

HEALTH, BEAUTY & FITNESS

Severna Park Voice

August 2019

RUTZEN EYE CENTER Page 12

Dr. Allan Rutzen and his team at Rutzen Eye Specialists & Laser Center ensure patients feel at ease and confident in their journey toward better eyesight.



MENTAL HEALTH Page 2

Mental health treatment can be a positive, noninvasive and meaningful experience with proper evaluation and diagnosis.

HAIR CARE Page 14

What are the trends, techniques and ideas that are shaping the hair industry so far in 2019?

FITNESS Page 17

There are many pieces of the wellness pie. You must rely on many factors to get desired results.

What You Should Know About Mental Health



Scott Smith

Spectrum
Behavioral Health



Not long ago, people who had mental health problems were treated by having a hole bored in their skull, presumably, to release the spirits causing the problem. This process was known as trephination, and archeologists have found many skulls dating as far back as the Neolithic period (around 6500 B.C.) with perfectly shaped boreholes in them.

It wasn't just one small village or culture that did this; there is abundant archeological evidence of trephination throughout Europe during the Stone Age, but it was also present in China and Mesoamerica. Trephination was one of the first early surgical interventions but was obviously not effective in treating cognitive and emotional problems.

While we still have progress to make, mental health treatment has come a long way since we attributed cognitive and emotional difficulties to outside forces or viewed the individual as defective. We now understand that the human brain is at the core of these problems and that for many reasons, it sometimes just isn't working properly.

Modern mental health treatment is noninvasive and is often a positive and meaningful experience. Most importantly, outcome studies have shown that psychotherapy and medication therapy are helpful. Before insurance coverage began for mental health treatment, the usefulness of therapy had to be assessed. While work is always continuing in this area, there is no doubt that mental health treatment is helpful in resolving or mitigating cognitive, emotional and behavioral problems.

Mental health treatment can be boiled down to the elements of evaluation, diagnosis and treatment. Evaluation and treatment usually consist of multiple inter-

views to understand the problem in context of the person's life. In some cases, objective testing is also needed to better define what is going on and to help measure how the mind is functioning. There is also research and continuing effort to assess people biologically, including the use of medication and using genetic testing and brain imaging.

Once the problem is defined and understood through evaluation, a treatment plan is developed and usually involves working with a person's thought processes and behaviors. Some people liken psychotherapy or "talk" therapy to reprogramming faulty ways of thinking and feeling or changing counterproductive ways of behaving toward ourselves, other people or the world around us.

Treatment can help to stop troubling emotions and behaviors so that we are able to function better in all phases of life. Problems that are helped by therapy include dealing with the stresses of daily life, mitigating trauma and accepting sudden

change in life, like the loss of a loved one. It is also useful in helping with larger ongoing patterns of distress, such as depression and anxiety.

There are several approaches in therapy and some therapists combine aspects of all of them in an "eclectic" model. Today's therapies usually involve an element of cognitive-behavioral therapy, which focuses on how the way we think and believe about the world affects our emotions, which creates our behavior. Other therapies make a strong effort to understand our origins and how these patterns may have developed.

These therapies may be used well in combination with medication to help the person have better control over their symptoms while working to resolve them. It's not unusual for a therapist to refer a patient to a medication specialist and vice versa when working with complex problems. Some view the combination of therapy and medication as analogous to working on both
» Continued on page 16



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Spectrum accepts most insurances and has recently started participating with Blue Cross and Blue Shield. Spectrum has licensed psychologists, psychiatrists and clinical social workers who work with individuals, couples and families who are facing all types of difficulties. Their services include brief therapy, cognitive behavior therapy, stress-management, counseling, and prescribing medication.

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Providing A Comforting Presence At The End Of A Patient's Life

**Eric Bush,
M.D., RPh, MBA**

Chief Medical Officer
Hospice of the
Chesapeake



There comes a time in everyone's life when he or she faces death — if not his or her own death, then that of someone close. Though the process can vary from person to person, many common indicators can signal to medical experts that a patient is dying.

One to three months before death, the knowledge that “yes, I am dying” becomes real. This can lead a person to withdraw from the world, including from loved ones. While entering a journey of introspection, the person may begin to evaluate



one's self and the life he or she has lived. The person begins to spend more time sleeping and stops communicating with friends and family.

This disconnect can cause loved ones to reflexively with-

draw from those who are dying. Resist this urge. Continue to talk to your loved one, even if you get no response. Your voice and the voices of others are soothing and keep the person connected to family and loved ones. Most

end-of-life experts agree that the auditory sense is the primary sense used before death.

There are simple ways to provide a comforting presence, to let someone know he or she is loved and still a part of your world. Place photographs of family where the person can see them. Add something new to his or her room every few days for variety — for example, a child's drawing or a vase of flowers. If possible, open a window so the person can hear the sounds of nature. Open the curtains to let in natural light and situate the bed so the person can see outside. Also, put a calendar and clock within view.

Move some family activities to the person's room to avoid a feeling of isolation. Even if the person is unresponsive, knowing he or

» **Continued on page 16**

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Medical cannabis is a product that is only for use by a qualifying patient. Some forms of this product can effect judgement and coordination. Common side effects include bloodshot eyes, depression, dizziness, fast heartbeat, and low blood pressure. This product may effect individual patients differently.

What Is A Complete Medication Review?

Marcus LaChapelle

Broadneck Pharmacy

Recently at the pharmacy counter, I have been talking about complete medication reviews, or CMRs. CMRs are part of the expanding role of pharmacists providing medication therapy management or MTM. Did you know your pharmacist can provide a “medication checkup” to look at all the medicines you take, including prescriptions, over-the-counter products, vitamins, herbal products and supplements?

Medicare prescription drug plans (Part D) are required to offer an MTM program. Many private insurers are following Medicare’s lead. Certain patients taking multiple medica-


tions are targeted by insurers to be included in their MTM program and be offered a CMR annually. Candidates for a CMR may include patients who strug-

gle to afford medication, struggle to refill their medication on time, those who have multiple conditions or prescribers, or those recently discharged from

the hospital. During a CMR, your pharmacist works as a partner with you and your prescriber to make sure you’re getting

» **Continued on page 20**



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Cataract Treatment And Flexible Spending Accounts



At the end of the year, some patients have funds left in their flexible spending accounts (FSAs) and learn that money is “use it or lose it.” Instead of writing it off as a loss, why not make an appointment before then and see if you are a candidate for LenSx laser-assisted cataract surgery and/or a multifocal lens?

When a cataract has progressed to the point that it is interfering with normal everyday functions, such as driving or reading, surgery is often the recommended course of action. Cataract surgery involves moving the lens of the eye and replacing it with an artificial lens.



Approximately 90% of cataract surgery patients report better vision following the surgery.

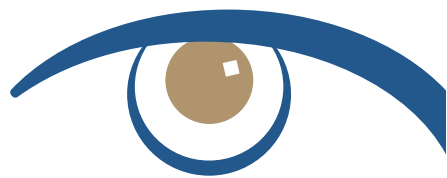
The LenSx laser-assisted surgery is a blade-free procedure that allows the extra benefit of not just removing the cataract

but also addressing astigmatism in the same procedure. It is the most technologically advanced option for cataract patients today, allowing your ophthalmologist to create a cataract surgery that’s 100% unique to you.

Multifocal lens implants offer an expanded view over the standard lens implant, and many patients find that their dependence on glasses is decreased significantly after surgery with LenSx laser-assisted cataract surgery and/or a multifocal lens implant.

Both the laser and the up-graded lens implant are elective additions that are not covered by insurance carriers and are out-of-pocket expenses that are added onto surgery. They are a great way to ensure that FSA funds do not get lost while also providing yourself or a loved one with the best possible options for superior vision.

For more on this topic or other questions, contact Anne Arundel Eye Center. The staff is dedicated to making the best eye care accessible to everyone. Visit www.annearundeleynecenter.com or call 410-224-2010.



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Kathryn Turner, OD

Samuel Boles, MD

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How To Encourage Language Development At Home

Tiffany Erler

Budding Voices

Whether you have an early talker or a late talker, you play an important role in your child's language development. Without even realizing it, you are teaching your child throughout the day. Did you know that children learn through play? Get down on the floor and have some fun! Sometimes it can be helpful to have some specific strategies in your "tool kit" to encourage learning new words and concepts. Below are some language stimulation strategies parents can use every day.

Modelling — This is when you provide an appropriate



word, phrase or sentence your child might say in a given situation. It's best to model in real time. You can start with "You

can say ___" or just say the word, phrase or sentence.

Example: Your child shows you he or she wants to play with

a toy you are holding. Model a request by saying "me" or "my turn" and then give him or her a turn.

Note: Your child does not have to imitate you!

Self-Talk — This is when you talk about what you are doing while you are doing it. It's a great way for your child to learn vocabulary and concepts related to specific actions, activities and objects. You can state what is happening from your perspective using "I" statements.

Example: While cooking in the kitchen, you might say, "I am cooking. This is a salad. I'm cutting the vegetables. Put them in the bowl. Now I am mixing them up. Pour on the dressing. Yummy!"

Note: Your child does not have to respond.

» **Continued on page 20**



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Tech Talk With Dr. Cranska

Dr. Jeffrey Cranska

Family Laser
Dentistry



Modern dentistry is dynamic. Changes to improve patient comfort and quality of care are always being developed. The use of improved dental materials, modern delivery systems, lasers, computer-generated imaging and computer management software systems are just some of the changes.

In upcoming months, I will answer questions on high-technology dentistry. Please direct inquiries to my website at www.cranska.com or email me at familylaserdentistry@outlook.com.

20 Years Of Laser Gum Surgery

Where is laser dentistry today? Dental lasers and their uses have evolved in their years of existence and are here to stay. Recent advances in technology have made lasers highly successful in doing new dental procedures and improving existing ones.

Q: What are the dental procedures you depend on your lasers for the most?

A: Since 1999, I have used lasers to treat periodontal (gum) disease using LANAP in a minimally invasive way. Other lasers remove decay and prepare cavities for tooth-colored, bonded restorations. Numerous procedures for surgical, restorative and cosmetic care are performed using lasers.

Q: What is a laser and how does it work?

A: Dental lasers utilize a beam of

light. The beam is amplified light energy. Energy is produced in the resonator, directed through the fiber optic system, and moves to the tip of the laser handpiece, then precisely onto biologic tissue. All this is done at the speed of light. This contact creates a thermal

interaction. Different lasers operate at specific wavelengths of light and have different effects on gum tissue, tooth enamel and decay.

Q: For what procedures could dentists utilize a laser?

A: I don't do any soft tissue
» Continued on page 16

LANAP=Laser Assisted Regeneration (LAR)

An FDA-cleared laser treatment called the LANAP protocol offers a less painful, more successful treatment alternative to conventional surgery. LANAP=LAR is the only scientifically, research-proven methodology that results in true periodontal regeneration, new bone growth and gum tissue reattachment. LANAP and LAR are accomplished with the PerioLase MVP-7. It is a free-running, variable pulsed Nd: YAG laser. The seven variable pulse durations can be thought of as "different lasers" in one device as they have discrete and discriminating tissue interactions. The LANAP=LAR treatment is one of the most successful protocols in treating gum disease because it can target the source of the inflammation without hurting or removing any healthy gum tissue, slow or stop attachment loss and decrease pocket depth, and allowing the body to recover from the chronic infection without the need for scalpel or sutures. ■

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Seeking Out Self-Defense In Violent Times



In a day and age when random, senseless acts of violence seem to be happening more and more all across the country, people feel less safe and more uneasy. No one wants to or should have to live their lives in a constant state of fear or worry, but it has become impossible to pretend that violence does not exist. For this reason, people are looking to learn self-defense as a way to protect themselves and their loved ones in their daily lives. The problem is that many people do not know where to look or what to look for.

No martial art school can be all things to all people. This is why



Photo courtesy of Mike Oswald Photography



many schools specialize in either the sport or the self-defense side of the discipline, but usually not both. A sport school will focus its training more on skills that work

best in that particular style's competitive outlets, teaching students the techniques and strategies for winning tournaments, medals and trophies. A

martial art school focused on self-defense may include similar techniques to the sport school in its curriculum but with more of a concentration on real-world application, addressing issues such as situational awareness, verbal de-escalation, and the moral and legal side of violence.

A good self-defense academy will teach effective techniques for dealing with the most common attacks that the average person is likely to encounter in his or her daily life. This means teaching a varied curriculum, depending on the age and size of the student, as well as considering the environment an individual operates in on a daily basis. A child who faces bullying on the playground has different self-defense needs than a woman who works in the city and who walks alone in the dark

» Continued on page 20



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LASIK Surgery Is A Stress-Free Experience

By Dylan Roche

If the thought of laser surgery on your eyes makes you a little nervous, you're not alone. But Dr. Allan Rutzen and his team at Rutzen Eye Specialists & Laser Center are committed to ensuring patients feel at ease and confident in their journey toward better eyesight, beginning at the very first appointment — and their quality of care makes a big difference for their patients.

"Dr. Rutzen is there with you the whole time, and he explains every little thing he's doing," said David Polsinelli, who recently underwent LASIK surgery. "Any surgery makes you a little nervous, but he just makes you feel at ease."

LASIK is one of several surgeries Rutzen specializes in, along with cataract surgery, corneal transplant and other surgeries in the front of the eye. As Rutzen himself explained, "LASIK surgery is surgery using a laser to correct people's focusing, and it's different from other lasers we use in ophthalmology, like lasers we use for cataract surgery, retinal surgery or other things. With this surgery, it's intended to replace people's need for glasses, and we use it for correcting focusing problems like nearsightedness, farsightedness and astigmatism."

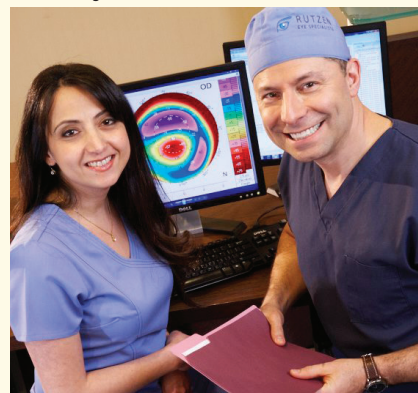
Candidates for LASIK surgery should be 20 or 21 years old or older because those who are still growing could have eyes that are still changing.

Candidates should also be without other eye problems and have eyes that are healthy and with adequate moisture. Rutzen will perform an evaluation ahead of time to ensure there are no other medical conditions that would preclude someone from LASIK, and to ensure their eye prescription is suitable for treatment.

Amy Levitt, a patient who recently underwent LASIK

surgery with Rutzen, explained how the process began with a detailed evaluation. "Dr. Rutzen and his team carefully evaluated my case, fully explained the process and risks, and answered questions," she said. "Their attention to every detail, along with respect for my privacy and dignity, put me at ease."

Rutzen's pre-surgery evaluation looks at how patients use their eyes and what their vi-



sion goals are. In Levitt's case, she uses a computer for both her professional and volunteer work, and she enjoys kayaking, reading, and painting watercolors. As she put it, "Eyesight is vital to my quality of life."

Rutzen is unique in that he is with his patients every step of the way. "Before surgery, I personally examine their eyes and help them make a determination of whether they want to proceed with surgery and how they want their eyes to focus afterward," he said. "I do the surgery, and I see them at each of their postoperative visits."

Both Rutzen and his associate, Dr. Jacey Hanna, have undergone LASIK surgery themselves, so they can relate to what their patients are experiencing. "I spend a lot of time talking with them, reassuring them and guiding them through the surgery," Rutzen said.

Polsinelli recalled how he didn't really feel nervous until he was in surgery and had the laser in front of his eye, but Rutzen put him instantly at ease

by taking the time to answer questions and explaining every minor step of the surgery as he was doing it.

"He's always ready and available with questions — you never feel rushed, and he's very genuine and sincere," Polsinelli said.

It was also a much faster procedure than Polsinelli expected. He said he walked into the laser center around 8:00am and was headed home no later than 8:40am. The procedure itself took about 10 minutes.

The day of surgery entails a patient's visit to the laser suite, where they are treated with numbing drops and lie down under the laser. Rutzen uses an eyelid holder to gently hold the patient's eye open during the procedure, and although there is some pressure, there is no pain. Afterward, the patient leaves with eyes open, though vision is a bit cloudy. The first day will also have some discomfort and tearing that improves with time. "Their vision is usually pretty good the next day, and they can drive themselves to their postop visit the day after surgery," Rutzen said.

Levitt recalled of her experience that every staff member was professional, knowledgeable, friendly and extremely compassionate; the equipment was state-of-the-art; and Rutzen was super communicative from



pre-op to post-op. She added that the surgery has improved her life very much. "Waking up each day and being able to see



clearly — without glasses — is a gift," she said.

Both Levitt and Polsinelli agreed that it meant a lot to them to receive a call personally from Rutzen the evening of their surgery to check in on them and see how they were doing. "He eases your mind, and he's very positive," Polsinelli said.

Rutzen first came to Maryland in 1996 to join the staff at University of Maryland, where he was the co-director of the LASIK program until 2007, when he opened his own practice in Severna Park. He has treated thousands of patients, and among those who have turned to him for LASIK are doctors, nurses, other health professionals, first-responders, police and firefighters.

Rutzen Eye Specialists & Laser Center is located at 489 Ritchie Highway, Suite 200, in Severna Park. Those who are interested in making an appointment for LASIK surgery or another procedure can learn more by calling 410-975-0090 or visiting www.rutzeneye.com.

As Polsinelli put it, his eyesight was at stake. He wanted the assurance of knowing it was being done by someone who knew what he was doing and would make him feel confident in those specialized skills.

"There are a lot of places you could get LASIK done," he said. "But if you really want it done well and you want to walk out of there very confident, go to Dr. Rutzen." ■

At Rutzen Eye Specialists & Laser Center



Specialty Blonding — Take Two

Scott Palmer

The Park
Salon &
Barber



It's 2019 and the hair industry is changing every day. With the help of social media, there is always a new trend, technique or idea that is blowing up the internet. For most, the days of a traditional "partial foil" and "root touch-ups" are long gone. Instead, they have been replaced with terms like "babylights," "foilyage" (foy-lee-ahge), "balayage" (bah-lee-ahge) and "root melts."

Most clients bring in the photos shown with this story and say, "I want these blonde highlights!" However, this look requires four to six specialty

blonding techniques. If you look at her hairline, you can see babylights, the bright highlights that frame her face and go all the way up to her root. Babylights are highlights that use micro-fine sections to create brightness with maximum blending. People also call this face-framing section "the money piece" because it is so important to have perfect highlights around the face!

The next highlighting technique used in this look is foilyage. Foilyage is the art of combining foils and balayage to achieve maximum lightness and overall blend. Each section of a foilyage is applied exactly like a balayage section would be, but instead of leaving the sections out to the open air, you put each section in a foil for incubation. The incubation created from the use of foils al-

lows the hair to become significantly lighter and cut through more of the natural underlying pigment inside the hair.

After highlighting, the hair is shampooed and prepped for the last part of the coloring services, root melt (also known as shadow root) and glazing (also known as glossing or toning). A root melt is a technique in which the stylist will apply a shade of hair color that matches or is one or two shades darker than the natural hair color. The purpose is to blend the natural root color and the highlights seamlessly so there are no visible lines from highlighting or coloring.

The final step of the process is a glaze or gloss over all of the blonde. This is a coloring service that eliminates unwanted warmth from the lightening process, adds protein to the

hair, seals down the cuticle and creates insane shine. A "glaze" is similar to what a topcoat does for the nails.

Now that you know the ins and outs of the techniques, let's talk about what to expect from a service like this. Prepare to spend between three and six hours in the salon because of the attention to detail. While these services can be lengthy, the outcome is truly worth it! Since these services are incredibly intricate and require a high level of expertise, you can also expect the price to be higher. The last thing to remember is home care, using quality hair products. If you invest money and time into your hair coloring services, you should also be prepared to invest in your shampoo, conditioner and styling products.

» Continued on page 18



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What The Severna Park Community Can Do About The Suicide Crisis



Suicide happens too frequently, especially when involving children and adolescents. These events are relatively prevalent in Severna Park, and it takes a community to address this crisis. Here are some key points to remember.

- It takes excellent clinicians to manage a suicidal youth. Family, teachers and friends play a vital part in the process, but it is necessary to have a clinician with the skills to manage these high-risk symptoms.



- Recent research indicates that when youth are hospitalized for a psychiatric crisis, the social support they receive when they come out of the hospital makes a

big difference in recovery. We need to build in more formal and informal supports for children who have high-risk suicidality so they have numerous outlets to

turn to when managing their symptoms.

- Social support from peers is especially important. Encourage children you know to reach out when they hear about a peer who is struggling. A suffering child is more able to ignore or manage suicidal symptoms when he or she feels loved, cared for and supported.
 - Don't be afraid to talk about mental health! Unfortunately, depression and suicidal thoughts have become a regular part of children's lives. Even if a child you know does not suffer from depression, odds are that he or she knows someone who does. It can be stressful to have friends
- » Continued on page 20

waypoint: a reference point that helps us know where we are and where we are going; a destination on a journey.

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Providing A Comforting Presence At The End Of Life

» Continued from page 4

she is part of the family can be soothing. For example, watch a movie, play a game, or eat a meal in the room. Be sensitive to signs that the person is tired or would prefer to be alone, and respond accordingly.

Take advantage of services offered through a hospice healing arts program, such as pet therapy, music therapy, aroma therapy, Reiki and Comfort Touch. These services can also benefit the family members caring for or visiting the patient.

It can be difficult for family and friends to accept that their loved one is transitioning to death. If the patient is under hospice care, reach out to a member of the interdisciplinary team caring for the patient — the doctor, nurse,

aide, chaplain or social worker — and ask for guidance and resources to help you understand the dying process.

Hospice of the Chesapeake is a nonprofit organization that is caring for life throughout the journey with illness and loss in Anne Arundel and Prince George's counties. It provides physical, psycho-social and spiritual support services to individuals living with and affected by advanced illness. These services are provided wherever the patient calls home. Hospice of the Chesapeake is committed to providing the best possible care for all regardless of their inability to pay. For details, visit www.hospicechesapeake.org or call 410-987-2003. ■

Tech Talk With Dr. Cranska

» Continued from page 9

procedures without the use of a dental laser. A soft tissue laser (for example, Nd: YAG) uses a no cut, non-bleeding, no stitches laser technique to remove diseased tissues, stop infection and allow the body to heal itself. Soft tissue lasers are used to treat gum disease (periodontitis/gingivitis/peri-implantitis).

Here is a statement from Millennium Dental Technologies to patients on the state of laser periodontal (gum) surgery in 2019.

Q: Are lasers safe?

A: In the hands of trained clinicians, lasers are as safe as any other dental instrument. The FDA has approved laser use for children and adults. As a precaution, you will be required to wear specially treated eye glasses during



treatment to protect your eyes from inadvertent laser light beam exposure.

The laser's use in treatment allows for comparable end results to more traditional and conventional therapies. Successful results in dentistry are possible using different methods. Laser periodontal therapy and laser cavity preparation are two types of alternative less invasive treatments. ■



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What You Should Know About Mental Health

» Continued from page 2

the “software” and “hardware” of our brain. Our belief system and emotions obviously have a tremendous influence on how we experience life as does the way in which our brain functions biologically.

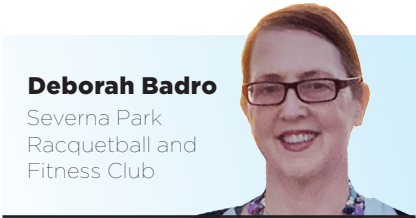
Therapy can be short-term (10 sessions or less) and work with immediate and pressing issues, or it may be long-term (months or years) and deal with longstanding issues and larger patterns of behavior. Therapy can have singular or multiple goals and may work with individuals, families or even groups. One of the core elements of therapy is that the work is confidential, which means, unlike most other areas of life, all of the information contained in the sessions

is private and not shared with others without permission.

Fortunately, no one is boring holes in our skulls when we have a problem. Modern mental health treatment is usually composed of psychological therapy and sometimes medication, and it works! If you or a friend or loved one is having problems in living well, don't hesitate to seek an ally who can help you work things through more effectively!

Spectrum Behavioral Health is led by local resident and Severna Park High School alumnus Scott E. Smith, Ph.D., a licensed psychologist. To contact Smith, call 410-757-2077 or write to him at 1509 Suite F, Ritchie Highway, Arnold, Maryland 21012 ■

Health, Happiness And Wellness



Deborah Badro
Severna Park
Racquetball and
Fitness Club

What is the key to health and wellness? How can we continue to live a happy life as we age? People are always looking for one answer to the age-old question of how to be healthy. In my experience, there is never one answer to this question. As a nurse practitioner, I have seen many people on various levels of the health and wellness spectrum. There are many pieces of the pie. Not just one thing will work; it is a combination of many things working together synergistically to get results. Let's look at the definition of health and then dive into

the pieces of the pie. Early on, health was defined as merely the absence of disease and infirmity. In 1948, the World Health Organization radically changed the definition by adding a component of well-being and not merely the absence of disease and infirmity. Health is now defined as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. In 1984, the World Health Organization revised the definition of health as "the extent to which an individual or group is able to realize aspirations and satisfy needs and to change or cope with the environment." Now the definition of health included the ability to maintain homeostasis and recover from insults. Mental, intellectual, emotional and social health refers to the ability



to handle stress, acquire skills and to maintain relationships, all of which form resources for resilience and independent living, thus opening up the possibility for health to be taught, strengthened and learned. In 2010, the U.S. Department of Health and Human Services developed a 10-year national objective for improving the health of Americans. The goals

were to attain high-quality, longer lives free of preventable disease, disability, injury and premature death; achieve health equity; eliminate disparities and improve the health of all groups; create social and physical environments that promote good health for all; and promote quality of life, healthy development and healthy behaviors across all life stages. Nutrition, physical activity, and obesity were identified in a subset of 26 leading health indicators. Nutrition and weight play a major role in staying healthy. Making healthy food choices can lower your risk of heart disease and contribute to maintaining a healthy weight. Recommendations for a healthful diet include the following. Consume a variety of nutrient-rich foods within and across the
» Continued on page 22

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Anne Arundel County Nominates Dr. Nilesh Kalyanaraman As New Health Officer

Anne Arundel County Executive Stuart Pittman will nominate Dr. Nilesh Kalyanaraman as the county health



Dr. Nilesh Kalyanaraman

officer at the September 3 meeting of the county council. Kalyanaraman is currently the chief health officer for Health Care for the Homeless, a nonprofit organization with 245 staff members who provide health care and housing support to 10,000 people annually.

"Anne Arundel County's long quest for a permanent health officer is finally over, and I am confident that we've found the right person for the job," Pittman said. "The work that Dr. Kalyanaraman

did in Baltimore demonstrates that he knows how to confront not only the acute health needs of residents, but also the underlying social determinants of public health. He will bring together residents, providers, and the dedicated staff at our health department to implement our vision of healthy people and healthy communities."

Kalyanaraman has a bachelor's of science degree from Yale University and received his doctor of medicine from SUNY Brooklyn School of Medicine. He is board certified in internal medicine and has nearly 10 years of senior health management experience.

"We know that by addressing how people live, work, play, eat and by understanding how these factors are connected to childhood traumas, education, economic stability, and access to health care, we can make

tremendous strides toward reshaping communities where the highest disparities exist," Kalyanaraman said.

"By working with service organizations, county agencies and health care providers, both large and small, the health department can launch a true cross-sector collaboration that can create a seismic shift in the environment," he added.

Pittman will formally nominate Dr. Kalyanaraman by introducing a resolution to the county council on September 3, at which time there will be a public hearing. Passage of the resolution will give Governor Larry Hogan the authority to appoint Kalyanaraman as Anne Arundel County health officer.

"Dr. Kalyanaraman has the experience, leadership skills and extensive knowledge about the

complexity of a public health department to direct the Anne Arundel County Department of Health successfully," said Councilwoman Amanda Fiedler, who served on the county executive's health officer search committee. "I'm excited to welcome him to our county."

Upon his appointment, Kalyanaraman will replace Billie Penley, who has served as acting health officer since August 29, 2018.

"Anne Arundel County owes Billie Penley a debt of gratitude," Pittman said. "She took on a difficult task during a time of transition and demonstrated outstanding leadership. I hope all residents will join me in thanking her for her service."

After the appointment of the new health officer, Penley will resume her previous role as chief financial officer in the health department. ■

Specialty Blonding - Take Two

» Continued from page 14

Drug store shampoo and conditioner will be the death of your hair color. The only way to protect your investment is by taking proper care of your hair at home. Ask your stylist to recommend products for your specific style and color. Oribe is a luxury hair care line whose products are ultra-high-tech; the formulations are clean and modern — formulated without parabens and sodium chloride. Our stylists' favorite products from this line are shampoo for beautiful color, Supershine styling cream, and dry texture spray.

These specialty services are not only for blondes! The same techniques can be applied to any hair color. The key is to achieve the most blended and customized results. When looking

at inspiration for your next hairstyle, consider these specialty techniques if you:

Want your color to be significantly lighter

If you want the most blended and customized results

If you don't mind investing time and money into your hair

If you want to eliminate as much warmth (brass) from your hair as possible

If you have hair color questions, reach out and book a consultation. We hope you found this article informative. We look forward to seeing you in the salon.

The Park Salon & Barber is located at 542 Baltimore-Annapolis Boulevard in Severna Park. For more information, call 410-544-5800 or visit www.theparksb.com. ■

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How To Encourage Language Development At Home

» Continued from page 8

Expansion — This is when you add to what your child says. It's a great way for your child to learn correct grammar (word order, verb endings, using articles). You can take what he or she says and add to it so it sounds how an adult might have said it.

Example: Your child points to the sky and says "birdie fly." You might say, "The bird is flying."

Note: Your child does not have to respond.

Not Anticipating — This is when you give the child an opportunity to communicate without giving him or her a cue or prompt. Caregivers tend to know what the child needs and just do it. Imag-

ine if everything you wanted just appeared. Would you need to talk?

Example: During snack, you hand your child a closed package he or she is unable to open and wait with an expectant or confused look.

Note: You want the child to respond.

You can access activities to encourage speech and language development on the American Speech-Language-Hearing Association's web-site at www.asha.org/public. For more information about speech-language development, visit www.buddingvoices.com or contact Tiffany Erler at Budding Voices LLC at 410-739-6828 or tiffany@buddingvoices.com. ■

Seeking Out Self Defense In Violent Times

» Continued from page 11

to and from her car. A first responder who must protect himself or herself while also keeping others safe from harm needs different skills and training than a college student who is concerned about safety on campus. For self-defense, one size does not fit all.

Violence does not discriminate, but every individual has different personal safety concerns and needs. A martial art school that is truly focused on self-defense should acknowledge this fact. The classes offered should be geared to individual needs while also being consistently focused on real-world safety. Classes should be divided by age, skill level and training goals. In addition, the school itself and the classes

should feel safe, friendly and welcoming because getting hurt or injured during training is the opposite of self-defense. Armed with clearly defined goals and knowledge of what to look for, the right martial art school will present itself. Above all, never compromise when it comes to self-defense.

Robert Van Valkenburgh is co-founder of Taikyoku Mind & Body, Severna Park's Holistic Chamber of Commerce, and Kogen Dojo of Severna Park, where he teaches taikyoku budo and Brazilian jiu-jitsu. Kogen Dojo is located at 549 Baltimore Annapolis Boulevard in Severna Park. To learn more, contact robert@kogendojo.com or visit www.kogendojo.com ■

What The Severna Park Community Can Do About The Suicide Crisis

» Continued from page 15

with mental health problems, and children should know to go to a trusted adult with their concerns.

- Look for signs of depression. These often, but not always, include being withdrawn from friends and family, having sleep problems, showing increased irritability, saying negative statements about oneself or life, or isolating from loved ones.
- Suicidal thinking sometimes goes along with self-harming. This can be another indicator that a young person needs help and support.

In summary, we can all ben-

efit by coming together as a community. Schools, mental health professionals, parents, siblings and peers all play an important role in a child's mental health. Improvements are always greater when there is a team-based approach in medicine, and communication is the key in making recovery work. So let's keep this conversation going and come together for our children!

Waypoint Wellness just opened its newest location at 877 Baltimore-Annapolis Boulevard, Suite 202, in Severna Park. For more information, call 410-684-3806 or visit www.waypointwellness-center.com. ■

What Is A Complete Medication Review?

» Continued from page 6

the most benefit from your medicines. Your pharmacist will look at whether there are any less expensive alternatives that might help save you money, make sure you're taking the right meds in the right way and at the right doses, and answer any questions you may have about your medicines. You'll get a complete medication list after the visit.

A CMR is typically done face to face in the pharmacy, although they can be performed over the phone or with a caretaker. Ideally, a patient brings in all of their medication/supplement bottles to the pharmacy for review with the pharmacist. A computer software program is the go-between as the CMR is docu-

mented electronically and can be submitted to the insurance company and printed for the patient. By discussing each individual medication and how they are taken, many unseen medication problems can be identified or tips to improve outcomes can be shared. A simple conversation builds the relationship between health care provider and patient and creates a plan going forward. Most patients and pharmacists come away with more than they thought from a CMR.

Broadneck Pharmacy is located at 269 Peninsula Farm Road in Arnold. For more information, call 410-544-3733 or visit www.broadneckrx.net. ■

Three Things You Must Do When You Are Recovering From A Heart Attack



Recovering from a heart attack can be a difficult journey. Here are some things you can do to improve your health and wellness after suffering from a cardiac event.

For many, a heart attack is a scary wakeup call that prompts smarter lifestyle choices. It may mean it's time to quit smoking, start exercising or make better decisions about what to eat. Take your time, and work with your doctor on the best plan for you.

Below are some tips to help you lead a healthy lifestyle after a heart attack.



Take Your Medication

Heart attack survivors are often prescribed medications that reduce stress on the heart. These include beta blockers, aspirin, ticagrelor (or clopidogrel or prasugrel) and ACE inhibitors.

Though they decrease the risk of having another heart attack, they can sometimes have negative side effects. If you don't feel right after taking your medications, contact your doctor. Sometimes, a simple adjustment will improve the way

you feel and maintain the protection for your heart. It is important not to stop any medication without first checking with your doctor, even if you think it is causing side effects.

Watch Out For Depression

According to the American Heart Association, one in five people hospitalized for a heart attack or chest pain develop major depression following the event. If you feel helpless, isolated or simply down for more than a few weeks, talk with your doctor. Depression deters people from taking care of themselves properly after a heart attack, which can have real implications on their physical health. Luckily, the condition is usually easily treatable with counseling and medications.

» Continued on page 23



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Health, Happiness And Wellness

» Continued from page 17

food groups, especially whole grains, fruits, vegetables, low-fat or fat-free milk products, and lean meats and other protein sources. Limit the intake of saturated and trans fats, cholesterol, added sugars, sodium (salt) and alcohol. Limit caloric intake to meet caloric needs. Nutrition and weight status are important because diet and body weight are related to health status. A healthy diet and weight helps reduce risk of obesity, malnutrition, iron deficiency anemia, heart disease, high blood pressure, dyslipidemia, type 2 diabetes, osteoporosis, oral disease, constipation, diverticular disease and some cancers.

More than 62% of adults under the age of 40 are not regularly physically active. Physical activity is important. Not exer-

cising can lead to cardiovascular disease, diabetes, metabolic syndrome, mental health disease, osteoporosis and arthritis. The American College of Sports Medicine recommends 60 minutes of cardiovascular activity three to five times per week, eight to 10 strength exercises twice per week, and flexibility exercises once per week.

Health and wellness has come a long way over the years. There are several pieces of the healthy lifestyle pie that need to be served and incorporated into our daily living plans. Get a yearly physical, practice preventative medicine, and stay up to date with annual screening and immunizations. Know your healthy body mass index for your height and weight. Maintain a healthy weight to decrease risks to your health. Practice

healthy eating habits with a focus on wholesome nutrition. Maintain a circle of family or friends for emotional support and psychological stability. Connect with people through your local community organizations. Join a support group. Volunteer for local charities and fundraisers. Get involved in exercising with friends. Join a local gym and exercise several times a week. On top of everything, get a good night's sleep! Let's all get fit together, live a healthy lifestyle, and make the world a better place. Be kind to one another. We are all connected and part of something bigger.

SPRFC is located at 8514 Veterans Highway in Millersville. For information, call 410-987-0980 or visit www.sprfc.com.

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The Relationship Between Hearing Loss And Cognitive Decline

Dr. R. Robinson

Hearing Solutions
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It's a well-known fact that as we get older, we tend to experience some level of decline in our cognitive ability. For some of us, it may be mild, and for others, it may be more serious. Although this is a normal part of aging, typical issues tend to pop up, including forgetting details, taking longer to learn new things, and having difficulty concentrating or focusing. We might not be able to stop it, but recent and emerging studies tell us that we may be able to slow it down.

The great news is that understanding the link between hearing loss and brain fitness can help you get started on the road to better overall health. Studies suggest that older people with hearing loss are more likely to develop Alzheimer's disease and dementia, and hearing loss can be associated with a faster rate of cognitive decline. Why is this?

Researchers Have Several Theories

1. One has to do with cognitive



load. With untreated hearing loss, the brain gets overworked by constantly straining to understand speech and sound. An overworked brain doesn't work efficiently.

2. Another has to do with brain structure. Brain cells can shrink from lack of stimulation, including the parts of the brain that receive and process sound.

3. The last theory is social isolation. When a person has trouble hearing conversations and socializing, he or she may prefer staying home instead.

However, the more isolated a person becomes, the less stimuli the brain receives.

Experts say one of the most important things we can do to keep our brains healthy as we age is to stay mentally stimulated. Keeping up an active social life with friends, family and business associates is one of many ways to be mentally engaged.

Studies show that the proper use of hearing aids can lower your risk factor of dementia. In fact, a study documented hearing loss

and cognitive decline among a group of nearly 4,000 volunteers over a 25-year period. **What researchers found was interesting — people with hearing loss who didn't use hearing aids had a higher risk of dementia and depression.** However, people with hearing loss who did use hearing aids experienced cognitive decline at a rate similar to people without hearing loss.

The researchers concluded that the key wasn't simply the ability to hear better but, more importantly, how better hearing allowed them to stay involved in everyday life. By restoring the ability to better communicate, hearing aids can help improve social interactions, mood and provide the opportunity to participate in brain-stimulating activities that can help slow cognitive decline.

Treating hearing loss with the use of hearing aids can be an important factor in slowing the progression of cognitive decline. It's never too early or too late to work on your hearing health. More than 35 million Americans suffer from hearing loss.

Call Hearing Solutions Audiology Center at 410-672-1244 to have a baseline hearing test performed to keep you on track for better hearing for the rest of your life ■

Three Things You Must Do When Recovering From a Heart Attack

» Continued from page 21 See Your Doctor Regularly

Partner with your doctor to maintain healthy lifestyle changes, make new medications work for you and monitor mental health. These appointments have huge benefits for your health, and provide the perfect opportunity to ask questions. Everyone should be visiting their doc-

tor regularly, but it is especially critical for heart attack survivors.

Enroll In A Cardiac Rehabilitation Program

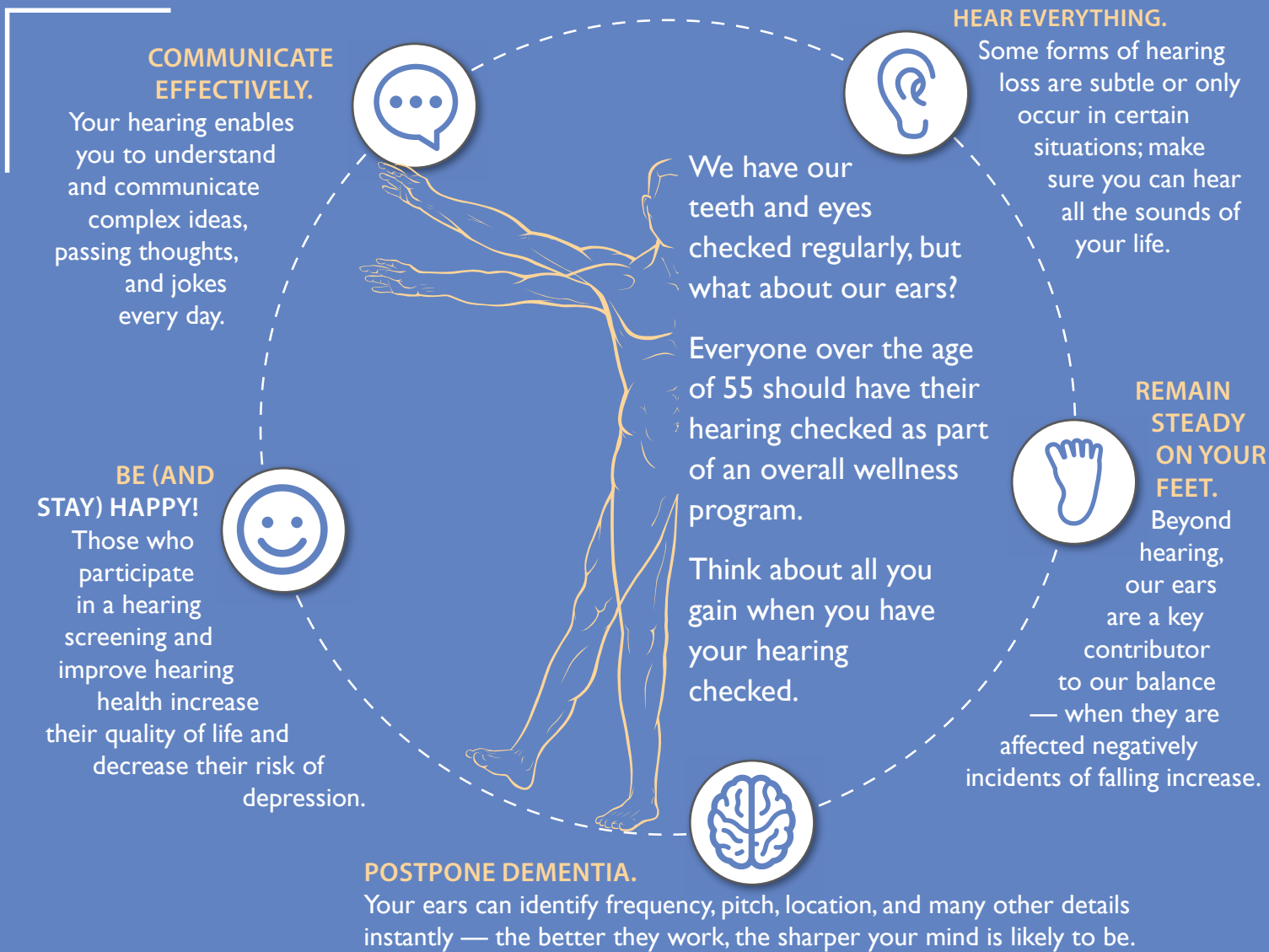
Cardiac rehabilitation is a comprehensive exercise and education program prescribed for people who have experienced one or more of the following:

- Recent heart attack
- Bypass surgery
- Angioplasty or stents
- Valve replacement or repair
- Heart transplant
- Angina

Cardiac rehab has been shown to help heart patients reduce cardiac symptoms, increase physical fitness, improve

mental and physical health and well-being, and reduce the risk of future heart problems.

Dr. Vasundhara Muthu is a cardiologist with the University of Maryland Baltimore Washington Medical Center's cardiology practice University of Maryland Baltimore Washington Heart Associates. She can be reached at 410-768-0919. ■



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