Getting Back on Track With Cardiac Rehab

New Groundbreaking Procedure for Treating Fibroids

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Healthy Habits
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LETTER FROM THE PRESIDENT

On behalf of your medical teams at MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital, I wish you a healthy and safe 2017. As we enter into this new year, we remain centered on continuing to provide our patients the right care, in the right setting, at the right time.

At MedStar Good Samaritan and MedStar Union Memorial, we have been at the forefront of this reinvention by working in harmony across both campuses to provide our patients with seamless care. Many of our patients have experienced treatment at both of our hospitals, such as when patients have cardiac surgery at MedStar Union Memorial followed by cardiac rehabilitation at MedStar Good Samaritan, or when patients come to the MedStar Good Samaritan Emergency department with a hand injury and are transferred to The Curtis National Hand Center at MedStar Union Memorial. In these types of cases, our medical and clinical staffs work collaboratively to give our patients the best experiences to help them heal and return to their normal routines as much as possible.

This dedication to our patients is what drives us to work together, not only to provide the best access to care but also to be on the forefront of innovative treatments. At MedStar Good Samaritan, we are proud to offer a new procedure for uterine fibroid embolization that is performed through the wrist. At MedStar Union Memorial, through the MedStar Heart & Vascular Institute, we now offer absorbable cardiac stents. By working collaboratively, we’re able to provide access to these innovative treatments, whether it’s in the communities that we serve or throughout the region. Thank you for trusting us with your healthcare needs.

In good health,

Bradley S. Chambers
President, MedStar Good Samaritan Hospital
President, MedStar Union Memorial Hospital
Senior Vice President, MedStar Health
CONGRATULATIONS TO MedStar Good Samaritan Hospital’s Baltimore magazine TOP DOCTORS for 2016

Baltimore magazine recently published its Top Doctors issue for 2016. The physicians honored with this title are chosen by their peers, who respond to survey questions such as: What physician would you send your own family member to?

We are proud to announce that 11 physicians from MedStar Good Samaritan Hospital were recognized as Top Doctors by the magazine. Congratulations to the following physicians:

- Cengiz Aygun, MD – Radiation Oncology
- George Hennawi, MD – Geriatrics
- Jeff Hobelmann, MD – Anesthesia
- Peter Holt, MD – Rheumatology
- Mesfin Lemma, MD – Orthopaedic Surgery: Spine
- Scott Lepre, MD – Physical Medicine/Rehabilitation
- Ziad Mirza, MD – Hyperbaric Medicine
- John Mitcherling, DDS – Oral Maxillofacial Surgery
- Jim Parshall, MD – Geriatrics
- Kevin Schendel, MD – Internal Medicine
- Elias Shaya, MD – Psychiatry

For a referral to a physician who can address your healthcare needs, call 855-546-1191 or visit MedStarHealth.org/BaltimoreTopDocs.

BE A Red Hot Mama on Facebook!

Red Hot Mamas® is an active, engaging support group that gives you everything you need to live life the way you want during—and even after—menopause. Red Hot Mamas is sponsored by MedStar Good Samaritan Hospital and is dedicated to bringing women the best information and resources for dealing with menopause and enjoying life every step of the way.

Now you can join the MedStar Good Samaritan Hospital Red Hot Mamas on Facebook. As a member, you’ll be able to view our speakers’ presentations, receive special recipes, interact with other women and get tips from our physicians and wellness experts. Most importantly, you can share your own personal story as you pursue good health.

Visit Facebook.com and search for MedStar Good Samaritan Red Hot Mamas. Join today!
Getting Back on Track With Cardiac Rehab

WHEN AN INDIVIDUAL HAS experienced a cardiac event, it is often life-changing. Recovering from such an episode can be a daunting process that impacts many aspects of a person’s life. Yet, many patients don’t get the help they need to successfully move forward with recovery.

“Once a patient is discharged from the hospital after a heart incident, it should set in motion the next phase of treatment—participation in a structured cardiac rehabilitation program,” says Jelles Fonda, MD, a cardiologist at MedStar Good Samaritan Hospital.

The hospital’s cardiac patients are encouraged to get the support they need by enrolling in a program that includes education, exercise, nutritional counseling, stress management and more.

“Cardiac rehabilitation is a proven method for recovery, one that has been shown to make patients stronger, healthier and more confident,” Dr. Fonda notes.

Bill Shaprow, an 80-year-old patient of Dr. Fonda’s, is a big fan of the cardiac rehab program at MedStar Good Samaritan.

“Going through rehab gives you a better outlook on life,” Shaprow says. “The program helps you strengthen your heart while improving your overall health and well-being.”

Phase I of cardiac rehabilitation begins for each patient right in the hospital following a cardiac event. After discharge, the cardiac rehab services offered at MedStar Good Samaritan are provided through the Good Health Center, where a team of expert cardiologists, nurses, health educators, and health fitness specialists partner with patients, their families and their primary care doctors to develop individualized rehab programs. The program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation.

The Phase II program, designed specifically for those recovering from a heart attack, coronary artery bypass graft, angioplasty or coronary stenting, heart valve replacement or repair, a left ventricular assist device (LVAD) implant, a heart or heart-lung transplant or heart failure, involves a carefully monitored combination of exercise therapy and education.

“The program is designed to help patients feel better faster, get stronger, reduce stress, manage their blood pressure and increase their self-confidence,” explains Nicole McDonald, program coordinator at the Good Health
Patients enrolled in the program attend structured sessions for one hour three times a week for 12 weeks. During these sessions, they exercise and they learn. We cover topics ranging from how to eat heart healthy to ways to make positive behavioral changes. Patients are evaluated at the start of the program, 30 days, 60 days and at discharge, and their physicians are kept informed of their progress.”

Shaprow has been through the Phase II program twice—after a coronary stenting when he was 75, and last year following Shaprow chats with fellow patient, Elliott Barnes, in the Good Health Center.

DID YOU KNOW?
Cardiac rehab is proven for contributing to a successful recovery after a cardiac event. It helps patients feel better faster, get stronger, reduce stress, manage their blood pressure and increase their self-confidence.

FAST FACT:
Heart disease affects nearly a quarter of the nation’s population.
a heart attack and treatment with another stent.

“When you get there, they take your blood pressure, put a monitoring unit on you, which is connected to your chest, and give you a variety of cardiovascular exercises to do. In the beginning, you might do 10 minutes each on a stationary bike, a treadmill and a hand bike,” he explains. “Then during the next visit, the time you spend doing each exercise slowly increases. It’s not vigorous—you’re closely watched and the staff is very caring.”

Shaprow, an outgoing man who speaks fondly of his past as a former Porsche race car driver—he even named his daughter Portia—also appreciates the camaraderie at the Good Health Center.

“Everyone is there for the same reason and that breaks down barriers. You encourage and check up on each other,” he adds.

“Everyone is there for the same reason and that breaks down barriers. You encourage and check up on each other,” he adds.

He credits the program with helping him maintain a positive attitude despite the fact that he also is dealing with several other health issues, including degenerative disc disease, which makes it difficult for him to walk without a cane. At the hospital, he is treated by a multidisciplinary team that includes Maneesh Sharma, MD, a pain management specialist, and Mohammad Khan, MD, his primary care physician, plus Dr. Fonda.

“All of my doctors are with MedStar Good Samaritan Hospital. I’m over there all the time,” he notes.

Since graduating from the Phase II cardiac rehab program, Shaprow has enrolled in Phase III, a less structured and more independent exercise program that patients follow on their own.

“I work on my lower extremities … my legs and hips. I can really feel the difference.”

While there, the Good Health Center staff continues to assist him with periodic exercise program updates and modifications.

“Nearly everyone can benefit from cardiac rehab,” adds Dr. Fonda. “Unfortunately, it’s one of the most underutilized rehabilitation services in this country. A lot of patients just don’t want to take the time to do it, or think it won’t help. But here at MedStar Good Samaritan, we urge our patients to enroll. For improving quality of life, it’s better than any pill or procedure.”

The Phase III program at the Good Health Center also is available for noncardiac clients who have a chronic condition for which exercise has been proven to be beneficial, such as arthritis, diabetes, high blood pressure and obesity. The Good Health Center accepts patients referred from any healthcare facility, not just MedStar Good Samaritan.

Visit MedStarGoodSam.org/GoodHealth or call 855-546-1995 for more information about the Good Health Center and the cardiac rehab program.
Everyone knows somebody who never seems to get sick. But did you ever wonder why? It’s not because they are able to avoid exposure to germs. That’s nearly impossible! It’s because their immune system is able to keep them healthy.

According to Jessica DeCostole, MS, RD, a dietitian educator in the Good Health Center at MedStar Good Samaritan Hospital, there are a number of simple ways to build an immune system that can help you stay well and avoid illness. “Many people eat a lot of junk and processed foods over the holidays and don’t get the exercise or sleep they need. This can have a negative impact on your immune system, making you more susceptible to colds and the flu,” she explains.

**EAT A BALANCED DIET**

“You need many nutrients to support your immune system,” DeCostole says. “So focus on eating whole foods that provide lots of vitamins and minerals. Making healthier food choices and eating lighter will help you feel better and lose weight, if that is a goal.”

**STAY HYDRATED**

Many people find it hard to stay hydrated during the winter months. Poor hydration weakens the immune system and can lead to nutritional and other imbalances that can cause health problems.

“Being properly hydrated can help you lose weight, too,” she adds. “In fact, many people mistake thirst for hunger, causing them to consume calories they don’t need.”

**EXERCISE**

Exercising is not only a great way to get in shape, it also increases your immune function, improves sleep quality and makes you stronger.

“Studies have shown that moderate intensity exercise may cut down on the number of colds you get,” DeCostole says.

**GET SEVEN TO EIGHT HOURS OF SLEEP**

Not getting enough sleep has been linked to many health problems, including those that stem from an impaired immune system.

“Sleep loss influences how we fight illnesses,” she notes. “If you can, sleep at least seven to eight hours a day.”

By adopting just a few healthy habits, you can do wonders for your immune system. That’s the key to staying well all year long.

Visit MedStarGoodSam.org/GoodHealth or call 855-546-1995 for a free Healthy Recipes guide.
CHANGE Your Lifestyle

ODDS ARE YOU KNOW AT LEAST one person with diabetes. And the odds are even greater that you know one of the 86 million Americans with prediabetes. Yes, that’s 86 million people. The thing is, only 9 million of those with prediabetes know they have it and 15 to 30 percent of them will develop type 2 diabetes within five years.

It’s a big problem, especially when you consider that diabetes is one of the leading causes of death in the United States. The good news is that there are things you can do to prevent prediabetes from turning into full-blown type 2 diabetes.

“Prediabetes is a condition in which an individual has high blood glucose or hemoglobin A1C levels but they are not high enough for the person to be classified as a diabetic,” explains Debbie Bena, MA, BSN, health ministries coordinator for MedStar Good Samaritan Hospital. “By developing and maintaining healthy lifestyle changes, prediabetes can be reversed.”

To help area residents with prediabetes learn how to address the condition before it becomes more serious, MedStar Good Samaritan launched a Diabetes Prevention Lifestyle Change Program two years ago. A structured program, it was developed specifically for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes. The hospital has applied for and anticipates recognition of the program by the Centers for Disease Control and Prevention (CDC).

The year-long program features a CDC-approved curriculum and trained lifestyle coaches who closely support participants. And it’s not a quick fix. Rather, it’s focused on long-term changes and lasting results.

Leslea Jackson is proof that the program works. After losing more than 50 pounds, Jackson enjoys her afternoon walks with daughter, Marlee, more than ever.
“I had been diagnosed by my endocrinologist, who I see for another condition, as prediabetic. He told me I was going to develop diabetes if I didn’t do something about it. Diabetes runs in my family and I know how debilitating it can be. With a 13-year-old daughter, I didn’t want to face that,” she says.

“Then I ran into Deb Bena at a wedding … she is married to a good friend of my family … and the topic of diabetes came up. When she told me about her program, I thought I’d give it a try.”

Since starting the program, Jackson has lost 51 pounds and both her cholesterol and A1C levels are normal.

The group-based program consists of 16 sessions, which are completed in six months, followed by six monthly sessions led by a trained lifestyle coach who facilitates a small group of people with similar goals. The group support is just as important as the coaching.

“We discuss topics such as healthy eating, increasing physical activity and losing weight, as well as behavioral changes,” says Bena, who also is a trained lifestyle coach. “A goal of the program is to help participants lose five to seven percent of their body weight.”

Research has shown that if a person with prediabetes loses just five to seven percent of their body weight through healthier eating and 150 minutes of moderate physical activity a week, it can cut their risk of developing type 2 diabetes by 58 percent.

“For a person who weighs 200 pounds, that means losing just 10 to 14 pounds. It doesn’t take a drastic weight loss to make a big impact,” Bena notes. “Leslea lost more than 25 percent of her body weight!”

Since the program at MedStar Good Samaritan began, 60 people have enrolled. Most people sign up because they are overweight. Classes are held at various community-based sites and new programs are always being started so that individuals interested in participating don’t have to wait long for a new class to begin.

“The key to the program is to follow all the steps,” Bena says. “If you do that, the weight comes off in no time.”

Jackson explained that one of the ways the program helped her was by forcing her to track everything she ate.

“I became much more aware of what and how much I was eating,” she says. “Today I am eating a lot better. I eat less fat, smaller portions, more salad and fruit, and more white meat. Sharing the experience with other participants was helpful, too. We’d talk about different foods and exchange ideas about ways to prepare things.”

Now averaging about 142 pounds, Jackson says she looks and feels a lot better.

“My daughter, Marlee, teases me about my skinny legs. But she’s glad that I signed up for the program and knows I’m much healthier.”

Visit MedStarGoodSam.org/GoodHealth to take our diabetes quiz or call 855-546-1995 to register for the Diabetes Prevention Lifestyle Change Program.
A GROUNDBREAKING NEW procedure now being offered at MedStar Good Samaritan Hospital is providing women suffering with uterine fibroids a welcome option for treating the condition.

Known as radial uterine fibroid embolization (UFE), the minimally invasive procedure involves inserting a catheter into the radial artery located in the wrist, which is then guided by an interventional radiologist into the uterus. It requires a tiny incision and uses small particles to damage and shrink the fibroids.

Fibroids, noncancerous tumors that grow within the uterus, affect 40 percent of women over the age of 40. Typically found in women ages 30 to 50, they can cause heavy, excessive menstrual bleeding, pelvic pain and pressure, and urinary incontinence.

UFE is an alternative to hysterectomy—the surgical removal of the uterus—which was the most common treatment for fibroids for many years. With UFE, the uterus is preserved.

“Until now, UFE was typically performed by accessing the uterus through an artery in the groin,” says Brian Swehla, MD, the interventional radiologist who introduced the radial approach at MedStar Good Samaritan. “However, that approach requires the patient to lay in bed and keep their leg straight for up to six hours right after the procedure, which can be very uncomfortable and painful. Radial access has been preferred by cardiologists for coronary interventions for a long time and is now gaining in popularity as a way to access the uterus.”

While the radial procedure can be technically challenging, it makes a world of difference to patients.

“Accessing the fibroid through the wrist dramatically shortens the recovery time and results in less pain. My patients are able to get up, move around and go home sooner,” says Dr. Swehla.

Plus, there is little to no blood loss.

Shadawn Scott-Simmons was among the first women in the region to have the procedure.
The bleeding during my menstrual cycle started getting heavier than normal about two years ago. I was diagnosed with fibroids, but didn’t want to have surgery. So I put up with it but it kept getting worse. I was bleeding all the time. It was so bad. I felt like a prisoner,” she explains.

Her condition also made it difficult for her to perform her duties as a registered nurse.

“I was missing so much time from work I finally had to take a medical leave of absence.”

Then her blood levels dropped so low she needed a blood transfusion.

“The doctors who took care of me at MedStar Good Samaritan Hospital discussed some of the treatment options that are now available for fibroids and referred me to Dr. Swehla,” says Scott-Simmons.

Scott-Simmons was losing so much blood that she developed symptomatic anemia.

“Once the anemia kicked in I could barely function. I was short of breath and very tired,” she says.

Prior to the procedure, Scott-Simmons was given local pain medicine at the wrist to numb it, as well as a mild sedative. Once it was over, she went to recovery for two hours after which she was allowed to move around. She remained in the hospital that night and went home the next day. She had pelvic cramps for a few days, which is common after the procedure, but is now feeling fine.

“I feel amazing now. I’m so glad it’s over and I am so grateful,” she says. “When I had my follow-up visit with Dr. Swehla, I told him ‘I have to give you a hug. You gave me my life back.’”

“We are finding that women really prefer the wrist approach,” adds Dr. Swehla. “It’s more comfortable for patients and there is less risk of complications. Any woman who is considering treatment for her fibroids should look into it.”

Visit MedStarGoodSam.org/GoodHealth for more information about UFE or call 855-546-1995.
SIX Tips for STAYING ACTIVE in the Months Ahead

Winter is here, along with colder weather, darker evenings, and coughs and colds. Once the days get shorter, many people get the urge to curl up in front of the TV with a big bag of cookies and glass of milk.

Right now, that’s the worst thing you can do. “The healthier you are the more resistant you are to colds and infections,” says Erkan Ozturk, MD, a geriatrician in the Center for Successful Aging at MedStar Good Samaritan Hospital.

“The advantages of regular exercise are too great to be put on hold when workouts become inconvenient. People who exercise reduce their risk for heart disease, high blood pressure, certain cancers, diabetes and osteoporosis,” he adds. “In addition, regular workouts improve your mood, increase your energy level and help you sleep better.”

Unfortunately, winter can limit you to indoor activities, because of slippery surfaces or even just the temperature.

“So rather than using winter weather as an excuse, view it as an opportunity to be more creative about how you approach getting your daily exercise,” says Dr. Ozturk.

Although it might be a little harder to push yourself during the winter, working out is likely to pay off in the spring.

Before you start a regular exercise routine, consult with your doctor to see if there’s any reason why you should not be physically active.

HERE ARE A FEW IDEAS FOR STAYING ACTIVE INDOORS IN THE MONTHS AHEAD:

1. Go to an enclosed public space like a shopping mall and take a walk.
2. Join an exercise class. Many people are more motivated by doing activities in groups.
3. Create a playlist of your favorite songs and dance. A 150-pound person can burn 95 calories dancing for just 15 minutes.
4. Invest in some practical exercise equipment and set up a home gym. To save money, consider buying used equipment.
5. Take advantage of all the exercise videos available today. You can even borrow videos from the library.
6. Work around the house. Many day-to-day chores require you to be physically active.
Start the Year RIGHT Get Screened for Cancer

There are approximately 14.5 million cancer survivors in the U.S. today—a number that is expected to grow to almost 19 million by 2024, according to a recent report from the American Cancer Society (ACS). The report attributes this good news, in part, to improvements in cancer screening.

Cancer screenings enable medical providers to catch cancer in the early stages when the disease is most treatable. That’s why they are so important.

Following are screening guidelines from MedStar Health Cancer Network for a few of the most common cancers. Some individuals may need earlier or more frequent screenings depending on their risk factors. This is something you should discuss with your doctor.

**BREAST**

Screenings are recommended for all women.

- Breast exam by a medical provider (every three years for women ages 20 to 39 and every year after age 40)
- Annual mammograms and breast exams by a medical provider for women ages 40 and older, or younger if at high risk

**CERVICAL**

Screenings are recommended for all women age 21 and older, or upon becoming sexually active.

- Periodic Pap tests with frequency based on age (after three normal tests, a woman may need less frequently)

Free breast and cervical screenings are available to women who are age 40 and older, with limited income and are uninsured or underinsured. Call 410-350-2066 to see if you qualify.

**COLORECTAL**

Screenings are recommended for all adults age 50 and older, or younger if at high risk.

- Colonoscopy every 10 years
- Fecal occult blood test every year
- Flexible sigmoidoscopy every five years, or
- Double-contrast barium enema every five years

*Free colorectal screenings are available to individuals age 50 and older, with limited income, and uninsured or underinsured. Call 410-350-8216 to see if you qualify.*

**LUNG**

Screenings are recommended for individuals who are at high risk based on the following criteria:

- 55 to 77 years of age
- A smoker of a pack of cigarettes a day for 30 years or more
- Currently smoking or have quit fewer than 15 years ago

**PROSTATE**

Screenings can be beneficial for men age 50 and older, or younger if at high risk. Men should talk to their medical provider about the value of two tests:

- Digital rectal exams
- Prostate-specific antigen blood tests

Visit MedStarCancer.org/Baltimore or call 877-715-HOPE (4673) for more information or a free physician referral.
COMMUNITY LECTURES AND CLASS SCHEDULES

At MedStar Good Samaritan 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, events and screenings. **Join us, and learn how you can stay healthy for life.**

### HEART HEALTH

#### Cardiac Rehabilitation Program
Phase II provides an individualized, carefully monitored program with exercise therapy and education for those recovering from a heart attack, coronary artery bypass graft, angioplasty or coronary stenting, heart valve replacement/repair, and heart or heart-lung transplant.

Three hourly sessions per week, Mondays, Wednesdays and Fridays 9 or 11 a.m.
MedStar Good Samaritan Hospital Good Health Center
Call **443-444-3874** to register.

#### Chair Exercise
A free exercise program consisting of aerobics, strength training and flexibility done while sitting in a chair
- Every Friday 10 to 11 a.m.
  - St. Mary's Roland View Towers
  - 3939 Roland Ave., Baltimore

#### Tai Chi
This ancient form of exercise can help lower blood pressure, ease stress and improve sleep.
- Class limited to 25 participants.
- Tuesdays, March 28; April 4 to 25; May 2 to 30
- 5:30 to 6:30 p.m.
MedStar Good Samaritan Hospital Good Health Center, Room A
Call **855-546-1995** to register.

#### Yoga
Improve your flexibility and reduce stress. Beginners to advanced participants welcome.
- Mondays, Jan. 9 to 30; Feb. 6, 13, 27; March 6 to 27
- 6 to 7:15 p.m.
MedStar Good Samaritan Hospital Parker Center
Call **855-546-1995** to register.

**Fee:** $80 for 11-week session

### EXERCISE AND FITNESS

#### Phase III Exercise Program
An exercise program (physician referral required) for those with chronic illnesses such as arthritis, diabetes, hypertension and high cholesterol. The program includes access to an onsite fitness center.

Monday through Friday 7 a.m. to 4:30 p.m.
MedStar Good Samaritan Hospital Good Health Center
Call **443-444-3881** for details.

**Fee:** $20 per month or $90 for six months

#### Gentle Tai Chi
Smooth, gentle movements can help lower your blood pressure, ease stress and improve sleep.
- Fridays, March 10 to 31; April 7, 14
- 1:30 to 2:30 p.m.
MedStar Good Samaritan Hospital Good Health Center, Room A
Call **855-546-1995** to register.

**Fee:** $25 for six-week session

#### LUNG CARE

#### Pulmonary Rehabilitation
A monitored exercise program to help if you have lung diseases, such as COPD, asthma and chronic bronchitis
For details, call **443-444-3397**.

### SUPPORT GROUPS

#### MedStar Stroke Support Group
Meet with stroke survivors and caregivers to help one another.
- Thursdays, Feb. 2; April 6
- 1 to 2:30 p.m.
MedStar Good Samaritan Hospital Good Health Center, Room B
Thursday, March 2
MedStar Franklin Square Medical Center, Room G
Register online or call **855-546-1995**.

**Fee:** $25 for six-week session

#### Diabetes Support Group
Talk with others about how to manage your diabetes.
- Third Monday of each month 2:30 to 4 p.m.
MedStar Good Samaritan Hospital Good Health Center

#### Caregiver Support Group
A support group for those who care for an aging adult
- Thursdays, Feb. 9; March 9
- 3:30 to 5 p.m.
MedStar Good Samaritan Hospital Russell Morgan Building, Suite 502
Register online or call **855-546-1995**.

#### Amputee Support Group
Share experiences and resources to live independently.
- Wednesdays, Jan. 25, Feb. 22 and March 22
- 1:30 to 3 p.m.
MedStar Good Samaritan Hospital Good Health Center
For details, call **443-444-3955**.

### WELLNESS AND PREVENTION

#### Blood Pressure Screenings
Monday through Friday 9 a.m. to 4 p.m.
MedStar Good Samaritan Hospital Good Health Center
No appointment necessary.
Massage Therapy or Integrative Reflexology
Provided by licensed massage therapists at the Good Health Center. Day and evening appointments are available.

Call 443-444-GOOD (4663) for details.

Fee: $30 for 30 minutes or $55 for 60 minutes

Life Balance/Weight Management Program
A free, 16-week program designed to help you eat healthier, exercise daily, lose weight, and improve problem-solving and coping skills. The program is facilitated by a registered nurse/coach who will help you make positive health changes. The information comes from the National Diabetes Prevention Program and is targeted at reversing prediabetes.

Tuesdays, Jan. 24 to May 16 1 to 2 p.m.
Hampden Family Center
1104 W. 36th St., Baltimore

Fridays, Feb. 3 to May 19
Noon to 1 p.m., Shepherd’s Clinic/Joy Wellness Center
2800 Kirk Ave., Baltimore

Call 855-546-1995 to register.

Freshstart® Smoking Cessation Program
This evidence-based approach is geared to help you quit smoking through motivational activities, counseling, problem-solving techniques, social support and education about medications.

Thursdays, Session 1:
Jan. 12 to 26; Feb. 2
Session 2: March 9 to 30
Session 3: April 13 to 27; May 4
5:30 to 6:45 p.m.
MedStar Good Samaritan Hospital
Good Health Center, Room A

Thursdays, Jan. 26; Feb. 2 to 16
2 to 3:30 p.m.
Shepherd’s Clinic/Joy Wellness Center
2800 Kirk Ave., Baltimore

Call 855-546-1995 to register.

Living Well: Take Charge of Your Health
A six-week self-management program to help adults with diseases such as high blood pressure, diabetes, arthritis, chronic pain, heart disease, stroke or cancer. Topics include nutrition, exercise, relaxation, and dealing with fatigue and pain, as well as effective communication.

Wednesdays, Feb. 1 to 22; March 1 and 8
1:30 to 4 p.m.
Shepherd’s Clinic/Joy Wellness Center
2800 Kirk Ave., Baltimore

Call 855-546-1995 to register.

Hepatitis Clinic
People can have hepatitis B and C and not know they are infected. New treatment options are available to improve recovery.

For details, call 443-444-1817.

JUST FOR YOU
Better Health by the Book
Join our social book club for lively discussions and expert advice on how to age vibrantly.

Tuesday, March 14
7 to 8:15 p.m.
Greetings & Readings of Hunt Valley
Hunt Valley Towne Center

Register online or call 855-546-1995.

Migraine Clinic
If you suffer from frequent headaches, you may be a candidate for a special treatment designed to ease the pain.

For details, call 410-823-3600.
Center for Successful Aging offers Coordinated Care; Peace of Mind for Families

At the Center for Successful Aging, a specialized team cares for people with chronic, age-related medical and social problems—all in one convenient location. Many common problems can be treated, including:

- Dementia
- Confusion or memory problems
- Decreased mobility
- Frequent falls
- Medication management
- Urinary incontinence and more

Located at MedStar Good Samaritan Hospital, the Center for Successful Aging offers support for patients and their caregivers at every stage of life.

Knowledge and Compassion
Focused on You

Take our memory quiz at MedStarGoodSam.org/SuccessfulAging or call 855-546-1995 for an appointment.

Minutes from Towson. Parking is free.