

Health, Beauty & Fitness

**SEVERNA
PARK VOICE**

DECEMBER 2021

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SENIOR CARE

Ensure that your loved ones continue to feel love and joy throughout the new year.

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WEIGHT LOSS

From metabolism and muscle mass to sleep patterns, hormones are crucial pieces in the puzzle.

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EXERCISE

Each gym around Severna Park offers a different style of fitness. Which one is best for you?



UM BALTIMORE WASHINGTON MEDICAL CENTER

Dr. Clifford Solomon and his team at UM BWMC's Spine and Neuroscience Center empower patients with neck and back pain to feel well again.

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Why Are Health And Fitness Important To Our Lives?

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Health and fitness play a crucial role in our mental and physical well-being. Having control of these elements is key to a well-balanced, healthy and fit lifestyle.

The first element that health and fitness have an impact on is our mental health. Mental health is com-



posed of the way we think, feel and act. Being able to think clearly, make well-thought-out decisions while controlling our emotional state and being able to act calmly in times of stress. When our bodies are inactive and we eat unhealthy foods, the efficiency of our bodies suffer, in turn creating distress, unpleasant moods and making us more likely to act on impulse. Exercising regularly and having healthy eating habits acts as an outlet in helping to decrease stress, anxiety and depression, allowing the body to function at its best. We then can rationalize our emotions and our thoughts better, as well as being less likely to act on impulse to a situation that deserves our mind to be clearer and more attentive.

The second crucial role health and fitness take part in is our physical health. Physical health is the state of the body being free of injury or illness. Having strength and mobility to do everyday tasks and activities is important for independence and

Continued on page 22

three | 2

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Dr. Robin Robinson
Hearing Solutions

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Deciding On CPR Options Before A Medical Crisis

Rachel Sherman, FNP-BC
Nurse Practitioner
Chesapeake Supportive Care



If you have an advanced or life-limiting illness, you may have decided you don't want to be resuscitated if your heart stops. But this wish cannot be honored without an important document — the Medical Order for Life-Sustaining Treatment (MOLST). In some states, including Maryland, emergency responders and other medical personnel are required

to perform CPR when a heart stops unless they've seen the patient's MOLST signed by a physician, nurse practitioner or physician's assistant stating that CPR is not to be performed.

The form addresses other life-sustaining measures such as dialysis, transfusions and antibiotics, so it's important to thoroughly discuss it with your provider.

Download it at www.whymolst.com/resources. In this article, we're going to review Section 1, which addresses resuscitation.

The first option in Section 1 is "Attempt CPR." This means that all comprehensive efforts will be made in the event of a cardiac arrest. Responders will perform chest

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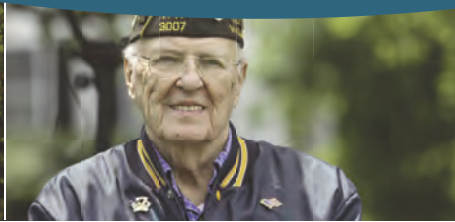
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Using The Magic Of Routines To Support Language Development



Jessica Krishnamoorthy
Kid Connections
Therapy

Do you have concerns about your young child’s speech or language development? If so, it’s no wonder — according to the American Academy of Pediatrics, language delays are the most common types of developmental delays. If you’re concerned about your child’s communication development, know that you are your child’s best teacher and in the first few years of life, your child will learn more from you than anyone else. Try some of these ideas today:

Create a daily routine and make it as

consistent as possible. You don’t have to do things the exact same way every day, but look to create a general pattern to your day with small rituals or “mini routines” throughout. When activities happen in about the same order and in the same way every day, this provides your child with the stability that comes with being able to predict what will happen next. When children feel this stability, they are ready to learn.

Prioritize time for books in your daily routine. Reading to your young child is important for so many reasons, but did you know that how you read to your



child matters? Interactive reading, or shared book reading, is not just fun but it can also foster development of early speech, language and literacy skills.

Interactive reading involves much more

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Invest In Yourself



help us live longer. Many studies have been done showing the far-reaching, positive impacts of strength training and this key element of all good fitness programs should not be overlooked. Are you focusing on getting stronger?

On the other side of this fitness coin is cardiovascular training, which helps us take care of our heart and respiratory system. This helps stave off heart disease, the leading cause of death in America.

It also helps us have better stamina, a stronger immune system and can improve our mood.

Health and fitness planning, like investment planning, is best done when we incorporate the help of a professional. Knowing that what you are doing makes sense, is safe and will work is worth having some professional guidance.

In It For The Long-Term

If you are like me, you wish you could go back in time, buy some GameStop stock super low and then sell it when it skyrocketed earlier this year.

As just about everyone I know who works in finance has told me, the GameStop skyrocket was a complete anomaly. But it grabs our attention because it's fun and exciting to think about hitting the investment homerun, like buying Bitcoin when it first arrived or Google when it hit the street.

Most investment plans, though, are based on the long-term with progress over time. This is true too with health and fitness. Most people start a new year program with fire and intensity, trying to "make up for lost time" or see overnight change.

But like investing, the majority of lifelong planning is in getting started, progress over time and making adjustments as needed.

A mantra of ours in the gym is "progress over perfection." We

would prefer to see even a 1% change over time rather than trying to get everything perfect today. Obviously, perfection doesn't exist, but incremental change does. It's quite powerful when that 1% change compounds over time, just like compound interest.

Starting an individual retirement account (IRA) at 18 can see impressive results over time, just like consistency with your health and fitness.

Just Start

I don't think I have met a financial planner who said, "You know what, wait another 10 years before you start doing anything."

You are probably more likely to hear them say, "Start today. In fact, we wish you could have started yesterday, or 10 years ago." With investing, like health and fitness, there isn't much you can do to make up for lost time, other than starting today instead of tomorrow.

Fitness works the same way. Sure, it would have been better to start yesterday or the day before, but today looks pretty amazing as well. It's like the old proverb, "The best time to plant a tree was 20 years ago; the second-best time is now."

Getting stronger, improving your cardiovascular health and incorporating a healthy nutrition plan are all things we would love to have started years ago. But if we start today, and then 20 years from now look back, you probably would be amazed at the compounded health and fitness interest you will have accrued.

The best part is that both are very doable: establishing a strong financial strategy as well as good health. You just have to start, keep at it and make adjustments over time.

And with this blank slate of a new year upon us, there is no better time to get on track than now. Your future self will appreciate the investment you made. Let's start seeing what that compounded interest looks like. Happy holidays. ■

Joe Bocek
Park Fitness



many parallels between investment planning and health and fitness goal-making. We may not always view them both in the same light, but there are many similarities. Here are a few.

Diversify

Something we preach often is that the best workout is the one that you'll do.

But let's say you are open to how your workout is designed and would do something recommended to you. What constitutes a well-rounded workout from a physiological standpoint?

Like a good investment strategy, a well-rounded health and fitness plan should include some diversity. This typically consists of strength training for muscle, some cardiovascular training for your heart health and to burn a few extra calories, as well as a nutrition strategy to bring it all together.

The benefits of strength training can be seen with improved energy, ability to do more work and to

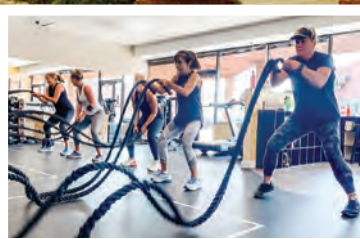
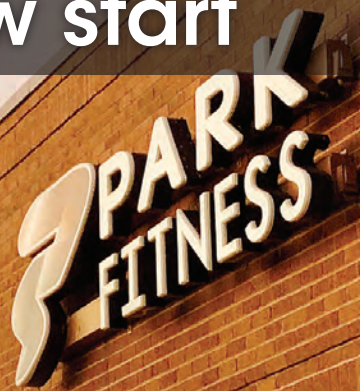
As holiday decorations begin to come down and all the things we've done so far this season move into our fond memory category, there is one thing that shifts to the forefront: a new year is upon us.

Probably like you, I spend a little time at the beginning of January reflecting on this past year, thinking especially on the successes as well as areas from which to learn.

Many of us might apply this same thinking to house projects, travel, investments and even our health. We may ask ourselves, "Which things did I accomplish?" and "What are some things that could use a bit more attention?"

If we were to focus on only two points of interest here, you can find

a new day and a new start



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Sharing Joy With The Senior In Your Life

Jennie M. Banner

Admission Director

Spring Arbor Senior Living



December is a joyous month filled with celebration and activities surrounding the holiday season. Now that December is over, we need to find ways to ensure our loved ones continue to feel the same love and joy throughout the new year.

Some of the following ideas are simple ways to show your love and make a connection with the ones you care most about.

Reminisce and share pictures by either leafing through old family photo albums or enjoying the convenience of digital frames that allow families and friends to

Continued on page 22



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erbate many of these symptoms and are associated with serious health risks. These methods can cause more harm than good when balancing hormones.

In the past, female hormone therapy was used to treat menopausal symptoms and aid in weight loss. A major controversy arose surrounding this method of treatment after the Women's Health Initiative (WHI) trial ended in 2002, showing severe health risks associated with HRT.

Despite a high number of medical studies and clinical evidence showing the potential health risks associated with synthetic hormones, many doctors still prescribe them today.

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Female hormone therapy, whether synthetic or bioidentical, helps relieve some symptoms associated with menopause. The problem is, these methods come with a list of adverse side effects that range from unpleasant to life-threatening, and they do not address the core causes of imbalanced hormones.

Moreover, they fail to address symptoms that negatively impact a person's sleep, mood, energy, mental clarity, and weight. They can exac-

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Urinary Incontinence In Women



Dr. Hector Gonzalez
Anne Arundel Urology



Around 50 percent of women experience urinary incontinence, which can limit their daily activities and affect their quality of life. Many women who experience urinary incontinence do not seek care, mostly due to

embarrassment, lack of knowledge about treatment options, and fear of surgery.

Women with symptoms of urinary incontinence, also known as the accidental loss of urine, have treatment options that can support their return to good physical and emotional health.

The two most common reasons for accidental loss of urine are stress incontinence and urgency incontinence. It is important for a health care provider to determine whether accidental loss of urine is caused by either stress incontinence or urgency incontinence, as treatment options differ.

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Healing Together

It wasn't just the way you slept that made your neck lock up. Muscles don't typically break in the moment as a bone would. They build. They hold. They protect. They activate. They resist letting go — to their attachment points and to each other. As the muscles bind, the breath restricts, perhaps even entering into stagnant holding patterns of both breathing and

how you position your body with tension.

Really, we should thank our super tight areas because they are constantly working. Saying hello to pain and discomfort, instead of feeling frustration toward it, can be the first step to becoming friends with our bodies.

Good practitioners should want you to begin the relationship of understanding

and loving your body. They might inform you of muscle layering, and a continuous membrane called fascia that wraps around everything in the body: our muscles, bones, organs and nerves. The fascia binds the muscles and fibers together, decreasing blood flow, creating inflammation, shortening muscle length, and constricting mobility and synovial fluid in the joints. With massage — also referred to as bodywork — we are separating the muscles from each other, giving opportunity for lengthening, increased power and range of motion, and rest. When these muscles let go, the “life force energy” that was held within and around them also lets go. This can sometimes present itself as a heat release. These pockets of energy move throughout

the body, creating balance for both the body and psycho-spiritual self.

SassWell invites everyone of all ages and types to put themselves on SassWell's schedule and begin the process of letting go. Find hours and availability at www.sasswell.com. SassWell also invites you to work beside its staff as they expand the business. They will teach you everything they know, and they look forward to learning from you.

Severna Park has many healers and practitioners, and SassWell would love to meet all of you and get on your schedules. SassWell practices Dan Siegel's collective philosophy of Mwe (me and we) through facilitating a wellness coalition and wider range of client cross-pollination. Join them in getting healthier together. We can do it!

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Spine Surgery Makes A Life-Changing Difference For Patients At UM BWMC

By Zach Sparks

For 30 years, Dr. Clifford Solomon has told patients that the best surgery is no surgery. But for a lot of people with acute and chronic neck or back pain, surgery can help them return to work, enjoy their favorite physical activities, and have a better quality of life.

University of Maryland Baltimore Washington Medical Center (UM BWMC) provides comprehensive care to patients with several spine disorders, injuries and deformities. Those include degenerative disc disease, disc herniation, myelopathies, sciatica, scoliosis, spinal stenosis, spine tumors and spondylolisthesis.

Physical therapy, acupuncture, massage and other treatments should be considered before surgery. If surgery is needed, Solomon said, it is not a scary outcome. Stenosis, or narrowing of the spinal canal, is one example.

“Surgery is a last resort, so we might ask the patient to try to lose weight; don’t smoke; work on core strengthening, yoga, Pilates; and do acupuncture,” said Solo-

mon, the director of the Spine and Neuroscience Center at UM BWMC. “But if you really have stenosis, narrowing, and you’re miserable, most patients love us. We can clean up around the nerves to help patients walk better.”

The procedure usually takes less than an hour and patients are home within one day, with a full recovery time of four to six weeks.

Solomon said, “Many patients wake up and say, ‘I don’t know what you did to me. My back is a little sore, but I can tell you I got my wheels back. My legs feel great.’ And with no fusion. And I think that’s the big take-home point. Surgery is a last resort, and if you need surgery, less is more.”

That is just one example of how UM BWMC’s spine surgeons, all board-certified



neurosurgeons, carefully evaluate each patient's condition and consider all treatment options. They also put patients at ease by having them attend "spine school," where a team of six nurses, nurse practitioners and physical therapists tells patients what to expect before, during and after surgery.

Solomon has seen the procedures benefit many of his patients and neighbors.

"One of my neighbors, I saw her in her sailboat and she was like, 'I could never sail a catamaran by myself in my whole life.' And she's doing it now on her

own," said Solomon, who lived in Round Bay for about 20 years before moving to Annapolis in 2021. "I saw another neighbor out doing the lawn, which he could never do before."

The high-quality care of Solomon and other doctors at UM BWMC has helped people from all over the world.

"Years ago, I operated on a guy from Belize who had a herniated disc, another common thing," Solomon said. "He was a sugarcane worker. He had never seen a microwave oven. He had never seen an elevator. He went back to Belize, in

the sugarcane fields. Over the years, I have heard from him, and he's done great.

"These less invasive surgeries go a long way, whether it's a herniated disc, which is what that young guy had from Belize, or whether it's stenosis, which tends to be older people or younger people who are born with a small canal," he added.

Over his 30-year career, Solomon has been in the operating room for the surgeries of two sets of craniopagus twins. He recently worked with fellow doctor Danny Liang to remove a brain tumor from a 20-year-

old patient. He has saved and improved countless lives.

"We have just been really lucky to have a lot of nice things happen to our community just because people know that we are here and we are available," Solomon said. "I have witnessed so many incredible things and I feel very grateful, very humble."

The UM BWMC Spine and Neuroscience Center is located at 255 Hospital Drive, Suite 208, in Glen Burnie. For more information, call 410-553-8160 or visit www.umbwmc.org/neuro. ■



Dr. Solomon is the director of the Spine and Neuroscience Center at UM BWMC and specializes in neurosurgery and spine surgery. He received his medical degree at the Medical College of Pennsylvania and completed a residency and a fellowship in neurosurgery at Johns Hopkins Hospital. Solomon completed additional training at the University Hospital Zurich in Switzerland and at Memorial Sloan-Kettering Cancer Center in New York, with a focus in neuro-oncology. He has been a member of UM BWMC's medical staff for over 20 years.

Solomon is also known for comforting patients by entertaining them with magic.

"I think it really puts people at ease and I think it reminds patients of the humanness of all of us," he said. "I think that's really nice to flatten the hierarchy so patients feel like they're seen as a person. It goes a long way to empowering them to heal." ■



Meet Dr. Clifford Solomon

Come Together: Brightview Chef Bonds With Seniors During Pandemic

By Zach Sparks

Roughly six months after joining Brightview Severna Park as a bistro chef, Jeremiah Hart was faced with a sobering reality. As was the case with senior living facilities across the nation, Brightview was on lockdown.

“We work with a high-risk population,” Hart said. “Just ensuring their safety and trying to navigate this pandemic quarantine lockdown in the context of food service has been a huge challenge, trying to keep everybody safe but also keep them fed and happy.”

Hart and his colleagues managed to safely feed residents, staying upbeat and positive during a trying time. They prepared and delivered 205 meals a day while the entire community was quarantined in their apartments. With a staff that normally included 12 cooks and 12 servers, Brightview mobilized into a unit with shared responsibilities.

“In the beginning, everything was pre-packaged,” Hart said. “We had to get everyone to pitch in and deliver these things because there are two wings and four floors on each wing, and we have our Wellspring Village and our assisted living as well. So just trying to mobilize everybody and get food delivered on time.”

Hart and his team had to adjust because “there is only so much you can put in a box,” but they tried to keep the menu as creative as possible.

“We do everything from lamb chops and prime rib to crab cakes,” he said. “We’ve got burgers and fries, but we really try to mix in different types of food to keep things interesting.”



Knowing that the residents were isolated, he also provided a much-needed human connection another way: by playing music. Vibrant living director Barbara Sigler approached him about the idea after learning that he used to play in bands, and after some practice on his Epiphone acoustic guitar, he was ready to serenade the Brightview population.

He started with songs by The Beatles and John Denver, the few songs he knew might entertain the seniors. Then he added tunes by Frank Sinatra, Elvis and Buddy Holly.

“We started out basically pushing the cart with a guitar down the hallways, playing the four songs I knew, and that grew into a whole setlist,” said Hart, who enjoyed the experience so much, he upgraded to an Ibanez guitar. “I now have over 60 songs saved on my laptop that

I can play at any given time, so that’s pretty amazing. It was a big learning experience for me.”

Playing music allowed him to interact with the residents in a way he had missed since the quarantine began. When Brightview’s dining room reopened, he and his staff continued that interaction. They accepted special requests and incorporated suggested recipes into the Brightview Severna Park menu.

“[One woman] critiqued our hush puppies, but she had her own recipe and gifted us with that recipe,” Hart said. “And we were able to incorporate that. We have a seafood night that we do with the whole nine yards — clams, mussels, shrimp — and now we serve her hush puppies along with that.

“It’s really awesome to be able to interact with your guests on that kind of level and something that you don’t get in your every-

During the peak of the COVID-19 pandemic, Jeremiah Hart and his colleagues at Brightview Severna Park provided more than 200 meals per day to a community that was in quarantine.

day restaurant,” he said. “I’ve been cooking for about 20 years and in every kind of restaurant imaginable, everything from bar and grill up to fine dining. What brought me to Brightview, it’s just a different kind of environment. The atmosphere is unique. The people there are very caring. The hours are great. The benefits and time off don’t hurt either. That’s hard to come by in this industry. All of those things make it a really special place to work.”

The pandemic reinforced his belief in the importance of compassion and neighborly love, and he hopes others feel the same way.

“Like a lot of people, I experienced anxiety during quarantine and lockdown,” Hart said. “I was very fortunate to have this opportunity because playing music for the residents was not only entertaining them, but it was therapeutic for me as well. And I knew a lot of people didn’t have that kind of opportunity. So, I just want to stress the importance of checking in on your friends and loved ones and just asking people how they are doing. That’s something really important to me. I’m really happy to be part of something so positive with everything that is going on right now.” ■

“We work with a high-risk population. Just ensuring their safety and trying to navigate this pandemic quarantine lockdown in the context of food service has been a huge challenge, trying to keep everybody safe but also keep them fed and happy.”

— JEREMIAH HART

A Therapy Strategy For Young Children

By **Lindsay Lavin**
Budding Voices

Speech language pathologists often utilize research-based strategies to enhance the speech and language of clients. One of the main strategies that is used is milieu communication training (MCT). MCT is an evidence-based intervention that has proven to be effective with children with developmental disabilities such as autism spectrum disorder, late-talkers and cognitive impairments. This therapy strategy is typically used with young children at the early language development stage.

MCT incorporates the child's interest and initiations as opportunities to drive language learning in a naturalistic way. The clinician uses natural prompts, time delays, models, recasts and imitations to

increase the frequency of the child's communication. Simultaneously, the speech therapist provides natural reinforcers that encourage the child to continue to communicate their wants and needs. Over time, the child builds a natural language repertoire to connect with other people through play.

Play is known to be a child's form of work. It not only entertains the child but also builds language, creativity, independence and peer interactions. Play-based therapy strategies tend to be the most fun and motivating to children, while at the same time being one of the best ways for children to learn. Children try harder, learn faster, retain more information and return to therapy more often when they are highly motivated by the task.

In order to encourage play skills and language building,

Continued on page 25

MCT is an evidence-based intervention that has proven to be effective with children with developmental disabilities.



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Balance Your Hormones, Don't Replace Them

Continued from page 11

The global index of major chronic diseases and death showed that overall, harm exceeded the benefits, and yet the medical community still offers this dangerous treatment.

Female hormones are part of the endocrine system, a set of hormone-secreting glands within your body that deliver messages that tell your body what to do and how to function. Your hormones individually deliver important messages and work as a team. When one of them isn't delivering their specific message, it affects everything in your body, and the results can be disastrous.

Your hormones can become imbalanced by a variety of factors. While it's normal for hormone levels to decline with age, aging is not the main culprit. Unless the root causes of imbalanced hormones are addressed, the symptoms will get more severe with age. If your doctor tells you that symptoms such as weight gain, mood swings and hot flashes are a side effect of getting older, here is an alternative opinion.

Instead of replacing hormones your body doesn't need, working with a professional to ensure you are balancing hormones naturally with no harmful side effects is crucial. This holistic approach ties together nutrition,

stress management, and all-natural supplementation through one-on-one guided support by dedicated, compassionate specialists.

This approach uses proprietary supplementation to support the production of hormones naturally. These go directly into the bloodstream, bypassing the digestive system, and are quickly absorbed, avoiding the chance of buildup, as excess is passed out of the body within 24 hours.

In addition, there is a specially designed relaxation program, whole-food blood sugar balancing diet, and personalized ongoing support, making it possible for hormone levels to

balance themselves the way nature intended.

Hormones have the power to help your body work exactly as it was meant to. Regardless of age, you can feel more energized and youthful, experience a restful sleep, and not have to suffer from the frustrating symptoms of menopause, including that stubborn weight gain!

To learn more about balancing hormones naturally, BeBalanced Centers is here to help. The team offers free, in-depth consultations where a wellness coach will discuss your specific symptoms and help develop a plan to help you feel better than ever.

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Dry Eye: Understanding Symptoms And Treatment

Dr. Samuel Boles
Anne Arundel Eye Center



dryness. With the widespread use of face masks to reduce disease transmission during the COVID-19 pandemic, we've seen that dry eye symptoms are increasing in our patients who are regularly wearing face masks. University of Utah research published in the journal *Ophthalmology and Therapy* suggests that face masks without a tight fit can direct airflow from breathing up and across the eye surface, facilitating evaporation that pro-

motes dry eye.

Dry eye can also be caused by several underlying conditions, ranging from the natural aging process to side effects of prescription drugs, structural problems with the eyelids (lid margin disease, blepharitis) and side effects of certain diseases, such as Sjogren's syndrome, rheumatoid arthritis, and other collagen vascular diseases.

Your eye depends on tears — a combination of water, oils,

mucus and antibodies — to provide constant moisture and lubrication in order to maintain not only comfort but also proper vision. When there is an imbalance in the tear system, a person can experience dry eye. If you are experiencing eye stinging or burning, itching, an inability to keep eyes open for long periods of time, the constant feeling of something in your eye, or excess tearing, then you may be suffer-

Continued on page 24



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Kathryn Turner, OD

Samuel Boles, MD

Nicole Regis, OD



Urinary Incontinence In Women

Continued from page 12

Stress Incontinence

Stress incontinence occurs during movement or other physical activity, including coughing, sneezing, laughing or exercising, which all temporarily increase abdominal pressure, which is in turn referred to the bladder. It is important to note that stress incontinence is not caused by psychological stress. It is also not associated with the urge to void. Women who do not seek treatment for urinary incontinence often cope with symptoms by:

- Doing maneuvers that will prevent leakage; accepting or tolerating occasional symptoms.
- Stopping exercise routines, which may have a negative impact on their overall health.
- Limiting activity with their children, grandchildren or significant others due to fear of leakage.

There are treatment options with minimal to no down time that can dramatically improve symptoms. Treatment options include pelvic floor muscle exercises or Kegels, pelvic floor physical therapy, use of a vaginal insert, urethral bulking or by providing urethral support.

Urgency Incontinence

Urgency incontinence is the leakage of urine that is preceded by the desire to urinate.

Urgency incontinence is associated with overactive bladder — a condition in which patients have symptoms such as increased urination at nighttime and urinary frequency or urgency, whether or not there is leakage.

Examples of urgency incontinence include not getting to the bathroom before experiencing leakage, the onset of strong urgency while hearing running water that causes leakage, or sudden

leakage that occurs with changing positions, such as standing up after being seated. Fear of leakage often increases affected individuals' frequency of bathroom breaks in order to assure their bladders are empty.

Treatment for urgency incontinence may include making dietary changes to limit irritants to the bladder, behavioral modification techniques such as bladder retraining, medication to help calm the bladder, use of botox for the bladder, and nerve stimulation.

The goal at Anne Arundel Urology is to help you return to doing the things that you love and make you happy, without worry. If you are experiencing the symptoms above, or have questions, call 410-266-8049 or visit www.aurology.com to schedule an appointment. Same-day appointments may be available at some locations. ■



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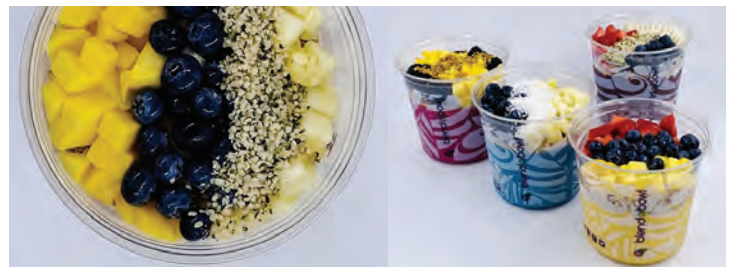
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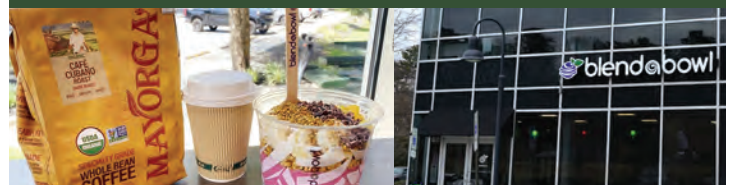
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Molly Rogers, FNP-BC
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It's that time when everyone starts thinking about how to lose weight in the new year, but did you know that sex hormones impact many weight-related processes? From metabolism and muscle mass to sleep patterns and food cravings, sex hormones are crucial pieces in the weight-loss puzzle. And for those 40 and old-

Continued on page 23



Time Marches On . . .

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Laser Eye Surgery

Continued from page 2

with conventional surgery?" Not all types of surgery can be done with a laser. In fact, some surgeries are best performed with conventional surgery and others are well-suited for laser surgery.

Lasers are used to deliver light energy in a very precise way. Lasers produce light of only one wavelength rather than light that includes all the colors of the spectrum, such as sunlight. Lasers can emit visible light (for example, green or red) or invisible light (infrared or ultraviolet light).

There are two main ways that lasers are used: 1) to cut or vaporize tissue and 2) to heat tissue. Numerous eye conditions can be treated with laser surgery.

Vision correction eye surgery

Lasers that cut or vaporize tissue can be used to reshape the cornea, the clear outer layer of the eye, in surgeries such as LASIK and other forms of laser vision correction. By reshaping the cornea, light rays are focused on the retina to achieve better vision without glasses or contact lenses.

Laser-assisted cataract surgery

Cataract surgery involves removing a cloudy natural lens and implanting an artificial lens. In cataract surgery, the ophthalmologist can perform some of the steps with a laser and some of the steps manually. Lasers can be used for several of the important steps in cataract surgery — creating the incisions, adjusting astigmatism, opening the membrane that surrounds the cataract lens, and breaking up the cataract into softer, smaller pieces. Manual surgery is then used to remove the lens pieces and implant the artificial lens.

Correction of blurred vision after cataract surgery

Months or years after cataract surgery, a cloudy membrane can develop behind the implant lens, making vision blurry. A laser can be used to create a clear opening in this membrane to improve vision.

Glaucoma procedures

Glaucoma is a condition that can lead to vision loss from pressure in the eye, causing damage to the optic nerve. Several laser procedures can be performed for glaucoma. Some decrease pressure in the eye by opening the outflow channels in the eye. Other lasers are used to create a microscopic hole in the iris to allow fluid in the eye to flow from the back to the front of the eye.

Retinal laser procedures

The retina is a thin layer of nerves that line the back of the eye and send visual images to the brain. Some retinal lasers can be used to seal a retinal break or small retinal detachment in a technique that works like spot-welding. Lasers can also be used to close leaking retinal blood vessels in conditions such as diabetes and macular degeneration.

If you have a condition that might be treated with a laser, your ophthalmologist can discuss the risks and benefits of the procedure with you. Even with the use of these high-tech tools, the skill of your ophthalmologist is what matters most.

Dr. Allan Rutzen is an ophthalmologist who specializes in medical and surgical conditions that are in the front of the eye. He has particular expertise in laser-assisted cataract surgery. If you have any questions or if you would like an eye examination, call Rutzen Eye Specialists & Laser Center at 410-975-0090 for an appointment. His office is located in Severna Park at 489 Ritchie Highway, Suite 200. Visit online at www.rutzeneye.com for more information. ■

Sharing Joy With The Senior In Your Life

Continued from page 10

share new photos. Spend time reflecting on the memories of days gone by or what lies ahead for younger generations. Photo sharing is a rewarding way to build conversation and share moments of joy.

Music is the key to happiness for many. Make sure that your loved ones have access to something that can play their favorite songs. Whether it be church hymns, holiday music or the golden oldies, music undoubtedly will ignite fond memories. Even those with dementia can recall the lyrics to their favorite songs and sing along without missing a beat.

Take your loved one to see some of the beautiful scenery that our state has to offer. Whether it be downtown Annapolis to the Eastern Shore, or the mountains of Western Maryland, there is nothing like a beautiful sunset or scenic drive to continue to build memories together and spark new conversations.

Don't let the start of January be the end of celebrating time with your loved one. Sending cards, pictures, magazines, large print books or a care package of some of their favorite snacks are just a few small gestures your loved one will appreciate more than you can imagine! ■

Why Are Health And Fitness Important To Our Lives?

Continued from page 4

longevity. Physical exercise helps raise confidence, creates a higher metabolism aiding in weight loss, helps lower blood pressure, as well as slowing down chances of osteoporosis. After age 30, the average inactive adult can lose as much as 3% to 5% of their muscle mass, resulting in greater risks of injuries and immobility. Dedicating a minimum of 150 minutes a week for moderate physical exercise can be beneficial to gaining more muscle mass, increasing bone density, decreasing chance of heart disease, boosting energy levels, as well as promoting better sleep habits. These are just a few of the many

benefits physical activity has on the body.

In conclusion, health and fitness are not only beneficial to our overall mental and physical health but are also a necessity for our well-being. Regular exercise and healthy food choices can be life-changing when dealing with any kind of mental illnesses like depression, anxiety and stress. Individuals have everyday stressors on the mind and body that we cannot control, but the key is to build a strong, healthy mind and body to be able to adjust when necessary, learning to control the things that we can, and being disciplined and determined enough to never quit or give up on yourself! ■

Boost Your Weight Loss Efforts

Continued from page 21

er, diminishing sex hormones can make a weight loss journey even more challenging. Here's how estrogen, progesterone and testosterone link to the battle of the bulge:

Sex hormones impact sleep; sleep impacts eating. When sleep-deprived, the body produces more of the neurotransmitter ghrelin, which creates hunger and less leptin, which creates the feeling of being full. Studies also show that people who don't get enough sleep crave not only more calories but, specifically, more carbohydrates. And a tired brain has less self-control.

Sex hormones can cause sleep disturbances in two major ways. Estrogen impacts the human thermostat, and as it fluctuates wildly

through perimenopause, the resulting hot flashes and night sweats can wreak havoc on sleep. Progesterone, a sleep-promoting hormone, also diminishes through menopause, affecting sleep quality.

Belly fat blooms. Even without weight gain, middle-aged bodies start changing shape. For women, declining estrogen causes fat to be stored in the belly, not thighs and backsides. Belly fat is especially detrimental to our health. It produces toxins that interfere with insulin metabolism. The resulting ebb and flow of blood sugar impacts appetite and energy levels and is also associated with Type 2 diabetes.

Muscle matters. It's a physiological fact that muscle burns more calories than fat tissue does. This makes

muscle mass a key factor in weight loss. But menopause messes with muscle – even if nutrition and exercise stay constant. That's because testosterone (found in females, too) decreases as much as 50 percent in the years from the mid-20s to mid-40s. Less testosterone means less muscle mass, which means less calories burned.

CORTISOL COUNTS. For peri- and post-menopausal women, changing hormones influence how their bodies respond to exercise. Estrogen and progesterone help modulate the stress hormone cortisol, which tells the body if it should be storing fat or burning it. When cortisol is released in larger doses during long periods of intense exercise, the lower levels of estrogen and progesterone in women over 40 can't

counteract cortisol shouting “store fat!” Therefore, females 40 and older who exercise should limit higher intensity sessions to less than 60 minutes to maximize cortisol's “burn fat, build muscle” messages.

Sex hormones impact men and women's health from head to toe, but sex hormone productions decrease with age. However, the latest medical research shows hormone replacement therapy (HRT) is safe for almost all women (Mayo Clinic: The Menopause Solution, 2018) and does not increase all-cause mortality (Journal of the American Medical Association, September 12, 2018). Now's the time to consider HRT for help with the physical and mental tribulations of diminishing sex hormones. ■



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Dry Eye

Continued from page 19

ing from dry eye. It is important to bring these symptoms up to your eye doctor — optometrist or ophthalmologist — to start treatment as soon as possible.

Thankfully, several treatments are currently available for dry eye. Eye drops, which are artificial tears that can help keep your eyes properly lubricated, are an over-the-counter method of treating dry eye. Also, certain medications and topical steroids are non-invasive methods that can be used to temporarily bring the tear film to a healthy and stable state. These treatment options are typically successful, but there are also surgical options, such as temporary and permanent punctal occlusion, that your eye doctor can consider if symptoms persist.

If you believe you are experiencing dry eye, whether it is a chronic issue or if your symptoms started because of regularly wearing a face mask, it's vital to let your eye care provider know. While untreated chronic dry eye may cause permanent damage to your eye, there are very successful and accessible treatments available. Even if you are not suffering from dry eye, these dry eye symptoms may be caused by another eye disorder that may need treatment by a specialist.

For more on this topic or to ask 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. ■

Deciding On CPR Options

Continued from page 6

compressions and they may place a breathing tube, administer medications or defibrillate, using electricity to try to restart the heart.

Section 1's next option is "No CPR, Option B, Palliative and Supportive Care." Should your heart stop beating, the medical team would make sure you're comfortable and free from any disturbing symptoms like pain and anxiety. They might provide passive oxygen through a nasal cannula, but they wouldn't intubate or use CPAP or BiPAP.

Selecting Option A-1 means a breathing tube can be placed into your airway and you can be placed on a breathing machine. Selecting Option A-2 means they won't place a breathing tube but can use a CPAP or BiPAP machine to help with

breathing. These devices force air through a mask that covers the nose or nose and mouth to keep the airway open. With both options, they will not perform chest compressions.

The final option is "No CPR, Option B, Palliative and Supportive Care." Should your heart stop beating, the medical team would make sure you're comfortable and free from any disturbing symptoms like pain and anxiety. They might provide passive oxygen through a nasal cannula, but they wouldn't intubate or use CPAP or BiPAP.

Electing the "do not resuscitate" option doesn't mean your medical team will stop all treatment. They will continue treating you but will not perform CPR if your heart stops. Instead of thinking of DNR as "do not resuscitate," consider it to mean "die naturally with respect." ■



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Simply Having A Wonderful Fitness Time

By Conor Doherty

An annual tradition for many Americans is to make a New Year's resolution to work out more. However, many people aren't able to follow through on that resolution, because they can't find the time or the right type of fitness for them. There are many gyms around the Severna Park area and each one has a different style or even type of fitness.

A small group setting with personalized strength and conditioning training is what MyFitness is all about. According to owner Mindy Yates, one of the gym's most popular offerings is its boot camp classes.

"That means a lot of conditioning and endurance, sometimes focusing on your body weight," Yates said. "We also have small group classes with smaller groups

of people and more personal one-on-one training with a coach."

A small private studio, MyFitness offers a program for anyone, ranging in intensity from beginner to advanced and everything in between.

For more information, check out www.myfitnessgym.net.

If you're looking for a mix of training styles or you don't like going to the gym in general, Park Fitness might be the place for you. Owner Joe Bocek says that Park Fitness is the gym for people who find working out to be a chore or boring.

"At the end of the day, the best workout for you is going to be the one that you do," Bocek said. "We do small group and large group personal training. Everything we do, we consider to be under the umbrella of personal training."

Park Fitness doesn't do every exercise or training that can be done with free weights or total body resistance (TRX).

"The best thing about general population goals is that they all want the same thing," Bocek stated. "A woman came up to me the other day and said, 'For my entire life, I've always worked out and it's always been a chore until I found you guys, and now I actually enjoy it and look forward to coming to the gym with you guys.'"

For more information, check out www.parkfitsp.com.

Some people stop working out because of how repetitive the exercises are, regularly doing the same ones as time goes on. Three-2 Health and Fitness fixes that by never repeating the same exercise.

"What separates me is that

I never do the same exercise twice, haven't done that in 15 years," said owner Mark Fleming. "Same person, same group; there's always a different exercise to do."

One of the most common questions Fleming gets is what Three-2 means. "It's my style: three exercises, two rounds, almost like circuit training," he explained. "We do blocks of three exercises, however many blocks you can do in the hour."

For more information, check out www.three2healthand-fitness.net.

While each of these Severna Park gyms and studios offers an experience that is unique in style and intensity, the choice is ultimately yours. As Bocek said, "The best workout for you is going to be the one that you do." ■

A Therapy Strategy For Young Children

Continued from page 17

speech language pathologists might offer play-based rooms to spike interest and motivation in the child to communicate during play. Therefore, the environment is set up to create communication temptations for the children and encourage natural language growth. As the children choose their toy of interest, the clinician demonstrates the appropriate

language and provides natural reinforcers.

Naturalistic reinforcers bridge the gap from the therapy room to the real world. At a young age, children grow an understanding of how the world is working around them and how they fit into the world. Milieu communication training helps generalize language skills to different environments such as at home, school, and

playground and with different conversational partners such as their family members, friends and teachers.

Parent training is one of the main goals of all speech language pathologists. In order for milieu communication training to reach its highest potential, parents and/or caregivers must be active participants in their child's speech therapy growth.

At Budding Voices, parents are provided education to help generalize speech and language skills into new environments and situations. The speech language pathologists strive to not only meet the client's needs but also meet the parents' needs.

For more information on milieu communication training (MCT), contact Budding Voices at www.buddingvoices.com and 844-410-2878. ■

Using The Magic Of Routines To Support Language Development

Continued from page 7

than just reading the words in a book. Name pictures you see as you point to them, talk about what characters are doing, and talk about the colors you see. Keep your sentences short and simple, and add complexity as your child develops. Vary the tone, pitch, and volume of your voice to match different characters and watch how your child responds. Now, repeat, repeat, repeat! Children love to hear the same books read over and over. Keep things fresh by pausing at the end of a line in the book to see if your child can fill in the last word. Ask

your child to "read" the book to you and see what happens!

Meals and snacks are already part of your daily routine, so take advantage of these great opportunities for language growth. Try to eat meals together, when possible. Your child will naturally observe your conversations with other family members and will benefit from all of that language modeling. Offer choices for what your child may eat, as long as you're comfortable with both options. Help your child point or use a word to communicate his or her choice. For highly desired foods, serve small amounts at once and help

your child ask for "more." Try serving these preferred items in closed containers so your child can ask for "help."

Concerned about your child's speech or language development? Don't delay in taking action. Kid Connections Therapy in Severna Park is launching an eight-week virtual language enrichment program in which families learn at their own pace to support their young children's language development. Contact 410-274-0041 to learn more about the Family Connections program or for more information about receiving an evaluation for speech therapy services. ■

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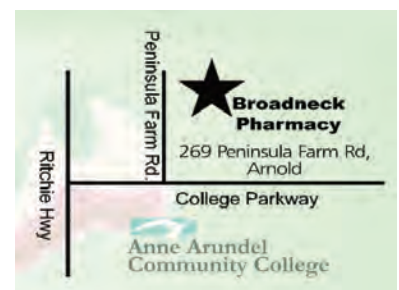
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Active Adults Can Embrace High-End, Hassle-Free Living

Some adults over 62 are seeking an opportunity to live differently – downsizing in favor of luxury, maintenance-free living in upscale apartment communities. It's not difficult to see why. These active adult communities, an emerging trend that has seen greater demand in recent years, offer older adults the ability to enjoy resort inspired amenities and high-end apartment living, all while remaining independent and creating new friendships and memories as they live in a vibrant community.

These new communities differ from traditional apartments because they offer optional levels of care, and the active adult designation means that the residents are largely, if not completely, 62 and older. The communities also offer more competitive pricing than assisted living facilities, and greater freedom.

With the possibility of carefully maintained grounds, apartments with private balconies or patios and shared community areas, such as the kitchen, dining room, game room and fitness center, these communities are designed to cater

to this new, active generation of senior.

Another aspect that sets these communities apart are their shared community spaces and features. Amenities may include on-site maintenance, secure access to the buildings, scheduled transportation via the community bus, high-speed internet, in-house hair salon, and optional services, such as housekeeping and evening meals.

Active adult communities are not health care providers, so make sure you choose a community with a trusted network of health care professionals that

residents can utilize as needed. A primary aspect of these active adult communities that differentiates them from alternative living arrangements is the primary focus they place on developing a vibrant, socially connected community.

This newer housing option for adults over 62 continues to grow in popularity, with the Gardens of Annapolis serving as one local option. For more information on the Gardens of Annapolis and its holiday leasing specials, please call 410-208-5042 or email leasing@gardensofannapolis.com. ■



These active adult communities, an emerging trend that has seen greater demand in recent years, offer older adults the ability to enjoy resort inspired amenities and high-end apartment living, all while remaining independent and creating new friendships and memories as they live in a vibrant community.





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