Preventing Childhood Obesity
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LETTER FROM THE PRESIDENT

At MedStar Harbor Hospital, we are passionate about patient-centered care. For us, it’s not just about access to the quality, expert health services we provide. It’s also about the healing environment we create—for our patients, their loved ones, and our caregivers.

Our physicians and associates, including those in non-clinical roles, take personal responsibility for ensuring that every encounter with a patient or family member is a positive one. This approach goes a long way in our ability to deliver an outstanding patient experience and achieve the best possible outcomes for every person who chooses to come here for care. I am fortunate to work with such a dedicated team.

This issue of Waterfront highlights how the care we provide is helping patients and their families live happier and, more importantly, healthier lives. You’ll read about a nurse practitioner with MedStar Harbor Pediatrics who has successfully put her knowledge about childhood obesity to the test through her experience with her own son.

Another article focuses on our primary care sports medicine specialists and how active individuals from all walks of life benefit from their expertise.

We also share a story about a young woman who has turned her life around after suffering with anxiety and depression, thanks to the support and understanding she received from our behavioral health team.

One of the other ways we are working to keep our community healthy is by offering special classes, support services, and screenings. This issue features an expanded listing of those classes and events as well.

We hope you find this issue of Waterfront enlightening and encourage you to reach out to us if there is a health topic you’d like to learn more about. As always, we remain centered on you, our community, and meeting all of your healthcare needs.

In good health,
Stuart M. Levine, MD, FACP
President and Chief Medical Officer,
MedStar Harbor Hospital
Senior Vice President, MedStar Health

NEWLY EXPANDED

Simulation Center Provides Hands-on Training to Enhance Patient Care

MedStar Health recently celebrated the expansion and renovation of the Baltimore Clinical Simulation Center, an innovative training facility located on the campus of MedStar Harbor Hospital where associates can learn and practice critical skills without ever touching a patient.

Part of the MedStar Simulation Training and Education Lab, known as SiTEL, the newly opened space is the largest of MedStar Health’s four training centers, all designed to enhance patient safety by providing associates with a wide array of state-of-the-art continuing education opportunities.

To engage residents, nurses, and other associates, MedStar SiTEL uses interactive online and face-to-face training, including 3D virtual reality and hands-on, high-fidelity simulation. The Baltimore Clinical Simulation Center is also equipped for training non-clinical associates who play a key role in patient care. For example, a new program teaches environmental services associates to identify and resolve common hazards in the healthcare environment.

Encompassing nearly 12,000 square feet of flexible training space, the expanded simulation center features new learning environments that are highly realistic, mirroring high-profile areas of a hospital. This includes simulated operating rooms, as well as patient rooms for emergency, labor and delivery, and medical-surgical treatment.

To learn more, visit MedStarHarbor.org/Waterfront or call 855-546-0862.

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DEPARTMENTS

WHAT’S NEW
HEALTHY HABITS
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CLASSES AND EVENTS

On the cover: Christina Howard-Dingman, CRNP, and her son, Carter Dingman, take a break during playtime at the park.

MedStar Harbor Hospital

After more than a century of healing, MedStar Harbor Hospital is a mainstay in the community, serving patients from Baltimore City and Anne Arundel, Baltimore, and Howard counties. Our convenient waterfront location combines the services of a large, regional medical center with a smaller, more personal environment. From general medicine and surgery, obstetrics, orthopedics and gynecology, to behavioral health, cardiology, gastroenterology and urology, our team of caring physicians and associates professionally serves the unique needs of every patient.

Waterfront is published by the Marketing and Communications department of MedStar Harbor Hospital. The information provided in this publication is intended to educate readers about subjects pertinent to their health and is not a substitute for consultation with a personal physician. For more information, call 855-546-0862. Reprinted with U.S. Copyright 2018.

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MedStar Harbor Hospital
Preventing Childhood Obesity
It’s Never Too Early for Good Health Habits

THE NUMBER OF CHILDREN in the United States struggling to maintain a healthy weight is on the rise. In fact, the American Academy of Pediatrics calls it a “national health emergency,” reporting that the prevalence of pediatric obesity nationwide has more than doubled during the past two decades. And with these extra pounds comes an increased risk for cardiovascular disease, diabetes, and other chronic health conditions.

John Irwin, MD, a physician at MedStar Harbor Pediatrics, stresses the important role parents play in managing their children’s weight, noting that decisions made early on can make a significant difference later in life.

“It’s Never Too Early for Good Health Habits

The goal for children who are overweight should be to reduce the rate of weight gain while allowing normal growth and development. Children should not be placed on a weight reduction diet without the advice of a healthcare provider.

As children move toward their school years, snack choices are equally important. Stacking the refrigerator with fresh fruits and vegetables, lean proteins, and wholesome, non-processed foods that aren’t packed with sugar and empty calories, is key.

Once a child begins eating solid food, Dr. Irwin says the choices parents make at the grocery store are equally important. Stacking the refrigerator with fresh fruits and vegetables, lean proteins, and wholesome, non-processed foods that aren’t packed with sugar and empty calories, is key.

“Believe it or not, it begins before
the baby is even born,” says Dr. Irwin. “What a pregnant mom eats affects her fetus. If she is healthy, the child beginning to develop inside of her is more likely to be healthy. Then, once the baby is born, breastfeeding goes a long way in providing exactly what the child needs in terms of daily nourishment. Breast milk is packed with healthy nutrients that carry many benefits and weight control is one of them.”

Additionally, breast milk contains powerful antibodies and enzymes that build a baby’s immune system and help prevent infections and diseases.

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FAST FACT:
The high-calorie foods many children eat, combined with their sedentary lifestyles, with too much time spent on electronics, are adding up to obesity in our kids,” states Dr. Irwin. “Establishing good eating and exercise habits when they are young is so important, because once they are overweight or obese, it’s hard to undo.”

The key, she says, is day-to-day decisions that make their child’s overall health the priority.

“Of course, we have family pizza nights and days when we simply relax and watch a movie,” she notes. “It’s about exposing our son to lots of different things and having fun. That’s the best way to assure he’s healthy.”

If you have questions or concerns about your child’s weight and would like to make an appointment with one of our pediatricians, call MedStar Harbor Pediatrics at 410-350-2253.
Primary Care Sports Medicine
The Expertise Athletes and Active Individuals Need

“How Long Will It Be Before I can Get Back to My Sport?”

It’s a question Jeffrey Mayer, MD, a primary care sports medicine specialist with MedStar Orthopaedic Institute, is asked just about every day. He diagnoses and treats athletes who have suffered traumatic or overuse injuries, and whose level of play ranges from recreational to professional.

Healing time, and thus his answer to that question, depends on the nature of the injury, the treatment plan, the specific sport or activity the patient plans to return to, and the steps needed to prevent the injury from recurring.

“The breadth of services we provide out of our practice is wide,” says Dr. Mayer. “In a given day, I might see a high school athlete who is injured and whose goal is to heal in time for the upcoming season. The next patient might be a seasoned runner who is battling chronic pain. And after that I could see a patient with a dislocated shoulder, who isn’t necessarily an athlete, but is an active individual who simply wants to get moving again.”

Dr. Mayer specializes in non-surgical treatment of musculoskeletal injuries of the shoulder, elbow, hip, knee, and ankle. He sees patients at MedStar Orthopaedic Institute’s Waugh Chapel location in Anne Arundel County, as well as at MedStar Harbor Hospital.

“Some injuries require surgery,” he says. “But many don’t. We tend to take a more conservative approach, and first determine if there are alternative treatments that will ultimately get the patient back to where they want to be.”

Those treatments may include a combination of outpatient procedures, pain control remedies, and physical therapy. When surgery is necessary, Dr. Mayer collaborates with his team to coordinate and streamline care for the patient.

“Regardless of what kind of injury we are dealing with, we have a physician on our team who can provide specialty care,” notes Dr. Mayer. “We work together to make the process easy for the patient, with every step centered around their goals.”

DID YOU KNOW?

Primary care sports medicine physicians treat patients of all ages and activity levels, providing non-surgical care for a wide range of problems, including injuries and pain of the:

- Shoulder
- Ankle
- Hip
- Back
- Knee
- Foot
- Elbow
- Hand and wrist

Sticks Back in Hand

Allyson Peters feels fortunate that, today, her two daughters are able to play the sport they love, together. A year ago, she wasn’t sure if 12-year-old Campbell would ever be able to return to the lacrosse field, following a zip-lining accident that left her with a severe break in her arm.

At the recommendation of a friend, she scheduled an appointment for Campbell with Dr. Mayer.

“He knew exactly what to do and gave us a very direct recommendation on the best course of action. The Peters family needed. provided the guidance and care the Peters family needed.”

The Peters sisters, both avid lacrosse players, are back on the field again after the care they received from Dr. Mayer and his team.

Ready to Run Again

Leslie Kriewald loves to run. When a throbbing pain in her left hip intensified, she knew she needed to get to the bottom of the problem. She turned to Dr. Mayer, and together they decided that a platelet-rich plasma (PRP) injection, coupled with physical therapy, was the right course of action. The injection utilizes the patient’s own blood platelets to repair abnormal or injured tissue.

“Four weeks later I went out for a run, and felt no pain,” says Kriewald, 62, a high school social studies teacher in Baltimore City.
FAST FACT: Approximately 90 percent of all sports injuries do not require surgery.

“I appreciated that Dr. Mayer didn’t tell me what to do. Instead, he threw all of my options on the table and helped me decide. I trusted him.”

Because of that level of trust, Kriewald knew exactly where to turn when a new pain emerged in her right knee. An X-ray performed in Dr. Mayer’s office showed early signs of arthritis, along with some swelling. This time around, a cortisone shot did the trick; eliminating her pain and making it possible for her to keep running so she could train for three half-marathons this fall.

“Dr. Mayer keeps me going,” says Kriewald. “He knows I love to run and has never told me to stop. He will always be my go-to if and when an injury occurs.”

Playing at Their Best

When he’s not seeing patients in the office, Dr. Mayer might be found working with athletes from one of the many local sports teams he cares for, including the Baltimore Orioles and the Washington Valor. He also serves as track-side physician for the Maryland Thoroughbred Horseman’s Association, and team physician for six public high schools in Anne Arundel County.

Chuck Markiewicz served as the head football coach at one of them—Arundel High School—for nearly two decades. Dr. Mayer and his team of orthopaedic specialists and trainers from MedStar Orthopaedic Institute were a valuable resource to him and his team during practices and on game day.

“Having physicians on the sidelines during a game is important because then they can respond immediately any time an injury happens, and keep the coaches informed as the treatment plan unfolds,” says Markiewicz, who turned to Dr. Mayer himself for care when he experienced a shoulder injury while gardening two years ago.

“There is a reason why so many athletic teams choose these guys. They care about each player and are committed to helping them get well and stay well, so they can be their best,” he adds.

For more information or a physician referral, visit MedStarOrtho.org, or call 877-34-ORTHO (877-346-7846).

Keeping the Flu at Bay: Ways to Reduce Your Risk

According to the Centers for Disease Control and Prevention, last year’s flu season was considered severe based on the number of people seeking medical attention for this highly contagious respiratory illness. It also lasted for an extended period. This highlights the importance of being proactive to prevent the flu.

“Flu activity often begins in October in the U.S., peaks December through February, and sometimes lasts as late as May. So now is the best time to take some preventive steps to protect yourself from getting sick this upcoming flu season,” says Christina Barett, CRNP, a family medicine nurse practitioner at MedStar Harbor Hospital.

“The single best thing you should do each season is get a flu shot. Seasonal flu shots are created to protect against the three or four flu viruses that are expected to be the most common during a specific flu season. Last year’s vaccination won’t protect you,” Barett explains. “Flu vaccines triggers the development of antibodies that guard against the strains of flu contained in the vaccine.”

Although complete immunity can’t be guaranteed, there are some other ways to reduce your risk of infection from the flu. “Flu is extremely contagious, able to spread from one person to another within six feet via droplets produced when coughing, sneezing, or talking, or by touching contaminated surfaces,” she notes. “That’s why practicing good health and hygiene habits is a key line of defense against the flu.”

Here are a few ways to help keep the flu at bay:

• Avoid close contact with those who are sick or other people if you are sick.
• If you have flu-like symptoms, stay home for at least 24 hours after your fever has disappeared.
• Use a tissue to cover your nose and mouth when sneezing and coughing. Dispose of the tissue immediately after use.
• Regularly wash your hands with soap and water or an alcohol-based hand rub.
• Try not to touch your eyes, nose, or mouth without first washing your hands to ensure they are germ-free.
• Disinfect surfaces that people come into contact with at work, school, or home.

“I can’t stress enough the importance of getting an annual flu shot, especially individuals who are at a greater risk of complications from flu. This includes young children, pregnant women, adults over the age of 65, and those with chronic medical conditions,” Barett adds. “That said, there is no foolproof strategy for dodging the flu completely. Good health and hygiene habits can go a long way in terms of reducing your risk of infection.”

MedStar Harbor Hospital is hosting a FREE drive-through flu vaccination clinic on Saturday, Oct. 6 from 9 to 11 a.m. or until supplies run out. Our clinician will be administering free seasonal flu vaccines on the South Parking Lot of our hospital campus, located at 3001 South Hanover St. Don’t forget to wear short sleeves.

For more information, call 855-546-0862.

[HEALTHY habits]
Restoring Hope and Happiness

Behavioral Health Specialists Provide Essential Support

TUESDAY KREBS WAS NEVER one to gravitate toward a crowd. From the time she was a child, she preferred to do things alone, and if given a choice to stay in or go out, nine times out of 10, she would choose to be at home. Being around people made her anxious. But being alone made her more depressed. It was a vicious cycle that only grew worse over time.

“As I got older, I completely isolated myself,” Krebs recalls. “I couldn’t work. I stopped seeing and talking to my family and friends. I could hardly function.”

Krebs’ illness started in early childhood when she could no longer do her schoolwork or socialize. Even though she received treatment, she had her first psychiatric admission for self-harm at the age of 14 and was diagnosed with a mood disorder. But with no follow-up care, which is often the case, her life declined into isolation and, eventually, chemical dependency.

“Some people believe that mental illnesses do not start when an individual is young, but they can,” says Jemima Kankam, MD, a board-certified psychiatrist at MedStar Harbor Hospital. “This is why it is important for young people, especially children, to be evaluated thoroughly if they are displaying behavioral changes.”

Locked in her misery, Krebs attempted suicide at the age of 19, ending up in the Emergency department (ED) at MedStar Harbor. She was admitted as a psychiatric inpatient and then transitioned into the hospital’s partial hospitalization program (PHP) for further medical stabilization. Her treatment included a comprehensive array of services designed not just to address her symptoms, but also to equip her with the social and psychological tools she needed to move forward.

Despite this, she ended her treatment early, partly due to not being able to tolerate being with others. According to Krebs, it was what she did when she found herself getting to “that point.”

However, she had established rapport with her treatment team, who reached out to her, convincing her that returning for treatment was a sign of strength, not of weakness. She decided to resume treatment after her team helped her address her social anxiety.

“Everyone at the hospital was so kind and supportive, and made me feel like I was more than just a patient to them,” recalls Krebs, now age 21. “Until that point, I never had anyone in my life understand what I was going through. The people there did.”

“In addition to psychiatrists, our treatment team includes psychotherapists and nurses who work with patients to develop a comprehensive treatment plan. Our goal is to provide support, encouragement, and understanding to those who are struggling with mental illnesses,” says Dr. Kankam. “Our hope is that, over time, patients start to see they are not alone, that many others experience similar challenges, and that being willing to accept support from others, and give support to others, is part of the recovery process.”

Though she has completed the PHP, Krebs’ care is ongoing. She continues to see Dr. Kankam, as her outpatient psychiatrist, and Erica Matthews, PsyD, a psychologist who was her therapist when she was in the PHP.

“For me, it was a matter of being able to tolerate being with others,” says Dr. Kankam. “The people there did.”

You can see that her confidence is growing, and, as a result, she is becoming a productive member of the community. She has hope now, where she once had none. We are very proud she is choosing to share her story so others may not suffer as she did.”

With her sights set on the future, Krebs recently applied for and secured a sales associate job. She has started socializing, going along with a small group of friends for trips to the movies and local museums. She also plans to resume a hobby she abandoned years ago—drawing and painting.

“I didn’t believe it could get better, but it did,” says Krebs. “I’m doing things today that I wouldn’t have dreamed of doing just two years ago because I found the right people to help me. I am so thankful for Dr. Kankam and the entire team at MedStar Harbor. I finally understand how it feels to be happy.”

DID YOU KNOW?

MedStar Harbor Hospital is a center of excellence in behavioral health, offering:

• Outpatient behavioral health therapy services
• An inpatient behavioral health unit
• A partial hospitalization day program
• Crisis intervention

MedStar Harbor Hospital

Visit MedStarHarbor.org/Waterfront or call 855-546-0862 for more information or a physician referral.
Get Out and Get Moving

Most people know that exercise provides many mental and physical health benefits. It helps prevent heart disease and other chronic illnesses, improves mood, reduces stress, improves sleep, and more. But did you know that simply going outside to exercise could increase those benefits? Turns out, it can.

“Outdoor exercise combines two health-enhancing activities: moving your body and getting outdoors,” says Emily Coates, PT, DPT, a physical therapist and clinic coordinator for MedStar National Rehabilitation Network-MedStar Harbor Hospital Sports Medicine. “Plus, there are numerous ways to get your exercise outdoors. It can be as simple as a brisk walk around the block or a bike ride in the park. Even light gardening or other yard work is considered moderate physical activity.”

Coates notes that exercising outdoors offers some other appealing benefits:

A BETTER WORKOUT

When you’re active outdoors your body is encountering a constantly changing environment. To keep up the activity at a consistent pace, you need to adapt to changes in your surroundings, such as slight hills or obstacles you may need to dodge. So, your body works harder than if you were running on a treadmill or using a stair machine.

EASE OF ACCESS

Lack of time, along with cost, are often cited as barriers to exercise. Navigating traffic, parking garages, and crowded locker rooms adds additional time needed to be active. Exercising outdoors can reduce these time constraints and it’s free. And, many outdoor areas include benches, trees, inclined roads, and even designated exercise equipment, allowing for a variety of resistance-training exercises.

AN IMPROVED STATE OF MIND

Moving outdoors has been shown to reduce anger and depression. Exposure to sunlight enhances vitamin D production, which has a mood-enhancing effect. You don’t have to run a marathon to reap the benefit. Even low-intensity activities will do.

THE CHANCE TO CONNECT

One of the greatest benefits of outdoor exercise is the opportunity to connect with others in your community. Finish your bike ride at a local coffee shop or set up a weekly walking group with friends. Exercising outdoors can help you feel grounded and deepen your appreciation for the world around you.

Don’t let the prospect of outdoor activity scare you. If you’re new to exercise or just getting back into it, start with short exercise sessions and lighter intensity. If you have any health issues, talk to your doctor before starting.

“I tell people to have a goal in mind, start slowly, and work up to their potential,” Coates says. “Outdoor exercise can be adapted to anyone’s level of fitness.”

For more information, visit MedStarHarbor.org/Waterfront or call 855-546-0862.

Snoring and SLEEP APNEA: What You Need to Know

It’s normal to snore every now and then. But what if you, like millions of Americans, snore regularly night after night? Are you harmlessly sawing logs or could you be suffering from a potentially debilitating sleep disorder?

“Forty-five percent of normal adults snore at least occasionally. It is more common among men and individuals who are overweight and usually worsens with age,” says Ajay Behari, MD, medical director of the Sleep Center at MedStar Harbor Hospital.

“Snoring may also be a sign of obstructive sleep apnea (OSA), which has been linked to health issues, including obesity, heart disease, diabetes, and high blood pressure. So, it should not be taken lightly,” he says.

Dr. Behari notes that snoring and sleep apnea are often thought of as interchangeable. But not all people who snore have sleep apnea, while most people with sleep apnea snore.

Snoring can be caused by a number of different factors, including:

- Sinus infections or colds
- Allergies
- Alcohol
- A deviated septum
- Poor muscle tone
- Throat and airway blockages

“Snoring is a symptom of OSA resulting from a partial or full obstruction of the airway. These obstructions severely restrict or interrupt a person’s breathing, starving the body of oxygen and much-needed sleep,” Dr. Behari adds. “This can cause other health issues, such as extreme daytime drowsiness, difficulty concentrating, depression, and anxiety.”

The most accurate way to diagnose and treat a snoring problem is to meet with a doctor. “Depending on the extent of your problem, a sleep study may be recommended. A sleep study analyzes how you sleep and how your body responds to issues related to sleep,” says Dr. Behari. “Taking this first step prior to beginning any treatment prevents inaccurate self-diagnosis, inadequate treatment, and/or premature dismissal of the problem.”

Treatment for snoring and OSA depends on what is causing it and ranges from lifestyle alterations, such as weight loss, a decrease in alcohol consumption, and changing sleeping positions, to nasal strips, oral devices, technologies that help keep the airway open, and even surgery.

“It is vital to understand that even if you are not diagnosed with sleep apnea, snoring could still be adversely affecting your partner, the restfulness of your sleep, and your overall health,” says Dr. Behari. “Talk to your doctor. There are treatments that can get your restful nights back.”

For more information or a physician referral, visit MedStarHarbor.org/Waterfront or call 855-546-0862.
COMMUNITY LECTURES AND CLASS SCHEDULES

At MedStar Harbor Hospital, we care about the health and wellness of our community. One of the ways we try to keep you healthy and active is by offering special classes, support services, and screenings. Join us, and learn how you can stay healthy for life.

SUPPORT GROUPS

Bereavement Support Group
For anyone going through the grief process after the loss of a loved one. Find some support from others who are going through the same situation, as well as from a hospice representative.
Monthly, second Wednesdays
7 to 8:30 p.m.
MedStar Harbor Hospital
Baum Auditorium
To register or for more information, call 410-523-6000 or email mailkins@seasons.org.
Sponsored by MedStar Harbor Hospital and Seasons Hospice and Palliative Care

MENTAL HEALTH

Mental Health Forum
Join other Baltimore area healthcare professionals, professors, researchers, and community partners to discuss topics related to mental health and wellness. The forum also provides families and community members with up-to-date information to better understand mental health issues and resources. In addition, there will be a presentation by Mary O’Byrne, Esquire.
Weekly, Wednesdays
6:30 to 8 p.m.
Baum Conference Center
Conference Room A
To register, call the National Alliance on Mental Illness Baltimore Helpline at 410-435-2600 or visit MedStarHealth.org/Waterfront.

CANCER PREVENTION

Breast and Cervical Cancer Screenings
Free mammograms, clinical breast exams, and pap tests are available for women:
• Age 40 or older
• Uninsured or underinsured
• Limited income
• Resident of Baltimore City metropolitan area
Call 410-350-2066 to see if you qualify and schedule an appointment.

Colon Cancer Screening
Colon cancer is one of the most common, yet preventable, cancers. To detect colon cancer early, when it is easier to treat, free colonoscopies are available for eligible individuals:
• Women and men age 50 and older
• Under age 50 with symptoms or a family history of colon cancer
• Uninsured or underinsured
• Limited income
• Resident of Baltimore City, Baltimore County, or Anne Arundel County
Call 410-350-8216 to see if you qualify and schedule an appointment.

To register, visit MedStarHealth.org/Waterfront, or call toll-free 855-218-2435 unless otherwise noted. Many classes are free; however, a few have a fee that will be discussed when you call to register.

Living Well With Hypertension
This free workshop is designed for people who have been diagnosed with high blood pressure (hypertension), who want to learn how to better manage their condition.
Wednesday, Oct. 24
2 to 4:30 p.m.
Cherry Hill Library
606 Cherry Hill Rd.
Baltimore

Living Well With Diabetes
Living Well is a free workshop for those living with diabetes or caring for someone with diabetes. This six-week program can help you take care of your health and take charge of your life.
Wednesdays, Oct. 31 to Dec. 5
2 to 4:30 p.m.
Cherry Hill Library
606 Cherry Hill Rd.
Baltimore

MATERNAL HEALTH

Prenatal Breastfeeding
Taught by an Internationally Board-Certified Lactation Consultant and Registered Nurse. Mothers and their partners will learn the basics of breastfeeding their newborn, how to resolve common issues, and tips for returning to work. Snacks and refreshments provided.
Tuesdays, Oct. 9, Nov. 13, Dec. 11
6 to 8:30 p.m.
MedStar Harbor Hospital
Teleconference Room
To register call 410-350-2563.
Fee: $30 per couple. Individuals with medical assistance plans may be eligible for a different class rate and should call for more information.

Prepared Childbirth Class
This class is taught by a Registered Nurse who is also a Certified Childbirth Educator. The class teaches expectant mothers and their partners about the basics of childbirth, comfort measures, and techniques to help cope with labor. This class also includes a tour of the labor and delivery unit. Breaks are provided throughout the day.
Sundays, Oct. 21, Nov. 18, Dec. 16
9 a.m. to 5 p.m.
MedStar Harbor Hospital
Teleconference Room
To register call 410-350-2563.
Fee: $75 per couple. Individuals with medical assistance plans may be eligible for a different class rate and should call for more information.

To register, visit MedStarHealth.org/Waterfront, or call toll-free 855-218-2435 unless otherwise noted. Many classes are free; however, a few have a fee that will be discussed when you call to register.
Looking for a **dependable neighbor?**

**MedStar Harbor Hospital is closer than you think.**

When it comes to your health, we know you want top-notch physicians, nurses, and staff, as well as personalized, comprehensive, and convenient care. That’s why we promise to get to know you through meaningful conversations about your healthcare needs, values, and goals.

**We offer one-stop, personalized, expert care.**

It’s all right here, close to home:

- **Full range of specialties:**
  - Behavioral health
  - Cardiac, cancer, and diabetes care
  - Diagnostic services
  - Pediatrics
  - Primary care
  - Sports medicine, joint replacement, and spine
  - Specialized women’s care and obstetrics
  - And more

- **Emergency experts ready 24/7** for any accident, illness, or emergency

- **Easy access off I-95 and I-895** with plenty of free parking

**We’re here when you need us.**