. Meeting topics will include stroke-related education such as stress management and medication management. Topics will vary each month.

## ► Where can I find more information?

For more information contact Jennifer Irving or Laurie Neely at 443-481-4100 or [strokeclub@AAHS.org](mailto:strokeclub@AAHS.org)

## ► When and where can I attend?

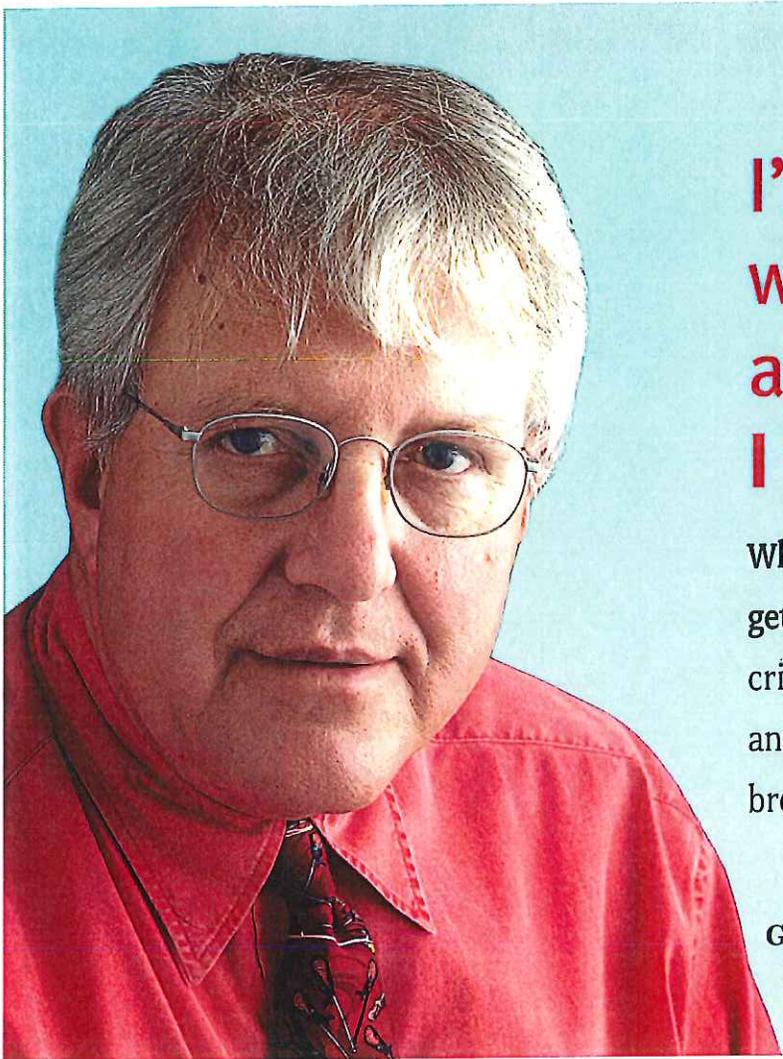
- › Third Tuesdays of each month at 6pm
- › AAMC Belcher Pavilion  
7th floor, Doordan Institute  
Free parking in Garage E
- › Registration is not necessary.

## ► What does the seal mean?



Anne Arundel Medical Center displays The Joint Commission's Gold Seal of Approval™ for

Advanced Certification for Primary Stroke Centers. This means the stroke program follows national standards and guidelines that can significantly improve outcomes for stroke patients. AAMC is thoroughly committed to providing patients with the highest quality stroke care centered on current scientific research to ensure continued improvement in treatment.



## I'm a doctor and when heart disease affects my family, I trust AAMC.

When my brother had a heart issue, I knew we had to get to AAMC. The heart specialists there found two critical blockages. He immediately had angioplasty and was discharged the next day. Today both my brother and his heart are safe and sound.

*George C. Samaras, M.D., Department Chairman of Medicine  
Internal Medicine and Nephrology*

### Join us for a **FREE** event **Heart Health for the Whole Family**

Tuesday, Feb. 15, 2011  
6:30 p.m. – 8 p.m.

Anne Arundel Medical Center  
Health Sciences Pavilion  
7th floor, Doordan Institute  
2000 Medical Parkway,  
Annapolis, Md., 21401

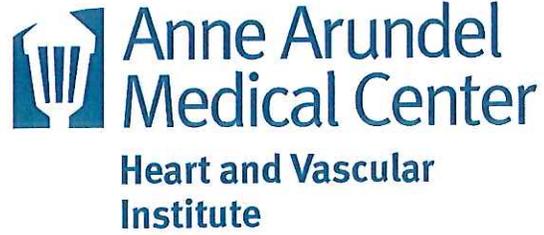
#### Heart disease is a family disease.

That's why it's important you know about heart and vascular warning signs and risk factors to keep your family healthy. You'll learn all that and more, including free heart and vascular screenings, at **Heart Health for the Whole Family**.

#### Register Online

at [www.askAAMC.org](http://www.askAAMC.org)





# Media Coverage & Press Releases

# The Game Plan

## Aggressive Treatment Returns a Young Athlete to Sports

A FADING PINK SCAR, two-and-a-half inches long, traces the outer sole of Samantha Boardman's left foot. You likely wouldn't see it if she didn't point it out.

But it's not "just a scar." It's a landmark, the genesis of a condition called iliofemoral deep vein thrombosis that last summer nearly changed Samantha's life forever. The condition, which can be fatal, threatened to take Samantha's ability to play field hockey, a sport she loved.

"During the last fire drill of the 2008 school year, I was standing behind a set of closed doors," recalled Samantha. "When someone came along and threw the door open, my foot got caught under the door, puncturing the outside of my left foot."

An infection triggered a perfect storm of clotting factors in the teen's groin and left thigh. Fueling the problem was immobilization as the wound healed; a hereditary condition known as Factor V Leiden mutation, that causes increased blood clotting, and prescription progesterin, that also increased her blood's clotting ability. A dangerous iliofemoral deep vein thrombosis had developed.

"Iliofofemoral deep vein thrombosis is the blockage of a main outflow vein in the lower half of the body," said AAMC vascular surgeon **JON A. HUPP, M.D.** "The standard treatment to prevent future clots from developing includes blood thinners and leg compression, rather than removing the original clot."

The problem with the traditional approach, said Dr. Hupp, is the leg is rarely normal again. More than half of these patients have lifelong problems with leg-swelling, pain, and leg ulcers. Blood thinners would have prevented Samantha from playing rugged or contact sports because of the risk of bleeding from a muscle tear or body trauma.

"When the doctors in the emergency room first told me I wouldn't be able to play field hockey again, I was devastated," said Samantha. "Field hockey is my life; I wanted to play in college. I was destroyed."

But Dr. Hupp had a plan to keep his young patient in the game. "DVT therapy today is changing," he said. "We have the ability to go after the clot itself. Here we had a teenage girl, an athlete — it didn't make sense to have her on blood thinners forever."

The game plan included installing a vascular filter to trap potentially damaging pulmonary embolisms and removing of the massive clots in the veins in Samantha's pelvis and thigh. "The clot we removed was more than a foot long and the diameter of your thumb," Dr. Hupp recalls. "If a piece

had broken loose, she also could have suffered a fatal pulmonary embolism."

The aggressive approach worked. Samantha missed much of her senior season, but is now back on the field. Her athletic abilities have attracted college scouts, and she's enjoying the life of a high school senior.

"I'm so grateful to be able to play field hockey again," said Samantha. "It's my life, and Dr. Hupp saved it."

**If you would like more information about the diagnosis or treatment of vascular disease, ask your family doctor for a referral to the AAMC Vascular Center. Or call askAAMC at 443-481-4000. For a list of vascular surgeons, visit our Web site at [www.ashs.org](http://www.ashs.org).**



Vascular surgeon Jon Hupp removed a large blood clot from the major vein in Samantha Boardman's pelvis and right leg, allowing the high school senior to return to her love, field hockey.

# Dare to C.A.R.E. Program Scans 25,000th Patient—*Edwin Meese III*

The fall issue of AAMC Magazine highlighted the Dare to C.A.R.E. program, an innovative approach to cardiovascular disease, in partnership with Anne Arundel Medical Center.

On Sept. 26, 2009, Dare to C.A.R.E. conducted its 25,000th vascular screening at the program's annual "Milestone of Life" Gala.

Edwin Meese III, former U.S. Attorney General to President Ronald Reagan, received the landmark screening. He was joined at the gala by Joe Theismann, former NFL quarterback for the Washington Redskins and spokesperson for the FindtheAAAAnswers Coalition, a multi-faceted public education campaign designed to save lives from abdominal aortic aneurysms (AAA) by increasing awareness about low-cost screening for those at risk for this life-threatening condition.

"The presence of Ed Meese and Joe Theismann at the Dare to C.A.R.E. gala affirms the significance of this milestone and the value this program has for our community," said John Martin, M.D., co-founder of the program with Louis O. Hanson, C.R.N.P. "Cardiovascular disease is truly a silent killer, and through the Dare to C.A.R.E. program we can prevent possible heart attacks or strokes in our family, friends, and neighbors. We're honored that Mr. Meese and Mr. Theismann would join us to celebrate what for us is a tremendous source of pride and excitement."

The C.A.R.E. acronym stands for: carotid artery disease, abdominal aortic aneurysms, renal artery stenosis and extremity artery disease. 

—Justin Paquette



(L-R) Vascular surgeon John Martin, M.D., co-founder of Dare to C.A.R.E., poses with former Washington Redskin Joe Theismann, and Ursula and Edwin Meese, former U.S. Attorney General, at the Milestones of Life Gala.



Edwin Meese, the 25,000<sup>th</sup> person to be scanned, is checked by AAMC Vascular Tech Jeanne McCoy.



(L-R) Gala attendees Steve and Karen Ritterbush and Jim Myers, chairman, Anne Arundel Health System Board of Trustees, and Mary Preas.

To learn more about Dare to C.A.R.E. and how to get a free, non-invasive vascular ultrasound, call 410-573-9483 or visit [www.daretocare.us](http://www.daretocare.us).



To listen to an AAMC podcast discussing cardiovascular disease, go to [www.aahs.org](http://www.aahs.org)

## Unobstructed Care

### Minimally Invasive Procedure Restores Blood Flow, Relieves Pain

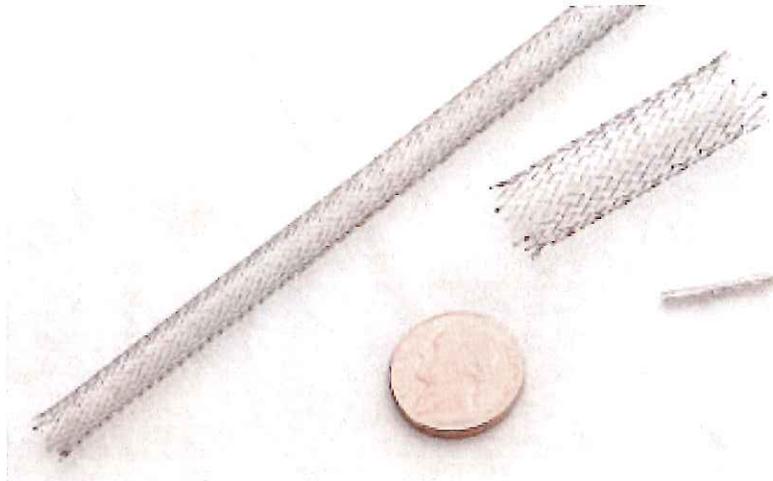
**G**ranville MacCollum had never stepped foot inside a hospital as a patient until 1998, when, at 83, he had a pacemaker implanted – an impressive run of good luck considering he served in the U.S. Army during World War II.

Eleven years later, in January 2009, atherosclerosis interrupted Mr. MacCollum's nine-decade run of nearly perfect health.

Years worth of fatty deposits were blocking blood flow through Mr. MacCollum's superficial femoral arteries, the major thoroughfares that transport oxygenated blood down the thighs and feet. Because of inadequate blood flow, gangrene had developed in two of Mr. MacCollum's toes.

Vascular surgeons in Florida, where Mr. MacCollum lived at the time, attempted to stent the two arteries to restore blood flow. But his adverse reaction to anesthesia prematurely ended the procedure, with just one stent implanted.

"The physicians in Florida thought my father would have a second reaction," said daughter Clare Chapman. "They wavered for weeks on a second procedure. It was then we decided to bring him back home. He needed to see a physician here in Annapolis. In hindsight, this decision was a very good idea."



Despite Mr. MacCollum's age and problem with anesthesia, vascular surgeon **MICHAEL CURI, M.D.**, was intent on extending the life of an otherwise healthy adult of advanced age.

"This was a surgery we believed we could do safely, and in doing so, we

By June 2009, Mr. MacCollum was on his way to recovery and, by August, was walking on his own with a cane. In October, to celebrate his health, Mr. MacCollum and his wife travelled with their Heritage Harbour community friends to the Poconos.

**"This was truly a case of a physician looking at the patient and doing the right thing for my father and our family."**

**JANET MACCOLLUM**

could dramatically improve this patient's quality of life," he said.

Dr. Curi successfully implanted the second stent and amputated one toe, leaving the second toe amputation for an outpatient procedure performed by podiatrist **JOHN G. DELEONIBUS, D.P.M.**

"This was truly a case of a physician looking at the patient and doing the right thing for my father and our family," said Janet MacCollum, Mr. MacCollum's youngest daughter. "Dr. Curi is a wonderful doctor." 

*– Justin Paquette*



Annapolis resident Granville MacCollum.  
*Courtesy photo.*



To listen to a podcast explaining how a stent restores blood flow to obstructed arteries, and for more information on the AAMC Vascular Center, visit [www.aahs.org](http://www.aahs.org). If you need a vascular surgeon, talk to your primary care physician or call askAAMC at 443-481-4000 for a primary care physician referral.

# Finding her inner peace ... and health

Annapolis woman makes lifestyle changes after two heart attacks

By WENDI WINTERS  
 wwinters@cagaznews.com

Was it her weight? Her Newport menthols? Her fondness for potato chips? Stress over losing her job of 23 years?

Maybe a little of all of the above.

Lanice Hall suffered two heart attacks in two years.

Hall had no idea of the symptoms — until it was almost too late. Now, she wants others to be better informed.

"Your lifestyle does catch up to you — what you eat, whether or not you exercise," Hall said. "You have to monitor that."

Heart disease is the leading cause of death in African-American women in Anne Arundel County, according to state statistics.

The 50-year-old mother and grandmother from Oxford Landing had her first heart attack before Christmas in 2011.

(See HEART, Page A14)

At first Hall ignored the discomfort in both of her upper arms, going away for the weekend to Rehoboth Beach, Del.

"When I got home," she said, "I went over to the emergency room at Anne Arundel Medical Center and explained what was going on."

"They rushed me into a back room and began running tests."

She was having a heart attack.

The cardiology staff discovered her aorta, the body's largest artery, was 95 percent closed. A stent was put into her chest to open up the blood vessel.

Four days later, she was released.

"They told me 'No more smoking. Exercise. You have to make a lifestyle change in what you eat — you need to eat more fruits and vegetables.' We had a talk about good nutrition."

"For a while, I did pretty good," Hall said.

For a while.

Having been laid off from ARINC after 23 years, Hall found a job in 2013 as an executive assistant at the Housing Authority of the city of Annapolis.

"Having not worked for a couple years, there was stress in trying to catch up financially and in looking for a job," she said.

Hall admits she was slack in taking the medications she had been prescribed to reduce her high blood pressure.

"I wasn't taking them at the proper time. I'd skip a dose or not take it every day."

Then, in September 2013, she went away for what she hoped would be a relaxing weekend on the Eastern Shore.

This time the symptoms were different.

"I felt pressure and discomfort in my chest. Not any pain," Hall said. "When I came back from the weekend, I went in to have it checked. They told me I'd had a heart attack."

Since then, she has changed her lifestyle.



Hall went through a 36-session cardio-rehabilitation program at AAMC. She sees her cardiologist, Dr. Valeriani R. Bead, every six months. She eats more fruits and salads.

"I limit my beloved fried chicken to once a week," Hall said. "I'm trying to cut out chips completely — Lays does have a baked chip, though."

She tries to walk regularly for exercise and to relieve her stress.

"You have to find some inner peace, not take it all so hard. Not try to save the world all the time."

There's something else.

"I drove myself to the hospital, which is an absolute wrong thing to do," Hall said. "Call 911 regardless of whether you think you can make it on your own."

[www.twitter.com/  
wendiwinters](http://www.twitter.com/wendiwinters)



Courtesy photo

Lanice Hall, center, has suffered two heart attacks since 2011. She has made some lifestyle changes in hope of avoiding a recurrence. Hall is pictured with daughters Ashley, left, and Chelsea.

# 'Fast. Easy. Painless.'

A first-person account of Dare to C.A.R.E.'s free cardiovascular screening

By WENDI WINTERS  
 wwinters@capgaznews.com

"Have you ever had a heart screening?" Dr. John Martin asked me.

No, I never have.

"Why should I? I'm in good health. Good blood pressure. Not a smoker — not for years. I'm not old or overweight."

Martin, a cardiology surgeon at Anne Arundel Medical Center and co-founder of Dare to C.A.R.E., narrowed his eyes.

More than 3,000 people in the U.S. die every day of heart

or vascular disease or heart attacks, he said. "It's the No. 1 cause of death worldwide. It dwarfs all other diseases."

I made an appointment.

Accompanied by *Capital* photographer Paul Gillespie, I arrived at the front desk of Suite 520 in the Sajak Pavilion.

Elaine Gairy, a director of the Dare to C.A.R.E. foundation, handed me a short medical form. The results of the screening would be mailed to me and provided to my primary physician.

Gairy led us to an examining room where vascular technician Ashley Warble waited with the ultrasound equipment.

"Oh, my," said Warble, looking me up and down. I was wearing a knit dress, a suit jacket, tights and heels.

(See PAINLESS, Page B14)

"You're going to need a pair of shorts," she said. "Usually, we tell people to wear slacks and loose-fitting, casual clothing. We need to apply a dab of gel to your neck, abdomen and to your ankles."

Warble handed me a pair of disposable, one-size-fits-all paper shorts. While the photographer ducked out of the room, I yanked off the tights and pulled up the shorts.

"We provide ugly shorts as an incentive to dress properly," Warble joked.

She asked me to lie on the padded exami-

nation bed.

She manipulated the orange- and green-lit controls on the keypad to input my name and information. Warble asked me to turn my head to the wall, exposing the right of my neck.

She placed a paper towel on my collarbone, tucked my hair to the side and dabbed gel on my neck.

Then Warble swiped a handheld probe over the skin covering the carotid artery, which runs directly from the heart and up one side of the neck, then branches into smaller arteries as it goes into the head to nourish the brain.

"Narrowing in these arteries can cause a stroke," she said. Warble wiped the gel off and asked me to turn my head in the other direction. The procedure was repeated to the left of my Adam's apple.

"Just a little plaque," she said. "That's normal. Nothing to worry about."

Next, I pulled my dress up to expose my abdomen and allow Warble to check my aorta, the largest artery in my body.

Pointing to the screen, she said, "It's the black hole in the center of the image." She ran the lukewarm probe over my belly, looking for weaknesses in the aorta's walls.

"It looks fine."

Warble slipped a blood pressure cuff on my arm and pumped it up. After a minute, it registered 110/60.

"Good," she said, then moved down to my ankles. She ran the probe and checked the pulse on both, then compared the results.

"Good," she said.

"That's it. We promised you'd be done in 10 minutes," Warble smiled. "Fast. Easy. Painless."

The photographer put down his camera.

"This screening is free?" Paul said.

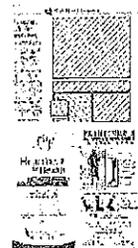
"Yes," said Warble.

Two minutes later, paperwork completed, he was on the examining bed.

A few minutes later, Paul was feeling relieved and chagrined. Things were OK. No clogged arteries.

But the results indicated it's time for him to do his body a favor by knocking off the daily dose of fried food, losing a little weight and getting some exercise.

Screenings are held throughout the year in the Sajak Pavilion at Anne Arundel Medical Center, and at locations in Bowie,

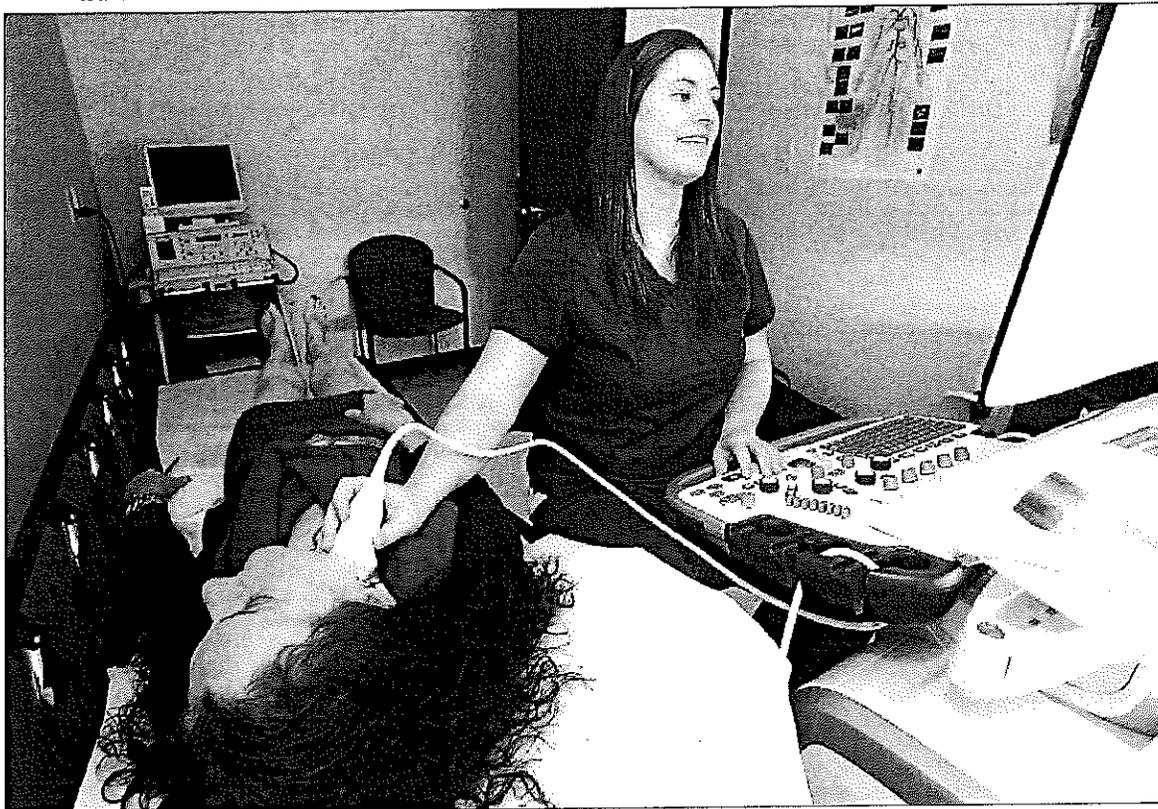


Odenton and Kent Island.

The screening is free if you are age 60 or older, or age 50 or over and have high-risk factors such as diabetes, high blood pressure, high cholesterol or a smoking habit.

To make an appointment at the Annapolis, Bowie, Odenton or Kent Island locations, call 410-573-9483. The website is [HeartHealthFoundation.org](http://HeartHealthFoundation.org).

[www.twitter.com/wendiwinters](http://www.twitter.com/wendiwinters)



By Paul W. Gillespie, Staff

Vascular technician Ashley Warble uses an ultrasound machine to check reporter Wendi Winters' carotid artery for plaque buildup during a free cardiovascular screening at Dare to C.A.R.E. in the Anne Arundel Medical Center's Sajak Pavilion.

## Heart imaging tests before surgery: When you need them and when you don't

If you're having surgery, you may wonder if you need an imaging test of your heart to make sure it is safe for you to have the surgery. But if you are not having heart surgery — and you haven't had a stroke and don't have a severe heart condition, diabetes or kidney disease — the imaging tests usually aren't helpful.

According to my professional group, the American College of Cardiology, there are a few reasons to consider whether heart imaging tests are needed:

The tests usually aren't necessary before low-risk surgery.

Some imaging tests use sound waves to take pictures of the heart. This is called echocardiography.

Other tests use a small amount of radioactive material. These can be called either a nuclear or CT scan.

Doing a heart imaging test can show whether you're at risk

of having a heart attack or another serious complication when you have surgery.

The test results may lead to special care during or after surgery, delaying surgery until the problem is treated or changing the kind of surgery.

But the risk of heart complications from minor surgeries,

such as a breast biopsy, eye or skin surgery, or any "same-day" surgery, is very low. There really isn't anything doctors can do to lower the risk further.

In other words, heart-imaging tests are not likely to change anything. In fact, even major surgery is safe for most healthy people who feel well and are physically active.

Unless you have heart disease or other risk factors, usually all you

need before surgery is a careful medical history and physical exam.

Imaging tests are usually very safe, and some can be done with little or no radiation. But if your risk of having a heart problem is low, the tests can produce a false-positive result that could cause anxiety and lead to more tests and an unneeded delay of surgery.

For example, you might have a follow-up coronary angiography (cardiac catheterization). During this test, a catheter is inserted into the heart through a vein, dye is injected and X-rays are taken. The risks are low, but exposure to radiation adds up over your lifetime, so it's best to avoid X-rays whenever you can.

Imaging tests can cost a lot.

An imaging stress test costs between \$500 and \$2,000, and a cardiac CT scan costs \$500 to \$600. If abnormal results lead to coronary angiography, that can add about \$5,000 to the cost. So the tests should only be used when the results would change the way your surgery is done.

You may need an imaging test before surgery if:

- You are having low-risk surgery and you have severe heart valve disease or Class IV heart failure, or you have symptoms, such as chest pain or trouble breathing, that could be heart-related. You may first need to take care of the condition before you have surgery.

- You are having intermediate-risk surgery, such as knee or hip replacement, or high-risk surgery, such as bypass surgery for a blocked artery in your leg, and you have both of these other risks:

- You have diabetes or kidney disease, or a history of coronary artery disease, heart failure, or stroke.

- You cannot walk a short distance or climb stairs without having symptoms.

When preparing for surgery, your doctor or the hospital pre-surgical team will examine you and review your medical history.

And, if they order any tests, make

sure they tell you why. Bring a list of the names, doses and directions for all the medicines, vitamins, and herbal supplements you take.

And report any new symptoms that could be warning signs of heart disease — even if they happen after your exam.

*Dr. Barbara Hutchinson is a cardiologist and medical director of Anne Arundel Medical Center's Heart and Vascular Unit.*



### GUEST COLUMN

By Dr. Barbara Hutchinson



# Imaging tests for heart disease: When you need them, when you don't

Imaging stress tests take pictures of the heart while it is working hard. Ultrasound and echocardiography tests take pictures with sound waves. Nuclear cardiology tests use a small amount of a radioactive substance to get pictures.

You may need an imaging stress test if you have symptoms of heart disease, such as chest pain, shortness of breath, irregular heartbeats or heart palpitations, which are unusually strong heartbeats. Or you may need one if you already have heart disease or if you have a high risk for heart disease.

These tests can help your doctor decide the best treatment for you. But if you are a healthy person without symptoms, you should think twice



KILICAL

about having these tests. Here's why:

- An imaging stress test is best used to manage severe heart disease. The test can help your doctor find out if blood flow to your heart is blocked. It can also show where any suspected blockages are and how severe they are. It can help you and your doctor make decisions about treatment. However, if you are at low risk and don't have symptoms, the test has limited benefits.

- The tests can lead to others that are not needed or risky.

- An imaging stress test is usually safe and can be done using little or no radiation. But the test can cause anxiety.

And it can lead to other tests and treatments that do have risks.

For example, if something looks wrong on the imaging stress test, your doctor may order a CT scan and an angiogram. These expose you to radiation. Risks from radiation exposure can add up, so it is best to avoid it when you can. Excess testing can lead to unnecessary treatment with drugs as well.

- The tests can cost a lot. An imaging stress test costs between \$500 and \$2,000. Since the tests can provide more information than routine stress tests, they may be worth it. But if you don't need one, why spend the money? The tests should be used only when they will help you and your doctor treat and manage your disease.

*Dr. Baran Kilical is a cardiologist and electrophysiologist at Anne Arundel Medical Center.*

## ASSESS YOUR RISK

How should you assess your risk of heart disease? People without symptoms of heart disease should take the following steps:

- Know your risk. Factors such as your age, gender, cholesterol and blood pressure levels, and whether you smoke or have diabetes can help determine which screening tests are right for you and whether treatment is necessary.
- Protect your heart. Stop smoking, lose excess weight, engage in regular exercise such as brisk walking, avoid foods high in saturated fat, trans fats or cholesterol, limit sodium intake, manage stress, and talk with your doctor about possibly taking low-dose aspirin.
- Consider these tests. Everyone should have a doctor measure their upper and lower blood pressure numbers at least once a year. Men 35 and older and women 45 and older who have risk factors for heart disease should have a blood test at least every 5 years to measure their LDL (bad) and HDL (good) cholesterol levels, as well as their triglycerides, an artery-clogging fat. And people at risk for diabetes should have a blood glucose test at least every 3 to 5 years.



# More young people suffering heart attacks

## Arundel hospital launches support group as doctors change approach

BY ANDREA K. WALKER  
The Baltimore Sun

Carrie O'Connor thought she was a fairly healthy 35-year-old who went on daily jogs and ate well.

Then, more than a year ago, she suffered back-to-back heart attacks.

The first hit while she was treating herself to baubles at Smyth Jewelers in Timonium. The project manager at T. Rowe Price suddenly felt nauseated and severe pain consumed her stomach. Pain shot up her arm and her jaw ached. All were common symptoms of a heart attack, the paramedics later told her.

The second happened later that day when doctors tried to insert a stent to open a blocked left artery they believed had caused the first attack. During the procedure, two of her other arteries began to spasm and she had a massive heart attack.

Heart disease is often seen as an older person's affliction. Nationwide, the average age at a first heart attack is 64 for men and 72 for women, according to the American Heart Association. About 10 years ago, the average ages were 65.8 for men and 70.4 for women.

But heart attacks can also occur in younger patients like O'Connor who are seemingly healthy, caught off guard by the life-changing illness. They find themselves dealing with problems more typical of people their parents' age, taking loads of pills and limiting strenuous activity to protect their weakened hearts.

"It was not something I expected at all," O'Connor said. "We don't have family history. I don't have any typical risk factors. I'm not overweight. I don't smoke. I eat fine."

At Anne Arundel Medical Center, where O'Connor received cardiac rehabilitation, the hospital saw such a surge in young patients that it started a support group to help them cope. In 2009, the average age of heart attack patients at the hospital was 70 years. In 2012, it was 60.

"In addition to the bread-and-butter

standard cases, we are seeing it in younger folks and it is not completely clear why that is," said Scott Katzen, a general and interventional cardiologist with Cardiology Associates who has privileges at Anne Arundel Medical Center.

In recent years, some high-profile deaths have brought further attention to the issue. James Gandolfini, who starred in the popular television series "The Sopranos," died at age 51 from a massive heart attack. Actor Michael Clarke Duncan died at age 54 after suffering a heart attack.

Doctors believe some of the attacks are brought on by genetic causes, but doctors also point to the nation's obesity problem as a factor. Stress could also play a role, although further study needs to be done, some doctors said.

Doctors have started to pay better attention to possible symptoms in younger patients and not discount signs because of the person's age, said Jeffrey L. Quartner, chief of cardiology at MedStar Union Memorial Hospital and a board member of the American Heart Association Maryland.

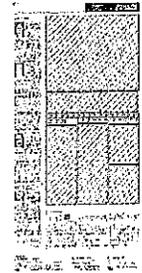
"We have changed our sensitivity to realize young people have heart attacks as well," Quartner said.

Ana Pendleton Duhon, a 37-year-old teacher, was riding in the car with her mother in June 2012. That is the last thing she remembers from that day.

Her mother would later tell her she slumped over in mid-conversation. Paramedics shocked Duhon's heart three times to revive her. Doctors would later determine she went into cardiac arrest.

Later, at the hospital, they reduced her body temperature to near freezing, a procedure sometimes used on heart-attack patients to induce a coma and calm the body to help with healing.

Duhon recovered, but doctors aren't 100 percent sure what caused the attack, and the incident has changed her life forever: Her heart only operates at 30 percent of its function and she takes numerous medica-



tions. Doctors implanted a defibrillator on her heart so if she suffers another attack it will automatically shock the organ.

The biggest change has been the emotional effect. Once a personal trainer in tip-top health, Duhon now sometimes worries whether her heart will fail again.

She and O'Connor were the first members of the support group started at Anne Arundel Medical Center to help young people cope after a heart attack.

"We needed a community to talk about this," Duhon said. "We're young women who didn't expect any of this to happen."

Dianne Walters, a nurse in the cardiac rehabilitation unit at Anne Arundel Medical Center who helps run the support group, said younger patients may go into depression and start to question their mortality. Talking to people their age helps them accept their situation, she said. They can also gain tips from one another's experi-

ences.

John Weitzel, 48 years old and a Crownsville contractor, felt symptoms for almost two days before having a heart attack in 2013. He felt numbness in his arms and jaw, a tightness in his chest and felt as if he had bad indigestion. His body was achy all over. He visited an urgent-care center and was sent home.

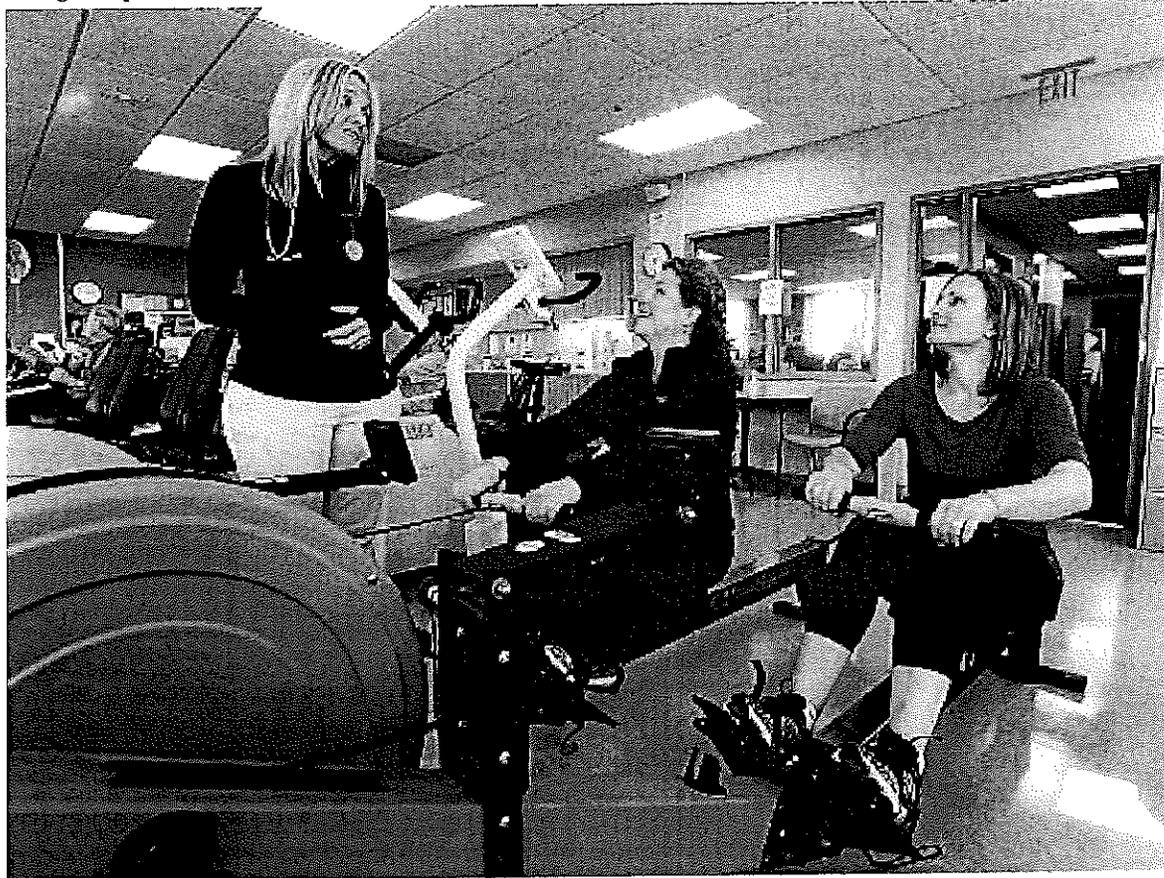
Weitzel was walking to the bathroom when he fell in the hallway. His wife heard his body crash and called an ambulance.

Weitzel was overweight and didn't eat well before suffering his heart attack. He has since lost 30 pounds and is trying to live better.

He said the support group has helped.

"It was a wake-up call," he said. "It's hard to realize you're young and have some serious heart problems."

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KENNETH K. LAM/BALTIMORE SUN PHOTO

Ana Pendleton Duhon, center, and Carrie O'Connor, right, are founding members of Anne Arundel Medical Center's Young Adult Cardiac Support Group. At left is Dianne Walters, a nurse in the cardiac rehabilitation unit who helps run the support group.

# Never too young to have a heart attack

Local youth survived rare cardiac condition, got his life back on track

By WENDI WINTERS

wwinters@capgaznews.com

**J**eremy Blackstone was 18 and at the peak of his game in spring 2010.

Then he almost died.

He was poised to graduate Annapolis High School as one of the top five students from his class. He was in the National Honor Society, was captain of the school's indoor track team and was an active member of his church, the Holy Temple Cathedral. He was looking over scholarship offers from colleges.

On the first day of spring, Blackstone, his younger brother, David, then 15, and several church friends decided to have a pickup basketball game at Lake Shore Athletic Complex in Pasadena.

Blackstone had just slammed in a basket when he started to feel dizzy. He dropped unconscious to the hardtop, in full cardiac arrest.

Holy Temple Cathedral's associate minister Anthony Burch, who had been trained in cardiopulmonary resuscitation, checked for a pulse. There was none.

Burch pumped Blackstone's chest and yelled for someone to call 911.

A paramedic from the Lake Shore Fire Department shocked the teen's heart into a regular rhythm with an automated external defibrillator.

Blackstone spent three days in a medically induced coma at the Critical Care Unit at Baltimore Washington Medical Center. Later, at Johns Hopkins Hospital in Baltimore, he had surgery to reroute an artery that had been in the wrong place ever since his birth.

Within a month, he was back in school with a 12-inch pink scar down the center of his chest. He graduated with his class and earned his International Baccalaureate diplomas as well.

He now advocates heart or vascular screening for all high school athletes, though he's not sure his own rare condition would have been detected.

"Whenever the blood flow was pumping really hard, the artery would get pinched really hard," Blackstone said. "There had been instances over the years where things happened, but it didn't get as serious as it did that day on the court.

"Since childhood, people thought I had asthma. Even the doctors had misdiagnosed it. They didn't test me for a heart issue, because it's a really rare condition."

One such "asthma attack" was in June 2009, following a workout during a summer seminar at the U.S. Naval



Academy. It dashed Blackstone's hopes of become a midshipman.

(See YOUTH, Page B3)

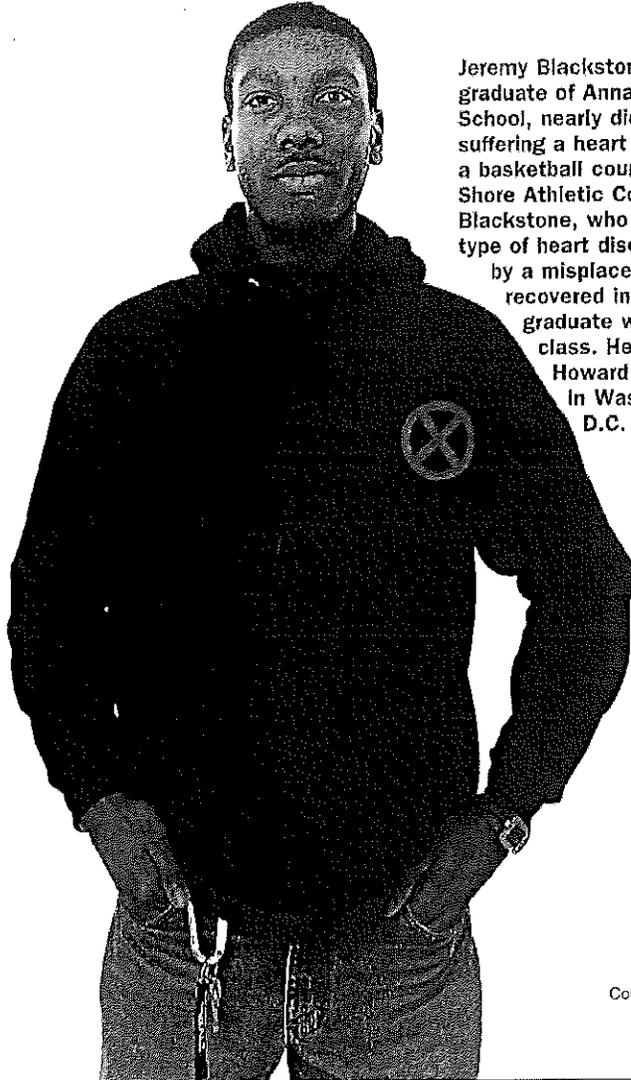
Blackstone spent the summer after his high school graduation undergoing physical rehabilitation at Anne Arundel Medical Center.

Now 22, he has fully recovered and is a senior in a five-year master's degree program at Howard University in Washington, D.C. He'll graduate in May with a bachelor's degree in computer science, and will get his master's in May 2015.

Blackstone is a vice president of Tau Beta Pi, the Engineering Honor Society. He is also the prayer and evangelism coordinator for a Bible study group, Bethel Campus Fellowship.

He said the heart attack led him to rethink his life. "You should live life so that you would be pleased, no matter what happens."

*www.twitter.com/  
wendiwinters*



Jeremy Blackstone, a 2010 graduate of Annapolis High School, nearly died after suffering a heart attack on a basketball court at Lake Shore Athletic Complex. Blackstone, who had a rare type of heart disease caused by a misplaced artery, recovered in time to graduate with his class. He is now at Howard University in Washington, D.C.

Courtesy photo



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# Heart Health Month

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Posted: Saturday, February 22, 2014 12:15 am

I wish to congratulate *The Capital* editors and staff on their comprehensive coverage of heart health month.

Since the beginning of organized communities, the newspaper has played a key role as a guardian of society. The paper informs the public, promotes a vibrant social and business climate and often influences public opinion. Even in this era of social media, our local newspaper remains prominent.

It is a responsible position and *The Capital* demonstrated clearly that it takes the responsibility seriously as it dedicated valuable space covering America's leading cause of death. The potential impact of this coverage is dramatic, as it has been estimated that almost 80 percent of heart disease is preventable. Prevention begins with information and awareness and *The Capital* has focused a bright light on local organizations that are dedicating themselves to changing the course of history for our community.

The Heart Health Foundation and Dare to CARE Program took the lead by introducing the Paint the Town Red Campaign for Heart Health a year ago. This February it has grown dramatically as government officials, business leaders, schools and partner nonprofits: Anne Arundel Medical Center and the SPCA have joined our efforts. Over 50 area restaurants joined the healthy eating program, a key element of heart health. Downtown Annapolis, the Annapolis Towne Centre at Parole and Westfield Annapolis mall all have engaged in this campaign.

I am very grateful to all participants and encourage others to join our crusade; the lives we save are our families, friends and neighbors. We are fortunate that so many are willing to combine efforts. America's leading cause of death has meet a community up for the challenge and a newspaper who recognizes the key role it can play.

JOHN MARTIN, MD

President Heart Health Foundation

President Cardiology Associates

Director Vascular Institute Anne Arundel Medical Center

Sign up for Group Deal Emails!

Email:

## Calendar

February 2014

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### Featured Events

[Train Show](#)

Date: Sunday, January 12, 2014  
Location: ANNAPOLIS, MD  
Circulation (DMA): 30,274 (24)  
Type (Frequency): Newspaper (S)  
Page: 4  
Section: LifeStyle  
Keyword: Anne Arundel Medical Center

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### **Young adult cardiac group**

Erin O'Connell Peiffer, spokesperson for WomenHeart, will share her journey with heart disease and discuss the importance risk factors of cardiac disease during a young adult cardiac support group meeting held from 5 to 6 p.m. Monday in the Belcher Pavilion at Anne Arundel Medical Center, 2001 Medical Parkway. The group consists of survivors ages 35 to 55.

For more information, call registered nurse Dianne Walters at 443-481-1928.



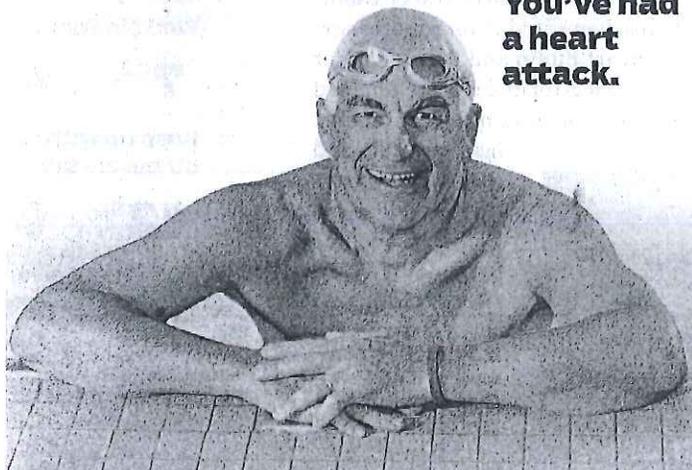
# September

## Swimming Just Saved My Life

**I** am a statistic today, one of 1.4 million Americans who will suffer a heart attack this year. More important, I'm one of the million who will survive. ■ Here's how. I'm an active 70-year-old. On the cardiac risk chart, I'm on the margins. I do not have diabetes or high blood pressure. I am not obese. My cholesterol levels are under control. My genes do pose a problem: My dad died of a heart attack and brittle arteries at 66. To counter that, I've been swimming three or four times a week for more than 25 years. ■ With extra training, I was ready for a one-mile race in the Chesapeake Bay. It was relatively uneventful, though I swam faster than usual and my sense of direction was oddly askew—I spent more time heading for the Azores than Annapolis! An hour later, after collecting a third-place trophy and changing clothes, I became light-headed and felt a heavy pressure on my chest. My wife was right: It was more serious than I thought, and I needed help.

There began an odyssey through the

**The ER greeting was harsh: You've had a heart attack.**



public health system, and at every stop—the EMS tech, the ER orderly, the ER docs and nurse-practitioner, the nurses and cardiac specialists—their verdict was unanimous. Swimming had saved my life.

From past *AARP Bulletin* articles, I know the importance of speedy attention and recognized the coordinated care I was getting. The ambulance was equipped with an electrocardiogram machine that transmitted a dozen tracks of my heart rhythm directly to the Anne Arundel Medical Center's emergency room.

The ER greeting was harsh: "You've had a heart attack." The mobile EKG was the first indicator, elevated troponin levels in the blood tests confirmed it, and a catheterization was scheduled for early the next morning.

Strapped to the gurney, I asked the surgeon if he utilized "The Checklist." In a recent story about reducing hospital errors, he quoted Atul Gawande, M.D., a surgeon and advocate of a checklist—a pre-operation pause for workers in the operating room to introduce themselves one by one and describe their tasks.

It works for aviation and high-rise construction, Gawande argues, so why not in operating rooms? And, I now asked my surgeon, how about my operating room? "We do a time-out," he replied, in which he introduces himself to the team, introduces the patient and describes the scheduled procedure.

Not quite the same, but I was in no position to argue, and we proceeded with the time-out, followed by the left heart catheterization, an examination of the arteries and the left ventricle. He found that plaque had ruptured and clogged an artery, disrupting blood flow to the heart. But just as quickly, blood had clotted, sealing the rupture, and the artery had reopened.

Unexpectedly, my surgeon also found no blocked arteries and no need for stents—a credit to my exercise routine. Damage to the heart was limited and would naturally repair.

In the days since, the message has been even clearer: Exercise at any age is important. From friends, there was joy and good humor. "If I was a heart and someone threw me into the Chesapeake Bay, I'd protest, too," said one. Doctors loaded me with medicine—to control cholesterol, lower blood pressure, stabilize the heartbeat and thin the blood. And the advice they offered was simple—"Get back into the pool." —Jim Toedtman, Editor

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# Women Go Red, Boost Awareness of Cardiac Disease

By Mark R. Smith, EDITOR-IN-CHIEF

The morning of Jan. 18, 2006, figured to be just like any other for Lynne Powell. She saw her two daughters off to school, then it was time to exercise — which is only fitting of someone who had been a fitness instructor for 15 years.

However, that morning she awoke with a sharp pain in her jaw and tightness in her chest. It alarmed her enough to go online to search for information about her symptoms, then call a friend who had dealt with a heart tumor.

It's a good thing Powell did. Her friend told her she was having a heart attack.

Even worse, she was having a heart attack for no apparent reason. Her cholesterol levels and blood pressure were normal, and it took doctors some time to discern that Powell was suffering from narrowing arteries, a rare condition.

Though it's been several years since the incident, Powell eagerly signed on with the local chapter of the American Heart Association to bring more attention to, and raise money for, heart disease via its Go Red For Women (GRFW) campaign.

The event will feature a series of educational seminars and guest speakers on Thursday, April 19, at the The N\* Room of the Navy-Marine Corps Memorial Stadium in Annapolis from 10 a.m. to 1 p.m.

## 'Baffling'

Powell, who will chair the event, was 44 at the time of her heart attack and taught various types of group exercise classes. She quickly noted that heart disease didn't run in her family.

Interestingly, she thought twice about calling her friend about her sudden health problem. "I felt really silly," she said. But the then-undiagnosed issue "was so baffling that a few days later I was flown from Anne Arundel Medical Center (AAMC) to [The Johns] Hopkins [Hospital in Baltimore] for further testing. They tested our girls, too," said Powell, the wife of Argo

Systems CEO Mark Powell.

Powell was taken by ambulance to AAMC, getting an electrocardiogram en route; upon arrival, she received a coronary angiogram, the imaging of which allowed Dr. Marco Mejia, an interventional cardiologist, to diagnose the widespread narrowing of the arteries. Thus, medication was determined to be the best treatment.

The response and diagnosis resulted from the use of C-PORT, an AAMC program the medical center designed to expediently diagnose and treat cardiac patients.

What caused Powell's heart attack was "two-fold," said Dr. Barbara Hutchinson, managing partner of Chesapeake Cardiac Care in Annapolis and medical director of the Heart & Vascular Unit at AAMC.

"The symptoms in women tend to be different. We're not sure why," Hutchinson said. "What you read about in books often concerns chest pain, but women can have many other symptoms, including jaw pain, as well as shortness of breath, nausea and abdominal pain, upper body pain and extreme fatigue — many more than men usually do."

Since those symptoms are so different, they are often misdiagnosed or attributed to other problems, she said. "By the time the problem is diagnosed, too much time can pass. It can be weeks, and it's important to realize that 20 minutes in a case like Lynne's is a long time."

In addition, women can have what is known as diffuse cardiovascular disease. "In other words, there's no focal area where a doctor can place a balloon or a stent," Hutchinson said. "The disease exists throughout the vessel, hence the name. And that's what happened with her."

## One in Three

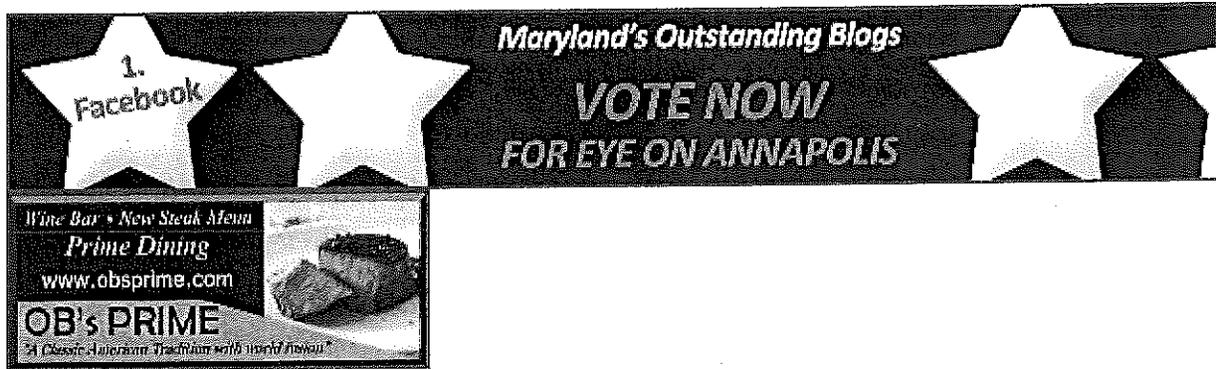
To further complicate matters, maternal instincts can lead to more complications.

"Women are often concerned about taking care of everyone else before themselves," Hutchinson said "The pets, the





*Dr. Marco Mejia, left, an interventional cardiologist at AAMC, guided Lynne Powell through the successful treatment of her heart attack.*



## Anne Arundel Medical Center Recognized for Chest Pain Response

John Frenave | October 11, 2012 at 1:23 pm | [0 Comments](#)

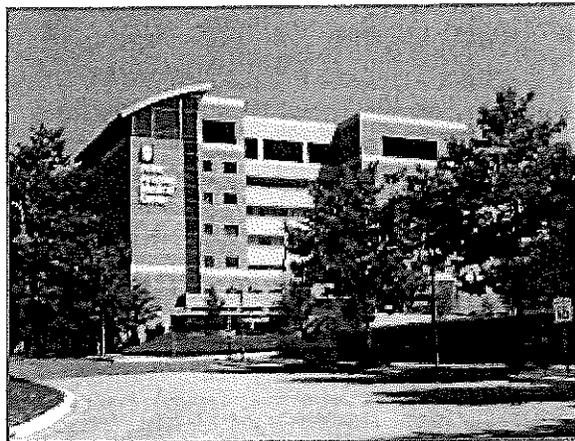


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The golden hour of the time a patient with chest pain receives rapid diagnosis and treatment is the difference between life and death. Opening a patient's artery with an angioplasty balloon 90 minutes after arrival is a standard quality indicator for hospitals nationally. At Anne Arundel Medical Center (AAMC), the average "door to balloon" time is just 58 minutes.

This rapid diagnosis and treatment of patients with chest pain due to heart disease is one of the reasons AAMC is one of only nine hospitals in the state to receive Chest Pain Center Accreditation with percutaneous coronary intervention (PCI). The accreditation is awarded by the Society of Cardiovascular Patient Care (SCPC), an international not-for-profit organization that focuses on improving cardiovascular care.

"It validates the standard of care and one additional assurance that we provide a standard very few hospitals are able to deliver," says Julia Blackburn, AAMC's director of interventional radiology and cardiac catheterization lab. "This is not just a one-time certification. It's a continuing process of improvement to raise the standards of cardiac care for our patients."

This is the gold standard for chest pain accreditation. It demonstrates that AAMC is providing nationally recognized standards for quality patient care, which includes having dedicated interventional cardiologists, nurses and technologists trained in rapid response and treatment of heart attacks to reduce heart muscle damage. The hospital began performing emergency cardiac catheterizations for acute heart attacks in 2002.

"An accredited chest pain center is known for providing better care, better diagnosis, faster treatment and decreased length of stay in a hospital. Part of the reason for this is the close collaboration with the local emergency medical system to provide advanced care from the time they pick up the patient until they enter the cath lab," adds Ms. Blackburn.

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 Anne Arundel Medical Center

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## Anne Arundel Medical Center Celebrates Ten Years of Providing Emergency Cardiac Intervention for Acute Heart Attacks

23rd November 2012 | Posted in Health

Anne Arundel Medical Center (AAMC) is celebrating the tenth anniversary of a heart program that has saved more than 1,000 heart attack patients. The program is a partnership with local emergency medical services (EMS) and paramedics who perform electrocardiograms (EKG) in the field to determine whether a patient will benefit from emergency cardiac catheterization to open a blocked artery.

EMS services in Anne Arundel and Queen Anne counties have portable EKG monitors provided by the hospital. This allows the EMS personnel to send EKG to the hospital in advance of a patient's arrival, allowing the hospital staff to activate the catheterization lab team, if necessary.

"In the last ten years, we have dramatically improved our response time in treating heart attack patients with ST-elevation," says Jonathan Altschuler, M.D., medical director of AAMC's cardiac catheterization lab.

This coordination has made a significant difference in the time it takes for patients to receive angioplasty to clear a blockage. In 2002, the year the program started, it took patients 90-minutes from the ambulance to the catheterization lab to receive life-saving intervention. Today it is less than 60-minutes.

"Having coordinated care with local emergency medical services (EMS) to provide rapid diagnosis and treatment of the heart problem is a critical step in saving the lives and improving outcomes of heart attack patients," said John Martin, M.D., medical director of AAMC's Heart and Vascular Institute.

"This program is an essential service for our community and we are grateful to the entire local EMS involved," says Altschuler.

AAMC is one of 13 hospitals in Maryland certified to provide percutaneous coronary intervention services (angioplasty or stents) for STEMI (ST-elevation myocardial infarction) heart attacks without open heart surgery services.

### About Anne Arundel Medical Center

Anne Arundel Medical Center (AAMC) is part of Anne Arundel Health System. Anne Arundel Health System is the parent organization of AAMC, Anne Arundel Diagnostics Imaging, Pathways Alcohol and Drug Treatment Center, and three satellite locations AAMC - Health Services in Bowie, Waugh Chapel, and Kent Island. AAMC, founded in 1902 as the Annapolis Emergency Hospital, is a not-for-profit hospital that provides acute inpatient and outpatient care to residents of the region, encompassing Anne Arundel, Prince George's, Queen Anne's and Calvert Counties. Visit [www.askAAMC.org](http://www.askAAMC.org) to learn more.

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# Annapolis Fire Dept. with AAMC to host CPR event March 10

The Annapolis Fire Department, in partnership with Anne Arundel Medical Center, will be hosting a major cardiopulmonary resuscitation (CPR) event from 9 a.m. to 3 p.m. March 10.

It will be held at the Health Sciences Pavilion, 2000 Medical Parkway.

The goal is to increase the knowledge and exposure of the general public to CPR and public access defibrillation.

This ongoing educational outreach is one of the reasons credited for the high number of cardiac arrest victims that were saved in 2011.

Annapolis' cardiac arrest save rate in 2011 was 27.5 percent compared to the state average rate of 13 percent and the national average of 7 percent.

The city's first responders and paramedics responded to 29 cardiac arrests, eight of



## CITY HALL

By Rhonda Wardlaw

which were resuscitated, breathing and with a pulse when arriving at the hospital, where they were able to receive continued care.

Cardiac arrest is different

from (but may be caused by) a heart attack, where blood flow to the muscle of the heart is impaired. Annapolis Fire Chief David Stokes credits fast response times and highly trained Emergency Medical Services (EMS) personnel, along with the CPR classes as reasons

for the high save rate.

More than 90 instructors will be on hand at the March 10 event, including members of the Annapolis Fire Department, Anne Arundel Medical Center, Anne Arundel Fire Department, Anne Arundel Community College, Anne Arundel Health Department, Greg Moyer Fund, Whole Foods Corporation, Starbucks Corporation, Laerdal, and Southeastern Medical Supply.

For more information, contact Capt. Robert F. Christian at rfchristian@annapolis.gov

The 2012 refuse schedules, January through June, are ready. The mayor and City Council will be considering changes to the city's refuse, recycling and yard waste programs during fiscal 2012 budget process. Any approved changes will become effective on July 1. Go to <http://bit.ly/quoNwP> for more information on the current schedule.

Meanwhile, recycling bins are available in the Public Works Administration office at 145 Gorman St., 2nd floor, or at the Spa Road Operations Center Office at 985 Spa Road between 8:30 a.m. and 4:30 p.m. Monday through Friday (except holidays). There's no need to separate paper from other items. Just include them in your bin with glass, aluminum, etc.

Pay your utility bill online. It's easy! Go to <http://bit.ly/wUJKu8> and enter your account number and the service address exactly as it appears on your utility bill. For more information, call 410-263-7953.

The City of Annapolis is working toward becoming

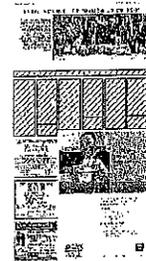
a certified National Wildlife Federation Community Wildlife Habitat. Citizens can help by certifying their backyards as a wildlife habitat. It's a simple process and the city will receive one point for every Annapolis resident that certifies their own property.

The official kickoff for the certification started in early November and continues until all points are earned. Please feel free to pass this information on to all of your Annapolis friends and family. We are hoping together we can create a habitat for all of our local wildlife! For more information, contact Jeanna Beard at [jbeard@annapolis.gov](mailto:jbeard@annapolis.gov) or Marisa Wittlinger at [mdwittlinger@annapolis.gov](mailto:mdwittlinger@annapolis.gov).

With yesterday's temperatures shooting into the upper 60s, many of us experienced spring fever! What a great time to remind everyone to save the date for spring GreenScape: Saturday, April 21. Organizational meetings will be held Feb. 8, and March 7 at 7 p.m. at the "Pip" Moyer Recreation Center, 273 Hilltop Lane.

GreenScape is a city and community partnership investment of beautification, clean-up, and planting in public spaces throughout the City of Annapolis. During the past 20 years, hundreds of projects have been initiated and adopted by individuals, community groups and neighborhood associations.

If you cannot attend the informational meetings, go to <http://bit.ly/wkOsav> to learn more and download an order form. You can also contact Marisa Wittlinger at



## Rock the Casbah, er Heart month

If you've ever had medical care at Anne Arundel Medical Center, you should know what your doctors are capable of doing: producing a more than 3-minute, partially lip-synched music video complete with shimmies, head bops and guitar riffs performed on controllers meant for video games.

On purpose.

And it's not just doctors. It's volunteers, nurses, paramedics, administrators and oh, so much more.

Take a gander at [www.youtube.com/aamcnews](http://www.youtube.com/aamcnews), and you'll see dozens of hospital employees rocking out. Heart health, meet hospital-wide video karaoke time.

Why, you may ask?

"It's time to Rock the Red!" the video tells us. "Learn about heart disease warning signs, ways to stay heart healthy and have a blast with the rockstars at Anne Arundel Medical Center's Heart & Vascular Institute."

February is heart month, a time of year medical staff warns their patients about heart disease — the second largest killer in Anne Arundel County. If you can stomach all 210 seconds of AAMC's version of "Rock the Casbah," (retitled "Rock the Heart Month" but retaining the catchy melody from the original 1982 version by the English punk rock band The Clash) you'll learn tips like this:

"You have to let your lipids drop  
 The oil in your frying pan  
 Will cause your heart to flop."

The hospital is rated among the top in the country. This may not be why, but those employees — even President and CEO Victoria Bayless — appear to be having an excellent time.

— Erin Cox



## CPR teach-in at AAMC tomorrow

**PAROLE** — The county and Annapolis fire departments are holding a CPR teach-in tomorrow at Anne Arundel Medical Center.

The Save a Life: Annapolis CPR Day runs from 9 a.m. to 3 p.m. and offers a chance to “walk in a citizen and walk out a hero.”

Heart attacks are the leading cause of death in Anne Arundel County and the event provides an opportunity to learn how to assist a neighbor, friend or family member via cardio pulmonary resuscitation.

The event, co-sponsored by AAMC, Starbucks Coffee and Whole Foods Markets, will be held in the hospital’s Health Sciences Pavilion at 2000 Medical Parkway.

The event is free and includes instruction in adult, pediatric and infant CPR; pool and summer safety; and other general health information.

While you can register for the event in advance online at [www.savealifeannapolis.com](http://www.savealifeannapolis.com), walk-ins also will be welcome.



## ANNAPOLIS CPR DAY AT AAMC



Courtesy photo

Last Saturday, the city of Annapolis and the Anne Arundel County Fire Department hosted "Save a Life: Annapolis CPR Day" at AAMC. Sponsored by AAMC, Starbucks and Whole Foods, the event trained 200 adults and children in basic CPR and lifesaving techniques. Left to right, front row: Tina Casibang (Starbucks) Second row: Sean Sacks (Advanced Care Training, LLC), Patty Sherman, RN (AAMC), Robert Christian (Annapolis City Fire Department), Maria Geronimo, RN (AAMC) and Jana Braxton (AAMC). Back row: Norm Pennington (Anne Arundel County Health Department).



## Dare to Care and the 8 percent solution

In 2005, when Kent Island resident Elaine Gairy was in her early 50s, she went for a simple screening of her vascular health and was shocked to learn that one of the two carotid arteries in her neck that supplies blood to the brain was 90 percent blocked. Gairy had no symptoms of the serious medical condition that was quickly and easily discovered through an ultrasound.

She underwent surgery two weeks later to remove the blockage. "Surgery was awesome. You go home the next day," said Gairy, who remarked it was a long two-week wait for surgery.

Gairy is one of over 35,000 people who have gotten such free screenings through the nonprofit Dare to Care, the brainchild of Dr. John D. Martin who started the program in 2000 and oversees it with Louise O. Hanson, CRNP, of Cardiology Associates, PC. But Gairy's story has another really positive twist to it because it led her to eventually become the manager of the program that has been emulated in 15 locations in 13 states. It all started on the fifth floor of the Sajak Pavilion at Anne Arundel Medical Center,



### THE NINTH WARD

By Paul Foer

where it still resides today.

Gairy's enthusiasm shines through. "I have the best job in the world. Every day we save somebody's life," said Gairy, as she told me of one patient who was found to have a 10 cm aortic aneurysm. Doctors take notice of such conditions normally at 3 cm and recommend surgery at 5 cm. Thanks again to Dare to Care, the man is alive today.

Dare to Care wants to see those over 60 or over 50 with some of the prescribed risk factors. You make an appointment and show up (they recommend loose clothing) and in about 20 minutes it's all painlessly over after your arm and ankle blood pressure is measured and a few sonogram tests are taken. The friendly radiologic technician even warms up the jelly used for the sonogram. Ahhh. Although one might think I have high blood pressure

after reading my enraged and rabid columns, my bp was found to be "text book normal." I don't know if there is "newspaper normal" blood pressure, but I'll take textbook.

Patients are asked to bring in two self-addressed, stamped envelopes so they and their doctor can get the official results.

Dare to Care sees about 16 patients per day and according to Gairy, about 8 percent are found to have a critical disease or condition that needs intervention. That's what I call the 8 percent solution. The technician told me that on a recent day, nearly every patient had a close family member who died of an aortic aneurysm (swelling of the main artery to the heart), but that was highly unusual. Gairy said that if the aorta ruptures, the patient will die within 3 minutes.

The screening costs Dare to Care about \$50 per visit and although they are free as mentioned above, donations are welcome. But Dare to Care does more.

"Screenings are important but our main goal is to educate the public about vascular disease" said Gairy. Dare to Care says that "cardiovascular disease is the number one health problem in this country today" and wants us to eat a "heart-healthy diet" by reducing fat, exercising regularly and if you smoke — by quitting smoking. Dare to Care gives out an information packet and holds lectures about preventing and treating cardiovascular disease.

It's no wonder that heart disease is the No. 1 killer, considering how many of us smoke, eat too much fat and salt-laden junk food, are overweight, watch too much television, don't exercise etc., etc. I could go on and on and on ... and on some more, but it would make my "textbook" blood pressure rise to "newspaper" levels.

If you are over 60 or over 50 with risk factors, what are you waiting for? To learn more, call 410-573-9483 or visit [www.daretocare.us](http://www.daretocare.us).

*The writer is a longtime Annapolis area resident. He may be reached at [paul@foerfront.com](mailto:paul@foerfront.com).*



*SOURCE:* Annapolis Patch (Annapolis,MD)

*DATE:* 02-14-2013

*HEADLINE:* Heart Health Foundation Paints the Town Red

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Heart Health Foundation Paints the Town Red

The foundation sponsors free screenings and a special event on Valentine's Day at Rams Head on Stage in Annapolis.

By Donna L. Cole Email the author 11:30 am

A local organization has painted the town red. Not literally, but Annapolis-based Heart Health Foundation is making its message loud and clear.

That message "awareness of heart and vascular disease "can't be missed, whether it's the banners in downtown Annapolis, at Annapolis Towne Centre or events at area schools and businesses. Like other months that are designated to bring awareness of particular diseases, February has become synonymous with heart disease.

Cathy Samaras, a spokesperson for the Heart Health Foundation, explained how and why she got involved with the organization. Her husband, George Samaras, is the chief of the Department of Medicine at *Anne Arundel Medical Center(AAMC)*.

Four years ago Oprah happened to be on the TV and I heard Barbra Streisand say loud and clear, 'Did you know that heart disease kills more women than all cancers combined?' she said. That's a huge knock on the head.

According to Cathy, the Heart Health Foundation was the brainchild of John Martin, a vascular surgeon and director of the *AAMC* Vascular Institute.

Through the end of February,Heart Health Foundation will provide health screenings free of charge.

Everyone that takes it (a screening) gets a call from a physician that night to tell you if you need to be seen again, Cathy said. Every single penny that's raised for Heart Health goes towards this program.

A special event is also being held Thursday evening, Valentine's Day, at Rams Head on Stage in Annapolis featuring the group Foreplay. (A PDF with details is attached to this article.) Note the event is just for those 21 and older.

Click here to learn more about the Heart Health Foundation.

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*Highlights: Anne Arundel Medical Center, AAMC*

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# Heart attacks aren't created equal when it comes to women

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Joshua McKerrow

## AAMC Docs Talk

Dr. Briana Walton and Dr. John Martin host an Anne Arundel Medical Center "Docs Talk" last month. The monthly health show will feature health information "From Head to Toe," including information about heart disease in women, as well as on what vascular screenings to get and tips for improving vascular health. It will be held at 6 p.m. Feb. 26 at AAMC.



### See our related Heart Health Month content:

- Think you're having a heart attack? Emergency officials plead for patients to call 911
- Heart attacks aren't created equal when it comes to women and men
- The best diets to improve your heart health
- Quiz: Test your own heart health knowledge

Posted: Friday, February 8, 2013 11:00 am | Updated: 12:13 pm, Fri Feb 8, 2013.

By TINA REED Staff Writer | 0 comments

Posted on February 8, 2013 When it comes to health, we aren't created equal.  
by Tina Reed

Women are less likely to recognize the signs of a heart attack - which means they are ultimately less likely to get help, local health experts say.

There's a good reason for that.

When women have heart attacks, the symptoms are often different.

"Women are more likely to report atypical symptoms," said Dr. Kelly Miller, an interventional cardiologist at Baltimore Washington Medical Center in Glen Burnie.

Those symptoms include nausea, dizziness, fatigue, shortness of breath, back pressure and lightheadedness. A woman is more likely to experience breathlessness or jaw pain. And it is possible to have a heart attack without symptoms, experts said.

More women die annually of heart disease in the U.S. than men, says the American Heart Association. Heart disease impacts 43 million American women and is the cause of death for one in three women every year.

One local health official said a woman who came into the emergency room with severe anxiety turned out to be having a heart attack.

Kent Island Volunteer Fire Department Paramedic Amy Haddaway sees the phenomenon all the time.

"Women having a heart attack often present (symptoms) in their back between their shoulder blades," Haddaway said.

Men also may experience atypical symptoms - Haddaway once had a male heart attack victim who complained only of feeling like he was going to pass

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## Calendar

February 2013						
Su	Mo	Tu	We	Th	Fr	Sa
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17	18	19	20	21	22	23
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### Featured Events



Lunar New Year Celebration

Mon, Feb 11, 7:30 pm EST  
Jing Ying Institute of Kung Fu and Tai Chi, Arnold

- Bands performing Thursday night benefits for heart programs
- BWMC sponsoring Heartbeat for Health event

out. But on the whole men are more likely to feel the classic chest pain or pressure before and during an attack, Miller said.

What's more, women are generally less likely to survive a heart attack, experts say.

"In general, women tend to present later in life, about a decade later than men," Miller said. "So when they present, they often have developed more health problems."

Part the higher mortality rate among women with heart disease is completely preventable, experts said.

Research from the University of Pennsylvania School of Medicine found women with chest pain are less likely than male patients to receive recommended therapies while en route to the hospital.

And despite evidence showing that aspirin and nitroglycerin are important early interventions for people who may be having a heart attack, women don't get them as often as men with the same symptoms.

"Women generally get ignored more often than men, even when they come into the ER with chest pains," Miller said. "We don't know why."

But a Yale University School of Public Health study also found last year that women didn't recognize warning signs of a heart attack, even when they were having typical chest pains.

The study also said women often didn't recognize the less typical symptoms of a heart attack and consequently took more than an hour to get to a hospital.

"It happens all the time. I would discourage people from ever feeling like they're being a bother," Miller said. "Bottom line, people need to listen to their bodies."

## FIVE MYTHS

Myths persist about women and heart disease:

**Heart disease is a male ailment:** Actually, heart disease strikes more women than men and is more deadly than all forms of cancer combined. One in three deaths of U.S. women is from heart disease, compared to one in 31 from breast cancer.

**Heart disease is for old people:** Heart disease can hit women of all ages. Younger women who use birth control and smoke can boost their risk for heart disease by 20 percent. Risks increase with age.

**Women who are fit don't get heart disease:** You can be thin and still have high cholesterol. Other factors such as eating habits, smoking and a family history of high cholesterol can counterbalance healthy habits. The American Heart Association recommends keeping an eye on blood pressure and getting cholesterol checked starting at age 20.

**I'm not experiencing any symptoms:** Many believe the telltale sign of a heart attack is extreme chest pain. Women are somewhat more likely to experience shortness of breath, nausea and vomiting, and back or jaw pain.

**Heart disease can't be prevented for those with a family history of the ailment:** People with a family history of heart disease are at higher risk, but can dramatically reduce their risk by regularly exercising, controlling cholesterol, making healthy eating choices, managing blood pressure, maintaining a healthy weight, controlling blood sugar levels and not smoking.

Source: American Heart Association

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## Think you're having a heart attack? Emergency officials plead for patients to call 911

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Posted: Friday, February 8, 2013 11:00 am | Updated: 12:22 pm, Fri Feb 8, 2013.

By **TINA REED** Staff Writer | 0 comments

Posted on February 8, 2013 | A fluttering heartbeat.

by **Tina Reed**

The unsettling feeling was the symptom that finally scared Dennis Copertino a decade ago.

Racing down Route 50 toward Anne Arundel Medical Center's emergency room, he already had his window open that December day to offset the sweatiness and chest pressure. The 49-year-old realized he was having a heart attack.

"I felt like I was taking my last breath," Copertino said. "I looked up at the ceiling of my car and said, 'I'm not dying here.'"

Copertino was among more than a third of all heart attack patients nationwide who arrive at emergency rooms by cars rather than ambulances.

That statistic illustrates a major hurdle in saving lives, officials say.

It's a particular problem in patients having a serious kind of heart attack known as a STEMI (ST-Elevation Myocardial Infarction), which is easily detected by an EKG test showing one of the heart's major arteries is blocked.

Hospitals around the U.S. are striving to reduce the time it takes to rush a STEMI patient from the hospital's front door to a catheter lab to re-open a blocked artery, called the door-to-balloon time. But they're still battling to get patients to call for help quicker - or even make a call at all.

It's not just that drivers in the midst of a medical emergency are a hazard on the roads, they say.

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### See our related Heart Health Month content:

- Think you're having a heart attack? Emergency officials plead for patients to call 911
- Heart attacks aren't created equal when it comes to women and men

- The best diets to improve your heart health
- Quiz: Test your own heart health knowledge
- Bands performing Thursday night benefits for heart programs
- BWMC sponsoring Heartbeat for Health event

## EARLY SIGNS OF HEART ATTACK

Heart attack warning signs can begin hours or weeks before an actual heart attack. These "beginnings" occur in more than 50 percent of patients and can be treated before the heart is damaged.

Recognizing these symptoms can help prevent 300,000 heart attacks annually, officials say. The symptoms:

- Chest pressure, squeezing or discomfort. The milder chest symptoms can seem to come and go.
- Anxiety.
- Fatigue.
- Jaw pain.
- Pain that travels down one or both arms.
- Nausea.
- Feeling of fullness.
- Shortness of breath.
- Back pain.

Source: Society of Cardiovascular Patient Care, Anne Arundel Medical Center.

Technology inside ambulances can confirm heart attacks and automatically alert a medical team at the emergency room to begin preparing a catheter lab - often called the cath lab - and cut the time it takes to treat artery blockages.

"We focus on door-to-balloon time because that is what we can control," said Dr. Jonathan Altschuler, an AAMC cardiologist. "The bottom line is, the quicker the artery is opened after the onset of symptoms, the better."

### Recognizing the signs

One of the classic signs of either a full-blown heart attack or its beginning is pressure, burning or heaviness in the chest that can be painful or that can be mistaken for acid reflux, Altschuler said.

Pain can occur in either or both arms - not just the left arm, as commonly believed.

Often, it can be hard to tell the difference between garden-variety indigestion and heart attack symptoms, said Sam Yoon, a cardiologist at Baltimore Washington Medical Center in Glen Burnie. If the symptom or combination of symptoms lasts longer than 15 to 20 minutes and is severe, people should seek medical attention, Yoon said.

Women are more likely to experience less-classic symptoms, such as abdominal pain and severe nausea. Others say they are just severely short of breath or that their jaw or neck hurts.

Jaw pain and pain in the upper abdomen with both nausea or vomiting are often common symptoms, Yoon said.

Too often, patients brush off serious symptoms.

"Denial is a very common mechanism when someone is having heart attack symptoms, either because of not being educated or not wanting to believe it," Altschuler said. "You think, 'Oh, I'm going to go in there and they are going to think I'm a wuss.' Just go to the hospital."

### Every minute counts

Tucked in a small office at Anne Arundel Medical Center in Annapolis, Altschuler pores over the door-to-balloon times of recent STEMI patients.

"What was our time today?" Altschuler asked about one patient rushed to AAMC's cath lab that morning.

"It was 41 minutes," said Toni Schiller, AAMC's cardiac program coordinator, with satisfaction at making their goal of treating patients within the so-called "golden hour."

Recently, they had a couple of door-to-balloon times of around 30 minutes.

Local health centers track the timing of every step of the process from when a 911 call is received.

They record what time an ambulance was dispatched, what time the patient was reached, what time the emergency room was notified, how quickly an EKG with results was sent to the hospital, how quickly the cath lab was ready to go and how quickly the patient was ultimately treated.

"If they are 10 to 15 minutes out, our team can be ready and standing outside waiting for the patient to arrive," Altschuler said.

Every step is reviewed to find where minutes can be cut.

AAMC officials realized in the evenings they needed to have someone designated to turn on the X-ray machine - which takes about 10 minutes to warm up - as soon as word arrives that a heart attack patient is coming. The hospital also began automatic registration for patients who arrive in the middle of the night.

At BWMC, officials realized patients who drove or were brought into the emergency room with chest pain would



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get stuck in line filling out paperwork.

A triage nurse circulates through the line asking patients about their symptoms, ready to whisk a potential heart attack patient back to the cath lab, Yoon said.

#### Making the call

It was cold and the winds were especially sharp as paramedics Jen Warner and Amy Haddaway responded to a call in November at nearly the highest point of the Bay Bridge.

The Kent Island Volunteer Fire Department paramedics were used to responding to calls on the Bay Bridge for jumpers or car accidents.

As the wind stung their faces and cars zoomed by on the westbound span, they learned their patient was under the span, where he had been working.

And he was experiencing the telltale symptom of a STEMI heart attack: It felt like an elephant was sitting on his chest.

"I called for a high-angle rescue team from Anne Arundel County. Basically that means there are lots of ropes involved, safety equipment," Haddaway said. "But I realized we didn't have time to wait."

The man's co-workers carried him up ladders and small passageways to the bridge's roadbed.

"We rolled him into the emergency room and they were already ready to roll him right into the catheter lab," Haddaway said. "The cath team at Anne Arundel Medical Center was able to successfully clear the blockage in his heart."

The man was lucky -- lucky for his co-workers and that his symptoms were clear enough to warrant a call for emergency medical attention.

Not all heart attacks have such clear symptoms. Many victims never make the call for help.

Bystanders can play a big role - either by allowing a person to brush off symptoms or by pushing for that person to call 911 for help.

"If people could just say out loud, 'I think I'm having a heart attack' or 'I think you're having a heart attack,' I think they'd respond differently," Schiller said. "They wouldn't even have to think about whether they should go to the hospital. They'd just go."

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## New stents may replace surgery for aortic aneurysms

An estimated 1.2 million Americans have aortic aneurysms, a bulge in the body's main artery. These aneurysms, which can burst and cause internal bleeding, kill approximately 15,000 people every year.

Many victims don't even make it to the hospital, and those who do still often die. Richard Holbrooke, the U.S. special envoy to Afghanistan and Pakistan, died in December of an aortic aneurysm.

White men over 60 with a family history of heart trouble are the most likely victims. It's important to be screened if you have risk factors — and it's also important to have the artery repaired if necessary.

Major surgery has long been the fix, but the less-invasive use of stents has been growing over the past decade. Now doctors at [Anne Arundel Medical Center](#) have begun using a next-generation device that better conforms to patients' anatomies.

The stent was developed by Medtronic and approved by the U.S. Food and Drug Administration in December. A stent is a flexible wire frame sewn into a woven fabric tube. The tube is threaded through blood vessels from an incision in the groin. When the site of the aneurysm is reached, the stent is deployed, or expanded.

The hospital says it could make the new stents the standard of care for treatment of abdominal aortic aneurysms — when the bulge is in the belly instead of the chest.

The hospital also says that stents reduce the length of hospital stays and recovery time.

— *Meredith Cohn*



## Hospitals designated 'cardiac interventional' centers

Twenty-three hospitals in the state, including several in the Baltimore area, have been designated as "cardiac interventional centers" by the state emergency management system. That means if you're having the most common type of heart attack, an ambulance will take you to one of these places.

The hospitals have demonstrated that they can effectively handle instances of an ST-elevation myocardial infarction, or STEMI. A STEMI occurs when an artery supplying blood to the heart is suddenly blocked.

The designation is one of many that the Maryland Institute for Emergency Medical Services Systems has established. Others are for trauma, burns, spinal cord injuries, pediatrics, eye, hand/upper extremity, hyperbaric, neurotrauma, perinatal and stroke.

The American Heart Association estimates that about 400,000 Americans experience a STEMI every year. In Maryland, approximately 5,600 do. And only half call 911 and are transported by ambulance to a hospital that performs the recommended procedure, balloon angioplasty.

The cardiac hospitals in the area include Anne Arundel Medical Center, Baltimore Washington Medical Center, Carroll Hospital Center, Franklin Square Hospital Center, Howard County General Hospital, Johns Hopkins Bayview Medical Center, Johns Hopkins Hospital, Sinai Hospital of Baltimore, St. Agnes Hospital, St. Joseph Medical Center, Union Memorial Hospital, University of Maryland Medical Center and Upper Chesapeake Medical Center.

— *Meredith Cohn*





# 1 Staying heart healthy

Heart disease is a family disease. That's why it's important you know about heart attack warning signs and risk factors to keep your family healthy. Anne Arundel Medical center is hosting a free event on Feb. 15, where experts will give you the latest information and answer your questions.

Learn about the risk factors of heart and vascular disease and hear some of the best doctors in the area discuss:

- Heart Disease, America's Greatest Health Concern
- Cholesterol, Diet and Heart Disease
- Coronary Angioplasty: Not Just Your Grandmother's Operation
- I've Had a Heart Attack, Now What?
- Sudden Cardiac Death
- It's Not Just the Heart: P.A.D.; the Rodney Dangerfield of Medicine

A Q&A and panel discussion follows the talks. In addition, there will be food served, free cholesterol screenings, blood screenings and "Dare to C.A.R.E." screenings. "Dare to C.A.R.E." is a nonprofit organization located in Annapolis that began in 2000. Thousands of people have had life-saving procedures as a result of disease detected at DTC events.

Get more information about the event at [www.aamcevents.com](http://www.aamcevents.com) or visit the Dare to C.A.R.E. website at [www.daretocare.us](http://www.daretocare.us).

## Event details

Heart Health for the Whole Family: Feb. 15 at 6:30 p.m. The free event will be at the Doordan Health Sciences Institute at Anne Arundel Medical Center.

# EMS outlines procedures for treating serious heart attack

By DANIEL DIVILIO  
Staff Writer

DENTON — Caroline County heart attack victims may find themselves being transported to facilities other than Memorial Hospital at Easton for treatment due to new emergency responder protocols.

Ryan Todd, operations manager of the Caroline County Emergency Medical Services Division, appeared before the county commissioners April 12 to inform them of the new procedures for treating a very serious form of heart attack called an ST-elevated myocardial infarction.

Todd said the STEMIs are the result of significant blockages to coronary arteries and have symptoms including crushing chest pains and arm pains radiating up through the neck. He described the heart attacks as acute and time-sensitive and said once the heart's muscles die, there is no bringing them back.

"A big thing to remember when we're talking about hearts attacks is: 'Time is muscle,'" Todd said.

He said Caroline's ambulances now have the equipment necessary for paramedics to diagnose STEMI cases, which they previously had to wait for an emergency room doctor to declare.

Todd said there are three area hospitals that have been declared cardiac centers and must have a heart doctor either on staff or on call at all times. He

said they are Anne Arundel Medical Center in Annapolis, Peninsula Regional Medical Center in Salisbury and Bayview Hospital in Dover, Del.

"Those are the facilities we're going to be transporting to because they have the ability to pull together a (cardiac catheter) team," Todd said.

Todd said EMS transports between 20 and 25 STEMI patients each year and those suffering in such cases will now be taken to one of the three aforementioned hospitals. He said which hospital is based on a patient's location and preference.

Todd said Caroline paramedics are seeing more positive outcomes now that they are capable of diagnosing a STEMI on scene. He said paramedics are now able to bypass emergency rooms and go straight to a cardiac center.

In other EMS-related news, the Caroline County commissioners officially declared April 11 to 15 as Public Safety Telecommunications Week at the request of Department of Emergency Services Director Bryan Ebling and Communications Manager Steve Hurlock.

Hurlock said those working in the 9-1-1 call center are the unsung heroes of the county's emergency personnel. He said they provide important emergency services, but do not get to ride in the fire trucks, ambulances or police cars.

"Our telecommunicators are in some way, shape or form the county's initial first responders to an emergency," Hurlock said.

Commission President Jeff Grist said people often take for granted what the emergency communications personnel do and that it is one department that should be recognized.

"Well-trained, well-qualified, well-staffed 9-1-1 centers are very important," Ebling said.

Ebling also took a few minutes to talk about the spatial needs of the 9-1-1 call center, located in the building also housing Caroline's detention center and sheriff's office. He submitted a report outlining the exact needs of the call center and said the current space is not sufficient.

The commissioners agreed the matter needs to be addressed and Ebling suggested moving the center be done in phases.

Commissioner Wilbur Levensgood said it is time for the call center to move and Grist said the county cannot wait another two or three years to rectify the situation.

Commission Vice President Larry Porter suggested the county look into shifting office around as necessary to make a new space for the call center. Porter said the county cannot purchase new property for the center.

"It's time for them to move. It's just not feasible to be where they are," Levensgood said.



# AAMC offers new treatment for aortic aneurysms

## Innovative stent graft has shorter recovery time

By JACK SHUAM  
 Staff Writer

ANNAPOLIS — It's known as the "silent killer" and it's the third leading cause of sudden death in men over 60 in the United States. Recent statistics have shown that about 1.2 million Americans have abdominal aortic aneurysms, also known as AAAs, and that

See **STENT**  
 Page 8

they kill about 15,000 people a year in this country.

These types of aneurysms are dangerous bulges in the aorta, the body's main artery, and if they burst they can quickly lead to death. In the past, once an AAA has been discovered, major surgery was necessitated that could sideline a patient for up to several months.

But research in recent years has resulted in a less invasive type of procedure called a stent graft, which requires a much shorter hospital stay and recovery period.

Anne Arundel Medical Center is now using an improved version of this procedure called the Endurant AAA Stent Graft, developed by Medtronic Inc. and approved by the Food and Drug Administration in December 2010. AAMC is one of the first facilities in the nation to offer it and in the short time it has been available, Dr. John D. Martin,

director of AAMC's Vascular Institute, has become sold on it.

"I love this graft," he said during a recent interview at the hospital.

"I believe in this technology. It makes a difference," he said with enthusiasm. It is already the leading stent graft in Europe, according to Medtronic.

Stated simply, the Endurant AAA Stent Graft consists of a flexible wire — the stent portion — sewn to a specially woven fabric tube — the graft portion. It is then inserted using a plastic catheter tube through blood vessels in the groin. When it reaches the aneurysm it is expanded inside the aorta, allowing blood to flow more freely and reducing pressure on the bulge and lowering the risk of a rupture.

"You make two incisions and re-line the aorta from inside the aorta and 80 percent of the patients get to go home the next day," Martin explained. "This is transformational technology."

Since Jan. 7, Martin has inserted 10 Endurant AAA Stent Grafts in patients at AAMC. Eighty percent of the patients at the center requiring an aneurysm procedure are now opting for the new procedure, he added.

"It takes an average of two hours (to perform) and it can even be done under a local (anesthetic)," he said. And

instead of taking months to recover, the patient returns to a normal lifestyle in a much shorter time frame.

So, who are the leading candidates for this kind of procedure?

"The most important group is those who have a family history of aneurysms," Martin said. But, he added, aneurysms can hit anyone.

They offer few symptoms so most people don't know they have one and if it bursts "many people never make it to the hospital," Martin said. Aneurysms are often stumbled on when a patient is undergoing a scan or a procedure for something entirely unrelated, he added.

The chances of saving a patient are about 99 percent if the aneurysm is detected early and treated early, he explained. It can be detected through an ultrasound and if it's between 5 and 5.5 centimeters in size it should be fixed because the chance of a rupture increases the larger it gets.

"We're catching a lot of people earlier," Martin said.

Following the procedure the status of the aneurysm is regularly checked using ultrasounds. The first one is six months after the operation and then every six months or a year depending on the doctor's recommendations.

Information on the Endurant AAA Stent Graft System is available by logging onto the AAMC Vascular Center web site at [www.aahs.org/heartandvascular/](http://www.aahs.org/heartandvascular/) or by visiting [www.medtronic.com](http://www.medtronic.com).



# Defibrillators widespread at AAMC

## Hospital installs 50 devices throughout buildings, garages

By SHANTEÉ WOODARDS  
 Staff Writer

Anne Arundel Medical Center is teaching its visitors how to be lifesavers.

Hospital administrators have installed automated external defibrillators in garages and common areas in hospital pavilions so that a passer-by could help someone while emergency care is being summoned. The devices deliver a shock that can increase chances of survival from sudden cardiac arrest by about 50 percent.

"When the hospital was smaller, it was much easier to get a team of doctors and nurses to someone fast," cardiologist Dr. William Maxted said. "Now, with the growth of the hospital, it will take longer."

(See AAMC, Page A6)

It cost AAMC \$106,000 to place the devices on each level of the Health Sciences, Sajak, Clatanoff and Wayson pavilions, as well as within the garages associated with those buildings. The devices were installed last week; all are now functional.

Each is installed within a box that sounds an alarm once opened. The hospital bought the devices from Philips; they are the same system used elsewhere in the hospital.

Sudden cardiac arrest occurs when the heart's electrical system short-circuits and the heart stops beating properly. The American Heart

Association estimates that 95 percent of cardiac arrest victims die before reaching the hospital. The number of sudden cardiac arrests was not available, but about 445,000 people died from coronary heart disease in 2005, according to the organization.

AAMC nurse Sandra Fox demonstrated how a passer-by can use the devices to save a life. Once it is opened,

the machine gives verbal commands and shows a computerized image indicating where to place the pads. The device then analyzes the heart rhythm and determines when to deliver a shock. It also contains a pediatric key that reduces the intensity levels for patients 8 and younger.

Getting the AEDs in public settings in the county has been a priority for more than a decade.

County Councilman Cliff R. Roop suffered a fatal heart attack while at the Arundel Center in 2000. Heart Smart: the Cliff R. Roop Cardiac Support and Education Foundation was formed shortly after that. The nonprofit aims to make sure that AEDs are readily available at public facilities in the county.

Maxted said new users shouldn't be reluctant to use AEDs to help save a life because it requires little skill.

"You push a button and it tells you what to do," Maxted said. "It's so easy, even a cardiologist can do it."

[swoodards@capitalgazette.com](mailto:swoodards@capitalgazette.com)



# Within a stone's throw of medical excellence



**EDITOR'S NOTE:** We reserve this space for readers to publicly say thanks to good Samaritans. If you'd like to acknowledge a good deed, write to us in fewer than 300 words at The Capital, P.O. Box 911, Annapolis, MD 21404, or send an email to [capiletts@capitalgazette.com](mailto:capiletts@capitalgazette.com).

I have been a poster boy for good health in one's 70s. No family history of heart disease. I eat well. I quit smoking in 1980. I am fit and active. I have an above-average enthusiasm for sailing.

At the reception desk at the Anne Arundel Medical Center emergency department, no one replied by saying,

"Please have a seat and we'll get to you." I was swept via wheelchair into an examining room, swarmed by the overwhelming attentions of a medical team and their equipment. Blocked artery.

Gurney. Operation. Seven people over me, installing a stent to open a 99-percent blockage in a key artery, as I later learned. The ER record shows this transpired in

less than one hour, from the moment I scrawled my consent and my blood pressure was measured.

This swift competence saved my life. I am overjoyed to be alive. I am graced

with the rest of my life.

My wife and I moved to Annapolis from Washington in 2004. We had good health and an above-average commitment to sailing. We never factored "quality medical care" into our retirement location, but now I know first-hand how crucial such care is.

At AAMC it is as good as it gets — from doctors and nurses to the other professionals who all conspired to keep me alive.

My new cardiologist, Dr. Mejia, said I was lucky to be alive. I would add that I am lucky to be alive and within a stone's throw of medical excellence.

JACK LAHR  
Annapolis

(See GOOD, Page B6)

## Special kindness

I would like to submit a thank you to two very kind gentleman who stopped and helped me recently after I fell during a morning run.

Unsure of my injuries, I was unable to walk and one of the men, an engineering professor at the Naval Academy from Severna Park, gave me a ride home despite my grimy and bloodied arms and legs. Unfortunately, I did not get his name or the name of the other gent who ran over to help me in the military housing development near the Naval Academy Bridge.

I just want them to know how thankful I am for their help. It is kind actions such as these that make Annapolis such a great town.

DEB KONTOR  
Annapolis

## Great volunteers



## Medical care

With reference to Jack Lahr's acknowledgement (*The Sunday Capital*, Aug. 7) of the excellent medical care he received at Anne Arundel Medical Center, I would also like to attest to the excellence in care one receives at AAMC.

I was the recipient of such expert care twice in my six-year residency in Anne Arundel County, once in a visit to the emergency room and another time in regularly scheduled surgery.

I fear, however, that the excellent service to which we have become accustomed, not only in this area, but in the entire county, will become a thing of the past when Obamacare is fully implemented.

In fact, now that we are finding out what is in the bill, my fears are being realized. (After all, as Nancy Pelosi stated, "We will have to pass the bill in order to find out what is in it.") — and, what I am finding out, certainly indicates that we cannot expect to experience the expert competence from the medical field as in the past — no fault of the doctors and hospitals, by the way.

But what should one expect with regulation upon regulation, cuts in Medicare payments to providers and on infinitum?

So, Lahr, just be glad that you had your medical problem before we experience the full impact of President Barack Obama's socialized medicine and pray that you do not have a similar situation in the future.

JUNE FLECKSTEIN  
Severn



# Nonprofit targets health disparity

For information about the foundation, visit [www.daretocare.us](http://www.daretocare.us).  
[swoodards@capitalgazette.com](mailto:swoodards@capitalgazette.com)

By SHANTEÉ WOODARDS  
 Staff Writer

A decade ago, Dr. John Martin helped create a nonprofit to make more people care about cardiovascular diseases.

Since then, the Annapolis-based Dare to Care Foundation has served 35,000 patients by early detection, providing preventive treatment or alerting them to a disease they didn't know they had.

Yet, a majority of the patients have been white, despite the fact that about 20 percent of the diseases' sufferers are blacks and other minorities. So the group launched a campaign geared toward reaching black patients. Last week in Annapolis, Martin gathered physicians, lawmakers and community leaders to address the health disparity.

"Almost every measure you look at, the gap between whites and blacks is growing," said Martin, of Anne Arundel Medical Center. "We see this as a problem. How do we take it to the next level and have an impact on what's happening now?"

A cardiovascular disease affects the heart and arteries and can lead to heart attack, stroke and high blood pressure. Age, high cholesterol, diabetes and smoking are risk factors. Diabetes and stroke have been among the leading causes of death for Anne Arundel County residents.

Nationally, blacks have a three times greater risk of developing cardiovascular disease and have twice the mortality, according to the nonprofit.

In Annapolis, Dare to Care provides educational materials and screenings at 13 sites in nine

(See DISEASE, Page A6)

states. The organization's goal is to provide primary prevention services, which keeps patients from developing a disease, and secondary services, which would prevent an existing health problem from getting worse, Martin said.

Last week's meeting provided an overview of the campaign, which will include identifying volunteers of color and soliciting diverse support. The group targets nearly 26,000 black residents in Anne Arundel County and who are aged 45 and older. Officials also targeting similar populations around the state and Hispanics living in the Washington, D.C., or Baltimore metropolitan areas.

The Association of Black Cardiologists is among the group's participating in the Dare to Care effort. The group tailors its screenings and other activities to the black community, so it doesn't have the same experience that Dare to Care has had. Still, members are concerned about bridging the disparity.

"One of the mantras of (the Association of Black Cardiologists) is that children should know their grandparents," said Dr. Barbara Hutchinson, treasurer of the group and medical director of AAMC's Heart and Vascular Unit. "You don't want your grandparents dying prematurely from heart disease."



## Surgeon dares to help patients for free

### Annapolis doctor offers vascular disease screening

By Susan Reimer

THE BALTIMORE SUN

An aortic aneurysm can burst and kill within minutes, but a simple test — an ultrasound like the kind that detects a baby's heart beat — can spot a bulge in the aortic wall and surgery can repair it.

Blockages in the carotid arteries that run up both sides of the neck and into the brain can cause a major stroke. Yet that same ultrasound wand can spot a blockage and that, too, can be remedied.

Dare to CARE is a program started by Annapolis vascular surgeon Dr. John Martin, and he has screened — for free — more than 30,000 people since 2000, half of whom were found to have some vascular disease.

Of those, some 5 to 10 percent were in critical need of surgery, including the woman who is now the program manager, Elaine Gairy.

She dragged her husband "by the ear" to Martin's office for the free screening six years ago and decided to have one herself. He was fine, but one of her carotids was found to be 99 percent blocked, and she needed surgery immediately to clear it.

"I was in shock," Gairy said. She was only in her 50s, had no symptoms and no risk factors.

After recovering, Gairy was so grateful she volunteered to help Martin administer his program and has been there ever since.

"The real meaning of success is not how many problems we spot," Martin said in his Anne Arundel Medical Center offices. "It is getting people to pay attention. There are ways to lower the possibility that you will ever need our services."

To that end, Martin conducts free seminars five times a year, teaching about cholesterol, high blood pressure and how to avoid cardiovascular disease.

The attendees are then encouraged to be screened.

"The education is as important as the screening," said Martin, who also offers satellite screening programs in Bowie and Kent Island.

Martin used to advertise Dare to CARE, but word-of-mouth has kept the phones ringing and the office full.

"I am not looking to operate on anyone," he said. If a problem is found, the patient is referred to his primary care physician for

the next step.

"We are starting to change the culture of thinking about this disease," Martin said. "Now we have doctors saying to their patients, 'Have you been screened?' The bulk of our referrals now come from primary care physicians."

The screening takes about 15 minutes and only requires socks and shoes be removed so technicians can check circulation in the lower legs to detect peripheral artery disease.

But the most critical part of the test is on the aorta. The largest artery in the body, it is located in the abdomen and carries blood from the heart. If the wall is found to be weak and pouching, it can be repaired with surgery.

Undetected, it can burst and the patient — most often a man — can be dead before anyone can dial 911.

Though the test is free to patients, each one costs Martin's practice about \$145 for technicians, equipment and office staff. He applies for grant money and seeks donations, but some patients are so grateful that they write him a check.

Martin says everyone over 60 should be screened, but certain risk factors — smoking, high blood pressure, diabetes, obesity — dictate that a patient be screened in his 50s.

If nothing is found, he will suggest another screening in five years.

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# Dr. Martin

I am writing in response to the letter about Dr. Martin by Sandra Johnson.

Almost two years ago I got his name and made an appointment. I paid \$150 for Lifetime screening with my own money. It showed my carotid artery 80 percent blocked.

He was so kind and caring and spent a long time going over everything. He never rushed me or tried to hurry me up.

He did a wonderful job in surgery and checked on me three times before day of surgery. Also he checked on me twice the next morning before I was released. I felt I could not have any better care by anyone else. His office does those scans free of charge so he is not bilking the insurance company. If I had not paid the money for the scan, I may not be alive today. He is the best.

SHIRLEY TURLINGTON

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## Anne Arundel Medical Center Recognized for Chest Pain Response

(October 5, 2012)—The golden hour of the time a patient with chest pain receives rapid diagnosis and treatment is the difference between life and death. Opening a patient's artery with an angioplasty balloon 90 minutes after arrival is a standard quality indicator for hospitals nationally. At Anne Arundel Medical Center (AAMC), the average "door to balloon" time is just 58 minutes.

This rapid diagnosis and treatment of patients with chest pain due to heart disease is one of the reasons AAMC is one of only nine hospitals in the state to receive Chest Pain Center Accreditation with percutaneous coronary intervention (PCI). The accreditation is awarded by the Society of Cardiovascular Patient Care (SCPC), an international not-for-profit organization that focuses on improving cardiovascular care.

"It validates the standard of care and one additional assurance that we provide a standard very few hospitals are able to deliver," says Julia Blackburn, AAMC's director of interventional radiology and cardiac catheterization lab. "This is not just a one-time certification. It's a continuing process of improvement to raise the standards of cardiac care for our patients."

This is the gold standard for chest pain accreditation. It demonstrates that AAMC is providing nationally recognized standards for quality patient care, which includes having dedicated interventional cardiologists, nurses and technologists trained in rapid response and treatment of heart attacks to reduce heart muscle damage. The hospital began performing emergency cardiac catheterizations for acute heart attacks in 2002.

"An accredited chest pain center is known for providing better care, better diagnosis, faster treatment and decreased length of stay in a hospital. Part of the reason for this is the close collaboration with the local emergency medical system to provide advanced care from the time they pick up the patient until they enter the cath lab," adds Ms. Blackburn.

The accreditation is a rigorous three-year process that examines the hospital's policies, processes and performance measures in diagnosing and treating patients with acute coronary syndrome. Part of the requirement is to support community outreach programs that educate the public to immediately seek medical care if they have symptoms of a heart attack.

According to the SCPC, heart attacks are the leading cause of death in the United States, with 600,000 dying annually of heart disease. More than five million Americans visit hospitals each year with chest pain. The goal of the SCPC is to significantly reduce the mortality rate of these patients by teaching the public to recognize and react to the early symptoms of a possible heart attack, reduce the time that it takes to receive treatment, and increase the accuracy and effectiveness of treatment.

### About the Society of Cardiovascular Patient Care Centers

The Society of Cardiovascular Patient Care (SCPC) is an international not-for-profit organization that focuses on transforming cardiovascular care by assisting facilities in their effort to create communities of excellence that bring together quality, cost and patient satisfaction. As the only cross-specialty organization, SCPC provides the support needed for individual hospitals and hospital systems to effectively bridge existing gaps in treatment by providing the tools, education and support necessary to successfully navigate the changing face of healthcare. For more information on SCPC, accreditation and certification opportunities, visit [www.sccpc.org](http://www.sccpc.org), or call toll free 1-877-271-4176.



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## AAMC Recognized by American College of Cardiology



Anne Arundel Medical Center (AAMC) has received the American College of Cardiology Foundation's NCDR ACTION Registry-GWTG Gold Performance Achievement Award for 2011 - one of only 167 hospitals nationwide to do so. The award recognizes AAMC's commitment and success in implementing a higher standard of care for heart attack patients, and signifies that AAMC has reached an aggressive goal of treating these patients to standard levels of care as outlined by the American College of Cardiology/American Heart

Association clinical guidelines and recommendations.

To receive the ACTION Registry-GWTG Gold Performance Achievement Award, AAMC consistently followed the treatment guidelines in ACTION Registry-GWTG for 8 consecutive quarters and met a performance standard of 85% for specific performance measures. Following these treatment guidelines improves adherence to ACC/AHA Clinical Guideline recommendations, monitors drug safety and the overall quality of care provided to ST-elevation myocardial infarction (STEMI) and non- ST- elevation myocardial infarction patients (NSTEMI).

"The American College of Cardiology Foundation and the American Heart Association commend Anne Arundel Medical Center for its success in implementing standards of care and protocols. The full implementation of acute and secondary prevention guideline-recommended therapy is a critical step in saving the lives and improving outcomes of heart attack patients," Gregg C. Fonarow, MD, FACC, FAHA, ACTION Registry-GWTG Steering Committee Chair and Director of Ahmanson-UCLA Cardiomyopathy Center and James Jollis, MD, FACC, ACTION Registry-GWTG Co-Chair and Professor of Medicine and Radiology at Duke University Hospital.

"The implementation of ACTION Registry-GWTG illustrates AAMC's commitment to superior cardiovascular care. The number of acute myocardial infarction patients eligible for treatment is expected to grow over the next decade due to increasing incidence of heart disease and a large aging population," said Kelley Sullivan, M.D., chief of cardiology at the AAMC Heart and Vascular Institute.

ACTION Registry-GWTG is a partnership between the American College of Cardiology Foundation and the American Heart Association with partnering support from the American College of Emergency Physicians, Society of Chest Pain Centers and the Society of Hospital Medicine. ACTION Registry-GWTG empowers health care provider teams to consistently treat heart attack patients according to the most current, science-based guidelines and establishes a national standard for understanding and improving the quality, safety and outcomes of care provided for patients with coronary artery disease, specifically high-risk STEMI and NSTEMI patients.

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## Anne Arundel Medical Center's Nursing Excellence Recognized with Prestigious Magnet® Recognition

(September 15, 2014)—Anne Arundel Medical Center (AAMC) has achieved Magnet® recognition as a reflection of its patient- and family-centered care, nursing professionalism and teamwork.

Magnet recognition is determined by the American Nurses Credentialing Center's (ANCC) Magnet Recognition Program®, which ensures that rigorous standards for nursing excellence are met. With this credential, AAMC joins the Magnet community—a select group of 401 U.S. hospitals out of some 5,700 organizations. Only six other hospitals in Maryland and two in Washington, D.C. have achieved Magnet® recognition since the program's inception in 1990.

Watch a video of AAMC leaders, nurses and staff reactions when the ANCC called to notify them about having achieved Magnet recognition.

“Magnet recognition provides our community with the ultimate benchmark to measure the quality of patient care,” said Tori Bayless, AAMC's president and CEO. “Achieving Magnet recognition reinforces the patient- and family-centered care that is a cornerstone of how we serve our community. It's also the tangible evidence of our nurses' commitment to providing the very best care to our patients, of which we are extremely proud.”

“Over the last seven years, AAMC Nursing has used the Magnet framework to improve care, quality and outcomes for our patients, while also improving nurse satisfaction and the work environment,” said Sherry Perkins, PhD, RN, chief operating officer and chief nursing officer at AAMC. “To apply for Magnet recognition, we had to be above benchmark performance in our nursing quality indicators, patient satisfaction and nurse satisfaction. Only 6 percent of hospitals nationally achieve this designation—most hospitals cannot even apply.”

The term “Magnet” refers to hospital work environments that attract and retain well-qualified nurses who promote quality patient care.

To achieve Magnet recognition, organizations must pass a rigorous and lengthy process that demands widespread participation from leadership and staff. The process begins with the submission of an electronic application, followed by written documentation demonstrating qualitative and quantitative evidence regarding patient care and outcomes. If scores from the written documentation fall within a range of excellence, an on-site visit will occur to thoroughly assess the applicant. After this meticulous on-site review process, the Commission on Magnet will review the completed appraisal report and vote to determine whether Magnet recognition will be granted.

In particular, the Magnet model is designed to provide a framework for nursing practice, research, and measurement of outcomes. Through this framework, ANCC can assess applicants across a number of components and dimensions to gauge an organization's nursing excellence. The foundation of this model is composed of various elements deemed essential to delivering superior patient care. These include the quality of nursing leadership and coordination and collaboration across specialties, as well as processes for measuring and improving the quality and delivery of care.

The ANCC cited five best practices they took from AAMC:

1. Nursing leadership
2. Nursing satisfaction results, especially nurse-physician collaboration
3. Patient satisfaction results
4. Implementation and dissemination of evidenced-based practice across the organization
5. Patient- and family-centered care, especially its use of patient and family advisors



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## AAMC Receives 2014 Quality Improvement Award

(September 12, 2014)—Anne Arundel Medical Center (AAMC) recently received the 2014 Delmarva Foundation Excellence Award for its quality improvement efforts. The honor was awarded to two dozen individual Maryland hospitals that excel in patient safety and quality improvement.



To receive the award from Delmarva Foundation for Medical Care and the Medicare Quality Improvement Organization for Maryland, the hospital must meet specific performance improvement criteria on 14 measures in four national inpatient clinical areas: immunizations, heart failure, surgical care improvement, and pneumonia.

"We are pleased to recognize Anne Arundel Medical Center with this award," said Dr. Columbus Giles, Delmarva Foundation's Chief Medical Officer. "Recipients of this award possess a strong commitment to excellence and to improving the quality of care for their patients. We commend their achievements and look forward to continuing our collaboration with them to improve the health of Maryland's Medicare beneficiaries."

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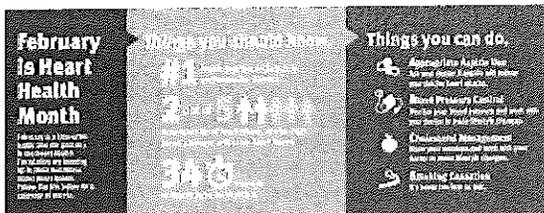
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## Free February Heart-Healthy Events

(January 27, 2014)—Anne Arundel Medical Center (AAMC) is presenting a month of heart healthy educational events throughout February, widely known heart awareness month.



AAMC is partnering locally with Dare to C.A.R.E. and the Million Hearts®

national initiative to bring heart health messages to the public. Dare to C.A.R.E. provides free vascular screenings and education to prevent the complications of cardiovascular disease. The Million Hearts® initiative promotes the “ABCS” of clinical prevention (appropriate aspirin therapy, blood pressure control, cholesterol management, and smoking cessation) as well as healthier lifestyles to communities.

“We’re trying to reach those at risk and underserved by partnering with Westfield Annapolis Mall, community centers and experts to extend heart health information out to the community,” says Chad Dillard, AAMC’s executive director of marketing and wellness. “We know from a recent community health needs assessment that Anne Arundel County’s heart disease mortality rate is higher than state and national levels. Improving cardiovascular health and quality of life through prevention, detection and access to treatment is a priority for our healthcare providers,” adds Dillard.

All events are free. For a complete listing of heart events visit [aahs.org/millionhearts/](http://aahs.org/millionhearts/).

Event highlights include:

### Energize at Westfield: Heart Healthy Advice

Date: Wednesdays in February

2/5/2014, 11:30am-1pm

2/12/2014, 7:30-9:30am

2/19/2014, 7:30-8:30am

2/26/2014, 4-6pm

Location: 2002 Annapolis Mall, Annapolis, MD 21401

Description: In conjunction with AAMC’s Heart Month, cardiac nurses will provide blood pressure screenings, answer questions and offer friendly advice about heart disease prevention. No registration required.

### Heart Attack Awareness

Date: 2/7/2014

Time: 10-11am

Location: Severna Park Community Center, 623 Baltimore Annapolis Blvd., Severna Park, MD 21146

Description: AAMC cardiac nurses will discuss heart and vascular health. Understand the importance of knowing warning signs of a heart attack and the importance of early detection. Dare to C.A.R.E will also be providing free vascular screenings (for those that qualify - visit Dare to C.A.R.E to find out if you meet eligibility requirements). No registration required.

Young Adults Cardiac Support

Date: 2/10/2014

Time: 4:30-5:30pm

Location: Anne Arundel Medical Center, Belcher Pavilion, 7th floor, 2000 Medical Parkway, Annapolis, Md.

Description: Scott Katzen, MD, will address the support group to speak on heart health and intervention—what to do and when. The group is for young adult cardiac survivors 35 to 50 years old to provide support to each other. For more information contact Dianne Walters, RN, at 443-481-1928.

Smart Woman: Heart Disease- Public Enemy #1

Date: 2/13/2014

Time: 6:30pm

Location: AAMC Doordan Institute, Belcher Pavilion (formerly Health Sciences Pavilion), 7th Floor, 2000 Medical Pkwy, Annapolis, MD 21401

Description: Listen to heart health experts as they provide the latest information about fighting heart disease for women.

docsTALK: Saving a Million Hearts

Date: 2/26/2014

Time: 6-7:30pm

Location: Westfield Annapolis, Crate & Barrel Court, 2002 Annapolis Mall, Annapolis, Md. 21401

Description: Join hosts John Martin, MD and Briana Walton, MD for a special edition of docsTALK as they discuss a few commons myths and facts about heart disease and stroke. No registration required.

For more information about these events go to: [AAMCevents.com](http://AAMCevents.com) or call 443-481-5555.

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### Join Us Wednesday Feb. 12 for Heart Health Talk

In conjunction with AAMC's Heart Month, cardiac nurses will be providing blood pressure screenings, answering questions, and offering friendly advice about heart disease prevention.

When: Wednesday, February 12, 2014

Time: 7:30-9:30am

Where: Westfield Annapolis Dining Cafe, the new food court between Lord & Taylor and Pottery Barn

Who: Toni Schiller, RN, AAMC Cardiac Catheterization Lab

For more information about Energize at Westfield visit [aahs.org/energizeatwestfield](http://aahs.org/energizeatwestfield).

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### Hospital Again Recognized by AHA as Fit-friendly Worksite

(March 3, 2014)—Anne Arundel Medical Center was recognized once again by the American Heart Association (AHA) as a Gold-Level Fit-Friendly company for implementing programs to help employees eat better and move more.

“Investing in our employees’ health and wellness is a priority as a large employer and healthcare provider. By helping employees lead healthier lifestyles, our wellness program benefits extend to patients,” says Chad Dillard, executive director of wellness programs at the hospital. “We are extremely honored and excited to be recognized once again by the American Heart Association,” added Dillard. Anne Arundel Medical Center was recognized for its initiatives in:

- offering employees physical activity support;
- providing/increasing healthy eating options on campus;
- promoting a wellness culture; and
- implementing at least nine criteria as outlined by the American Heart Association in the areas of physical activity, nutrition and culture.

With more than 4,000 employees, Anne Arundel Medical Center has engaged more than 50 percent of staff in activity challenges, weight loss programs, ongoing fitness classes, and smoking cessation programs since 2011.

“We’re very proud to have helped more than 200 team members track more than one ton of weight over a year,” says Dillard. “Staff participate in Weight Watchers at Work, individualized nutrition counseling, or Mayo Clinic Diet workshops. Periodic challenges, similar to The Biggest Loser, help motivate teams to help keep each other accountable as well. And a popular Couch to 3K walk/run around the Medical Park campus was a very visible activity engaging more than 600 participants in just one day.”

According to the American Heart Association, American employers face increasing healthcare expenses and health-related losses in productivity that cost an estimated \$225.8 billion a year. Many American adults spend most of their waking hours at sedentary jobs. Their lack of physical activity raises their risk for a host of medical problems, such as obesity, high blood pressure and diabetes. Employers face \$12.7 billion in annual medical expenses due to obesity alone. The American Heart Association is working to change corporate cultures by motivating employees to start walking, which has the lowest dropout rate of any physical activity.

For more information about AAMC’s Fit-Friendly Worksites program visit [askaAMC.org/Energize](http://askaAMC.org/Energize).

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### AAMC Takes Lead Implementing Tobacco-Free Hiring Policy

(June 18, 2014)—Anne Arundel Medical Center (AAMC) is leading Maryland hospitals by reinforcing its commitment to wellness and the fight against tobacco usage with an expanded tobacco policy.



Effective July 1, 2014, the revised policy prohibits the use of all tobacco products, including e-cigarettes. One year later, starting July 1, 2015, Anne Arundel Medical Center will take a leadership position as a major employer in Maryland and stop hiring nicotine users.

While Anne Arundel Medical Center has been “smoke-free” since 2007, the current policy has been primarily focused on the medical park campus has been limited to cigarette use. The expanded policy will apply to all AAMC facilities and tobacco-free zones will include sidewalks, parking lots and garages. There will be no areas designated for smoking or other tobacco use. The policy applies to all employees, physicians, patients, contract staff, vendors, volunteers, students, and visitors at all AAMC facilities.

“Going tobacco-free is a global public health goal. Smoking and tobacco use are the leading cause of preventable death worldwide,” says Stephen Cattaneo, MD, medical director of thoracic oncology in the DeCesaris Cancer Institute at AAMC. “We are not only dedicated to the preservation of health and prevention of disease, but we also want to provide a safe and healthy work environment and promote the health and well-being of our employees, visitors and patients,” he adds.

“As healthcare providers, we have a unique perspective on the issues surrounding chronic disease. We not only treat disease, but we are also role models for good health behaviors in our community. It is only right to practice what we preach,” adds John Martin, MD, AAMC’s medical director of vascular surgery.

The revised policy also means that starting July 1, 2015 the hospital will not hire individuals who use tobacco products. This policy does not apply to current employees who use tobacco. “By adopting this practice, we are joining many other prominent organizations, such as the Cleveland Clinic, Geisinger Health System and the World Health Organization in becoming tobacco-free,” notes Dr. Cattaneo.

AAMC provides tobacco cessation resources to community members—including employees—who want help quitting. Free resources include classes and private one-on-one sessions with tobacco treatment specialists, as well as FDA-approved nicotine replacement therapies at free or reduced cost.

For more information, visit [askAAMC.org/smoking](http://askAAMC.org/smoking) or call 443-481-5366.

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### Young Adult Cardiac Support Group to Host National Speaker

**WHO:** Erin O’Connell Peiffer, spokesperson for WomenHeart, will share her journey with heart disease and discuss the importance risk factors of cardiac disease. Peiffer, a passionate heart advocate, has been featured in national media such as CNN and Woman’s Day.

**WHAT:** Anne Arundel Medical Center’s Young Adult Cardiac Support Group. The group consists of survivor’s from 35-55 years old.

**WHEN:** Monday, January 13, 2014 from 5-6pm

**WHERE:** Anne Arundel Medical Center, Belcher Pavilion, 7th floor, 2001 Medical Parkway, Annapolis, Md.

**WHY:** Heart disease knows no age and sometimes doesn’t even make sense. There is a way to not only get through it, but to become empowered by a life changing event. Young adult cardiac survivors will meet others survivors and provide support to each other.

For more information contact Dianne Walters, RN, at 443-481-1928.

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## AAMC Wellness Movement Expands To Westfield Annapolis

(October 9, 2013)—Just in time for the upcoming winter months, Anne Arundel Medical Center (AAMC) is launching a new indoor wellness program in partnership with Westfield Annapolis. Throughout the mall, you'll find a marked walking path and inspiration for living healthier. The trail measures more than a mile with start and finish zones just outside Macy's.

During the week of Oct. 21-25, AAMC and mall partners will host daily activities for fitness, nutrition, skin cancer prevention, and stress reduction. The full schedule includes:

- **Monday, Oct. 21, 7:30-9:30am:** Free breakfast and sign-up for Energize—the next generation of mall walkers! Come and get a free t-shirt (courtesy of Under Armour™), pedometer, and learn about new tracking systems and contests. Plus, our Energize team will be on-site to learn more about what you want!
- **Tuesday, Oct. 22, 6-8pm:** Fitness demonstrations with AAMC's own wellness champions and instructors. Plus, meet a member of the Baltimore Ravens!
- **Wednesday, Oct. 23, 11am-1pm:** Nutrition education with registered dietitian Ann Caldwell: 10 tips for a healthier plate.
- **Thursday, Oct. 24, 11am-1pm:** Cancer prevention with nurse Joanne Ebner: Understanding the sun's impact on your skin.
- **Friday, Oct. 25, 11am-1pm:** Stress reduction demonstrations with wellness practitioners.

All events will take place in the Crate & Barrel Court. Registration for Energize will be available during all activities.

[Click here to learn more about Energize.](#)

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### AAMC Earns an Excellence Through Insight Award

Anne Arundel Medical Center (AAMC) was recently recognized with an *Excellence through Insight* award for "Highest Community Perception of Quality" by HealthStream, Inc. (NASDAQ: HSTM). In addition, AAMC's Spine Center was recognized for their overall inpatient satisfaction score.

AAMC was awarded for making the commitment to measure and improve its brand and perception in the marketplace. Measuring consumer perceptions of quality allows AAMC to better understand the relationship between the hospital, patients and consumers. Factors that were measured include top-of-mind awareness, perception of quality, hospital preference, hospital use, and customer loyalty. Hospitals that score high in these areas exhibit stronger levels of customer satisfaction and loyalty.



The AAMC Spine Center was recognized for its commitment to excellence in patient care. To qualify for this award, a hospital must have been a patient satisfaction-tracking client of HealthStream in 2011, scored in the 75<sup>th</sup> percentile or higher, and surveyed a minimum of 100 patients. AAMC's Spine Center was chosen for receiving the highest ratings in inpatient surgical satisfaction from among HealthStream's clients, as well as exceeding industry standards.

HealthStream CEO Robert A. Frist, Jr., said, "We applaud AAMC's high-level commitment to excellence in healthcare—and we are pleased to recognize their achievement through our presentation of an Excellence through Insight award."

#### About HealthStream

HealthStream (NASDAQ: HSTM) is a leading provider of research and learning solutions for the healthcare industry, transforming insight into action to deliver outcomes-based results for healthcare organizations. Through HealthStream's learning solutions—which have been contracted by over 2.6 million hospital-based healthcare professionals—healthcare organizations create safer environments for patients, increase clinical competencies of their workforces, and facilitate the rapid transfer of the latest knowledge and technologies. Through our research products, executives from healthcare organizations gain valuable insight about patients' experiences, workforce challenges, physician relations, and community perceptions of their services. Based in Nashville, Tennessee, HealthStream has an additional office in Baltimore, Maryland. For more information about HealthStream's learning and research solutions, visit [www.healthstream.com](http://www.healthstream.com) or call us at 800-933-9293.

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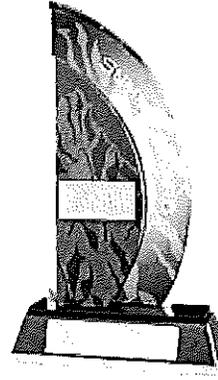
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### Press Ganey Award for Quality, Patient Satisfaction

(December 28, 2012)—Anne Arundel Medical Center recently won a 2012 Press Ganey Award, recognizing the hospitals' efforts to improve the quality and safety of patient care while providing a positive and collaborative environment for employees and physicians.

The award recognizes Press Ganey clients who have shown continuous achievement - comparing quarterly scores over two years. To be chosen as a winner a hospital must be among the top three percent on the overall improvement score, and must also demonstrate improvement on all four measure sets.

"We continue to make it a priority to strengthen our resolve to provide quality care that is safe, effective, and patient-oriented by improving our core compliance measurements," said Shirley Knelly, AAMC's vice president of quality and patient safety. "This included creating accountability measures such as real-time feedback to providers, standardizing discharge instructions for congestive heart failure patients and automating Foley catheter discontinuation post-operatively." These improvements resulted in:



- An improvement of discharge instructions for heart failure patients to 100 percent over a 20-month period.
- Foley removal day two post-operatively improved over a 20-month period to 99 percent.

"We are honored to receive this award and will continue to rise to the challenge of identifying areas for further improvement in our efforts to achieve excellence," adds Knelly.

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## Elite Distinction as a 2012 Leapfrog Top Hospital

(December 11, 2012)—The Leapfrog Group’s annual list of Top Hospitals was recently announced in Baltimore, Maryland and included Anne Arundel Medical Center (AAMC) in Annapolis, Maryland for the second consecutive year. Only two other hospitals in Maryland have the distinction of being a Top Hospital. The announcement came at Leapfrog’s Annual Meeting, focusing on transparency as the key to improved hospital safety, and Top Hospital Awards.

“This award recognizes the high standards of our hospital across all services with a particular focus on patient safety, quality and effective use of resources. Anne Arundel Medical Center is among an elite group of hospitals to earn this distinction. I am very proud of what we’ve accomplished here!” says Tori Bayless, president and CEO of AAMC.

“The Leapfrog Top Hospital distinction is by far the most competitive award a hospital can receive. Leapfrog holds hospitals to the highest standards on behalf of our purchaser members and their employees. By achieving the Top Hospital accolade, Anne Arundel Medical Center has demonstrated exemplary performance across all areas of quality and patient safety that are analyzed on the Leapfrog Hospital Survey. This hospital stands out as one consistently providing safe, high quality care, and I would be comfortable sending my family to AAMC for care,” said Leah Binder, President and CEO of The Leapfrog Group.

AAMC was selected as a Top Hospital out of nearly 1,200 hospitals participating in The Leapfrog Group’s annual survey. This year, the Top Rural Hospital list includes a record 13 hospitals. Additionally, there are 67 Top Urban Hospitals and 12 Top Children’s Hospitals. Other hospitals reaching this achievement include academic medical centers, teaching hospitals, children’s hospitals, and community hospitals in rural, suburban and urban settings. The selection is based on the results of the Leapfrog Group’s annual hospital survey, which measures hospitals’ performance on patient safety and quality, focusing on three critical areas of hospital care: how patients fare, resource use, and management structures in place to prevent errors. The results of the survey are posted on a website (<http://www.leapfroggroup.org/cp>) open to patients and families, the public, employers, and other purchasers of healthcare.

As a 2012 Top Hospital, AAMC met the following standards for safe, high quality care:

### I. A hospital must fully meet Leapfrog’s standard for Preventing Medication Errors (CPOE)

Research estimates that more than one million serious medication errors occur each year in U.S. hospitals, with 7,000 deaths annually from adverse drug events (ADEs). In addition to the human price paid, each ADE adds \$2,000 on average to the cost of a hospitalization. This translates to more than \$7.5 billion per year nationwide in hospital costs alone. CPOE systems can reduce the number of ADEs by up to 88%, preventing three million serious medication errors in the U.S. each year.

Leapfrog’s standard for Computerized Physician Order Entry (CPOE) measures the extent to which a hospital has adopted CPOE, and whether decision-support tools in the CPOE system are working effectively. To fully meet this standard, physicians must enter at least 75% of medication orders through a CPOE system; and demonstrate, via a test, that their inpatient CPOE system can alert physicians to at least 50% of common, serious prescribing errors.

### II. A hospital must fully meet Leapfrog’s standard for ICU Physician Staffing (IPS)

Mortality rates are significantly lower in hospitals with ICUs managed exclusively by board-certified intensivists (physicians trained in critical care medicine). Research has shown that in ICUs where intensivists manage or co-manage all patients, there is a 30% reduction in overall hospital mortality and a 40% reduction in ICU mortality.

Hospitals fulfilling Leapfrog's standard for ICU Physician Staffing must operate adult and/or pediatric ICUs that are managed or co-managed by intensivists who: a) Are present during daytime hours and provide clinical care exclusively in the ICU and, b) When not present on site or via telemedicine, return pages at least 95% of the time, (i) within five minutes and (ii) arranges for a certified physician or physician extender to reach ICU patients within five minutes.

III. A hospital must fully meet Leapfrog's standards for high-risk surgeries and procedures

(Hospitals must achieve a score of "fully meets" for 50% of the surgeries or procedures that apply)

Research indicates that a patient's risk of dying is reduced by approximately two to four times, depending on the high-risk procedure, if care is obtained in hospitals that meet Leapfrog's standards.i

Hospitals fulfilling Leapfrog's standards for high-risk surgeries and procedures (heart bypass, heart angioplasty, aortic valve replacement, abdominal aortic aneurism repair, bariatric surgery, esophagectomy, pancreatectomy, and high-risk newborn deliveries) have met Leapfrog's robust volume, processes of care, and outcomes standards. The Leapfrog website provides specific details about these performance measures and the scoring ([www.leapfroggroup.org](http://www.leapfroggroup.org)).

[http://www.leapfroggroup.org/media/file/Lives\\_Saved\\_Leapfrog\\_Report\\_2008-Final\\_\(2\).pdf](http://www.leapfroggroup.org/media/file/Lives_Saved_Leapfrog_Report_2008-Final_(2).pdf)

IV. A hospital must achieve a Value Score of 69 or Better as calculated through Leapfrog's Hospital Recognition Program (LHRP Value Score). The Leapfrog Hospital Recognition Program uses each standard from the Leapfrog Hospital Survey to calculate an overall value score for each hospital. The value score, which is a numerical value from 0 to 100, is a combination of quality and resource use, with quality weighted more heavily in the calculation. Hospitals with high value scores have demonstrated both high quality and appropriate resource use. The Leapfrog website provides specific details about these calculations ([www.leapfroggroup.org/competitivebenchmarking](http://www.leapfroggroup.org/competitivebenchmarking)).

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### AAMC, Johns Hopkins Hosting Odenton Family Wellness Day Oct. 12

(October 4, 2013)—Anne Arundel Medical Center (AAMC) and Johns Hopkins Medicine are hosting a family wellness day at their medical pavilion on Saturday, October 12 from 11am to 2pm.



The event will include free blood pressure screenings, free vision screenings, health education, farmer's market and fun activities. Nickelodeon's SpongeBob Squarepants will also make an appearance.

AAMC and Johns Hopkins Medicine opened the Odenton Medical Pavilion 1 in the Odenton Gateway on Annapolis Road in December 2012. The collaboration between the two healthcare systems has brought access to primary care, radiology and medical laboratory services, as well as ophthalmology, orthopedics, neurology, cardiology, internal medicine, family practice, oncology, rehabilitation, gastroenterology, urology, women's health, and pediatric services to Odenton and the surrounding community. Johns Hopkins is celebrating 20 years of providing healthcare services in the Odenton community.

#### EVENT DETAILS:

#### FAMILY WELLNESS DAY

Saturday, October 12, 2013

11am - 2pm

Odenton Medical Pavilion 1

1106 Annapolis Road, Odenton

[Click here for more information about healthcare services provided in Odenton.](#)

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## Hospital Honored for Eliminating Restrictive Visiting Policies

(June 25, 2014)—Anne Arundel Medical Center in Annapolis, Maryland, (AAMC) was recognized recently by the Institute for Patient- and Family-Centered Care (IPFCC) as a *Better Together* exemplar hospital for excellence in engaging patients and families as partners in patients' care. One of the key elements of this effort is eliminating restrictive visiting policies and welcoming patients' families and loved ones to be with patients 24 hours a day.



“We are honored to be recognized by the Institute for Patient-and Family-Centered Care. Welcoming patients and their families as part of the care team is very important to us,” says Tori Bayless, AAMC’s president and CEO. They are not visitors to our facility - we are guests in their lives, often during some of the most trying times in their lives. Feedback from our patients, families and our staff shows us that our efforts really do make a difference,” adds Bayless.

Since June 1, 2011, families at AAMC have been invited to visit patients 24 hours a day, seven days a week as part of the organization’s focus on patient-and family-centered care. These changes included addressing staff concerns about new policies, training staff, changing signage and website language to make families feel welcome, and assembling a planning team—including patient and family advisors, doctors, nurses, security personnel, receptionists, and everyone else affected—to lead the effort.

AAMC is among 12 hospitals nationally named as exemplars, or models, for IPFCC’s just launched *Better Together* campaign, which aims to educate hospitals about the need to change restrictive visiting policies so that families are no longer treated as “visitors” but seen as essential members of the healthcare team.

“AAMC understands, but more importantly, puts into practice the importance of partnering with our patients’ loved ones as a core value for the entire community of people that we serve,” says Karen Goldman, co-chair of AAMC’s Patient-Family Advisory Council.

Rather than interfering, studies and hospitals’ experience show that family presence reduces patient complications and stress and improves the patient’s experience in the hospital. The Joint Commission, the accrediting body for health systems, recommends that hospitals accommodate access to a patient’s support person to encourage safer care.

AAMC was also selected by the IPFCC for this recognition for encouraging patients’ family members and loved ones to be involved in planning and decision-making and in the transitions to home. “Not only do families and loved ones provide much-needed emotional support, but they help us do our jobs better,” says Sherry Perkins, PhD, RN, AAMC, chief operating officer and chief nursing officer. “They help in the healing process and know more about the patients than we could ever know,” she adds.

To learn more about AAMC’s family visiting visit [askAAMC.org](http://askAAMC.org). To learn more about the *Better Together* visit IPFCC’s homepage, [ipfcc.org](http://ipfcc.org).



- **Become Smoke Free**

Date: January 9

Time: 6:00-7:30 PM

Location: AAMC's Belcher Pavilion (formerly Health Sciences Pavilion), 7th Floor Doordan Institute, Annapolis, Md.

Description: This seven-week program helps participants break the habit. Participants meet weekly from 6:00-7:30PM on a Thursday. Registration required. FREE to all who live, work, or go to school in Anne Arundel County. Out of county fee: \$75. For individual counseling contact: 443-481-5366.

- **Starting the New Year Right**

Date: January 10

Time: 10-11am

Location: Severna Park Community Center, 623 Baltimore Annapolis Blvd, Severna Park

Description: Ann Caldwell, RD, LDN, will discuss restarting, renewing and energizing your healthy lifestyle with better food and exercise choices.

- **Energize at Westfield: Healthy Habits**

Date: January 15

Time: 7:30-8:30am

Location: New Dining Café, 2002 Annapolis Mall, Annapolis, Md.

Description: An AAMC registered dietitian will be speaking about healthy habits. Learn how to "Build a Better Plate" and make healthier food choices to Energize your lifestyle. For more information about Energize at Westfield visit [aahs.org/energizeatwestfield](http://aahs.org/energizeatwestfield).

- **The Mayo Clinic Diet: 12-Week Workshop**

Date: January 28-April 15, Tuesday evenings

Time: 5:30-7pm

Location: AAMC's Belcher Pavilion (formerly Health Sciences Pavilion), 7th Floor Doordan Institute, Annapolis, Md.

Description: Discover better health through better weight management. This 12-week program puts you in charge of reshaping your body and your lifestyle by adopting healthy habits and breaking unhealthy ones. The program is led by a registered dietitian and cardiac rehab specialist. The weekly classes offer a motivational group atmosphere that is both supportive and informative.

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### AAMC Among "Most Wired" Hospitals Nationwide

(July 16, 2014)—Anne Arundel Medical Center (AAMC) was recently honored on the national "Most Wired" hospitals and health systems list for a fifth time. AAMC was recognized for its use of technologies, such as electronic medical record tools that assist physicians, nurses, and patients communicating efficiently.



Hospitals & Health Networks sponsors the annual Most Wired Survey, an industry-standard benchmark study designed to measure the level of information technology (IT) adoption in U.S. hospitals and health systems, and is a useful tool for hospital and health system leadership to map their IT strategic plans. The 16th annual "Most Wired" hospitals had a few big things in common: patient engagement, robust electronic health record use, clinical analytics, and a commitment to leveraging health IT to improve outcomes, reduce costs and improve patient satisfaction.

"Using technology to connect patients and doctors helps make the most informed decisions about treatments, improves patient safety and the overall healthcare delivery process," says Barbara Baldwin, AAMC chief information officer.

AAMC has made a significant commitment in its use of an electronic medical record system. The emergency room and regional outpatient practices all share the same patient record, so health information goes wherever a patient goes. The care teams have access to medical history, medication lists, allergies, and lab and x-ray results. This system includes a patient portal called MyChart that enables patients anytime online access to review their medical information, contact their doctor's office with questions and request appointments and medication refills.

"We have found that coordinating care using this technology encourages patients to take ownership of and manage their health by using clinical documentation and educational resources," adds Baldwin. "This 'Most Wired' recognition is an honor and proof of the vision and hard work to improve healthcare in our community."

Health Care's Most Wired Survey, conducted between Jan. 15 and March 15, 2014, asked hospitals and health systems nationwide to answer questions regarding their IT initiatives. Respondents completed 680 surveys, representing 1,900 hospitals, or more than 30 percent of all U.S. hospitals.

The July Hospitals & Health Networks cover story detailing results is available at <http://www.hhnmag.com>.

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