


Health, Beauty & Fitness

DECEMBER 2022



SEVERNA PARK VOICE

UM BALTIMORE WASHINGTON MEDICAL CENTER

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A new critical care unit will create the capacity for UM BWMC to better serve roughly 2,800 critically ill patients per year who rely on the medical facility.



Boosting Mental Health

If you are living with grief, loss or loneliness, this can be the most difficult time of the year.

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Improve Child Speech Skills

Parents can use quiet as a tool to help children bolster their communication abilities.

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The Best Time To Exercise

Don't let a busy schedule get in the way of starting a healthy fitness routine.

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- **MEDICAL CANNABIS HELPS ALLIEVIATE MANY SYMPTOMS WITHOUT SIDE EFFECTS**, like those experienced with conventional pharmaceutical medications.
- **MEDICAL CANNABIS IS NOT PHYSICALLY ADDICTIVE**, like many conventional pharmaceutical drugs such as opioid based pain medication.
- **MEDICAL CANNABIS DOES NOT NEED TO BE SMOKED**. There are various forms of delivery for medical cannabis such as patches, tinctures, lozenges, oils and lotions.
- **MEDICAL CANNABIS INFUSED TOPICALS AND OINTMENTS HELP WITH PAIN**, as is experienced with arthritis, neuropathy, and muscular issues.
- **THE STIGMA SURROUNDING USING CANNABIS AS MEDICINE IS FADING FAST.**

Medical Cannabis Products Are For Use
Only By Certified Patients

Green Point Wellness is committed to helping the community find an alternative way to relieve their pain.

How does Green Point Wellness aim to be different?

We take a lot of pride in being more than just your average dispensary. Being one of the first in the area, we have an opportunity to set the bar and we want to set it high. In doing so, we truly want to make a difference for the members of our community who are suffering.

How does medical cannabis help to alleviate pain?

Medical cannabis has analgesic effects similar to opioid based pain medications. Medical cannabis contains cannabinoids, the two most common being THC and CBD. THC binds to receptors in the brain and essentially block pain signals in the nervous system. THC is known to produce psychoactive effects, however, those effects are lessened when used in combination with medical cannabis products that contain CBD. CBD binds to other receptors in the brain and can lessen the pain signals as they travel to the brain. Everyone is different and so is their pain. However, once a person finds the right balance of THC and CBD that works for them, the use of medical cannabis can be very effective in alleviating pain.

Who can benefit from medical cannabis?

This is something that can make a real difference for people seeking help with pain management, anxiety, depression, epilepsy, post-traumatic stress disorder, muscle spasms, appetite disorders, autism, substance-abuse problems, glaucoma, blood pressure, and a myriad of other conditions. It's natural, non-addictive, and has minimal side effects. A large percentage of our patients are actually 65 and older.

How can this be helpful to opioid users specifically?

Studies are showing that CBD is non-addictive and can reduce drug cravings. It can also be used to treat withdrawal by reducing pain, anxiety, and mood symptoms. It can help break the cycle of addiction by preventing relapse and treating withdrawal symptoms. In addition to that medical cannabis can be a good substitute for prescription opioids because it has similar symptom-relieving effects, especially for chronic pain. Patients can take smaller doses of the opioid to avoid addiction and relapse, since the addition of THC provides comparable pain relief.

Why are you so passionate about educating the community?

We don't want there to be anyone who could benefit from medical cannabis but not know about it. Even if you don't feel like it's something you personally need right now, chances are it could help someone you love. Because of this, we believe in educating everyone we can and then letting them decide. Maybe you end up using it yourself or maybe you suggest it to someone you care about. We just want to help you get the information you need, so you can make an informed decision.

What is the next step if people want to explore this option?

I would suggest they call the help line, and talk to one of our trained dispensary agents. They will walk you through the options and go over what exactly medical cannabis can do for you. If you decide this is something you would like to take advantage of, you can come in and we'll provide you with help completing your registration, free of charge.

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NEW LOCATION COMING SOON!

The Importance Of Consulting An Audiologist For Hearing Aids

Dr. Robin Robinson
Hearing
Solutions
Audiology
Center



As more people are becoming aware of how prevalent hearing loss is, companies that have not traditionally worked in the hearing industry are racing to produce technological solutions that meet government standards.

When an executive order was signed that allowed hearing aids to be sold over the counter, it was aimed at lowering the cost of hearing care.

But over-the-counter products can't offer the same personalized experience of a specialist. You deserve the best hearing care available, and here are six reasons to make an appointment with an audiologist.

Expertise

Audiologists possess doctorate degrees in hearing health with years of education focusing on the anatomy and physiology of the ear, as well as the impacts and treatment of dysfunction of the auditory system.

Because individuals develop hearing loss in a variety of ways and have unique communication needs, accurately diagnosing hearing loss and selecting the right hearing aids ensure successful treatment.

Custom Prescriptions and Fitting

To maximize comfort and functionality, hearing aids must be custom fitted to each individual and programmed to support their listening lifestyle. Only a trained audiologist or hearing instrument specialist can



do this. Additionally, audiologists can verify the improvement of your hearing with amplification, they can monitor your progress over time, and they can make fine-tuning adjustments to meet your personal listening needs.

Wearing hearing technology is not a one-and-done solution. It takes time for the auditory system to rehabilitate and the brain to process the auditory information that is being received. Professional support during this process should never be underestimated.

Patient-Provider Relationship

Hearing loss is a complex condition. It has many causes beyond age-related decline, such as environmental and genetic factors, as well as hearing loss secondary to other conditions such as diabetes and cardiac issues. Another prevalent cause of hearing loss is exposure to medications that can damage the ear, such as chemotherapeutic agents and excessive use of nonsteroidal anti-inflammatory agents. An audiologist can diagnose and treat these conditions, forming a long-lasting relationship with you that goes far

beyond fitting you with hearing aids.

Tinnitus and Balance Support

Tinnitus is persistent ringing, buzzing or clicking sounds in the ear, and it often occurs concurrently with hearing loss. While the condition is still being researched, what we know about tinnitus so far falls under the expertise of audiologists. And because the inner ear governs the body's equilibrium, balance issues are often diagnosed and treated by audiologists.

Safety

Aside from the benefits of achieving a better fit and receiving professional support from an audiologist, there's evidence that self-programmed technology or one-size-fits-all solutions can be harmful. An audiologist will perform tests to assess your hearing loss and ensure your hearing aids meet your needs. Hearing technology that amplifies sound too much can further damage your hearing, and an ill-fitting hearing aid can create discomfort. Inappropriate amplification will not help enough and will not slow down the progression of your hearing loss.

Investment

While purchasing an over-the-counter hearing aid may provide savings on upfront costs, seeking treatment through a licensed audiologist may be a better investment. From warranty protection to professional cleanings and care, nothing compares to a guarantee of quality. Hearing aids can be expensive, so a professional can provide a variety of products including economical solutions. ■

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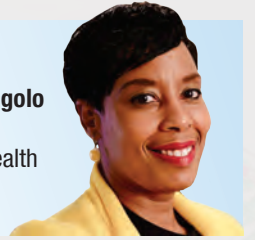
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Coping With Mental Health Issues During The Holidays



LaToya Nkongolo
Work Life
Behavioral Health



It's the most wonderful time of the year, but if you are living with grief, loss, trauma or loneliness, it can be the most difficult time of the year.

According to the American Psychological Association, 38 percent of people surveyed said their stress increased during the holiday season, which can lead to physical sickness, anxiety, depression, and drug and alcohol abuse.

In addition to having anxiety and depression, people are at an increased risk of suicide during the holidays. Studies show that 4.3 percent of U.S. adults have had thoughts about suicide,

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Hospice Chaplains Walk Into A Culture As Intimate Strangers

Faith Fitzgerald
Hospice of the
Chesapeake



chaplains practice cultural humility. With an open mind, they observe, listen and ask questions to better understand how a patient's faith, race, ethnicity, gender, sexual orientation and more play a role in their end-of-life journey.

Learning about a patient starts from the moment a chaplain enters the patient's home. Is there a certain chair for guests? Would it be an insult to not drink the tea? Do the shoes at the door indicate guests should take off their shoes? All the senses help the chaplain get to know a patient, from cooking aromas to music on the stereo.

Spiritual assessment

Chaplains then perform a

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Knocking on the door of a patient's home as a hospice chaplain is humbling. Behind that door are the deepest moments in the life of a dying person. Other types of chaplains walk into a hospital room, barracks or workplace. Hospice chaplains walk into a patient's home and are immediately immersed in a culture that can be very different from their own.

Cultural humility

This moment requires that

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UM BWMC's New Critical Care Unit Supports The Community's Current And Future Needs

By Zach Sparks

At the University of Maryland Baltimore Washington Medical Center (UM BWMC), patients in need of critical care come to the hospital during a time of desperate need. And in that time of need, the staff does everything they can to provide high-quality care and comfort to patients.

"Patients are people, and we try to remember that every time we interact with them and their loved ones," said Dr. Jeffrey Marshall, medical director and chair of critical care and pulmonary medicine at UM BWMC. "It's not the guy with pneumonia on a ventilator. It's John, who loves jazz and baseball."

With that patient-focused mission in mind, UM BWMC provided the Mid-Atlantic region with a gift in December when it unveiled its new critical care unit.

Located in UM BWMC's south tower, the 17,000-square-foot unit includes 22 large patient rooms, two large resuscitation rooms, a data command center, family rooms and an on-unit pharmacy.

"We wanted it to be warm and welcoming," said Dr. Jean Jauregui, director of nursing for critical care and intermediate care at UM BWMC. "The new unit has warm colors, bright lights, and every room has a window."

The new space and features will create the capacity for UM BWMC to better serve the 2,800 critically ill patients per year — or 200 to 300 per month — who rely on the Glen Burnie medical center to treat a variety of conditions, from cardiovascular ailments to smoking-related diseases.

"There are patients having surgery — for example, lung cancer — and they're going to have curative surgery. And those patients come to the ICU for recovery," Marshall said. "That's one population we see and then we have other patients with severe infections and multi-organ failure, cardiac arrest or drug overdoses."

A 2020 study by the Centers for Disease Control and Prevention found that nearly 30 percent of the U.S. adult population has multiple chronic conditions, or comorbidities. The increase in patients with comorbidities means that Maryland could be facing a shortage of available critical care beds com-



The UM BWMC staff cut a ceremonial ribbon to celebrate the center's new critical care unit.

pared to many other states across the nation.

"Right now, the state of Maryland is currently in the bottom 20th percentile for critical care capacity," Marshall said. "As our population ages, their health needs will increase and there will be a greater need for more critical care beds to help manage people's care. This unit aims to bring state-of-the-art care to the region, knowing there is a real shortage compared to the majority of the country."

As a member of University of Maryland Medical System, UM BWMC works with other member hospitals to ensure the right care is provided to each individual at the right time and the right place. That may include the new unit at UM BWMC, supporting care for patients across Anne Arundel County and the larger region. "We often receive patients that are transferred from hospitals on the Eastern Shore that need our critical care services," Marshall said.

UM BWMC's new resuscitation area was built to accommodate more than 10 providers in a room at the same time. UM BWMC doctors said the average room could previously fit only five providers. As patients are transported from the emergency department, operating room or from other area hospitals to the critical care unit, the team will stabilize each patient in the resuscitation rooms before continuing to manage their illnesses.

Another vital component of the new critical care unit is the command center and state-of-the-art technology. Each patient room is equipped with an advanced bedside monitor that continuously tracks and

transmits patient data to the unit's command center. This centralized wall of computer monitors keeps track of each patient's information 24/7, so that every provider on the unit knows how each patient is doing at any given moment. Changes in a patient's vitals are shown in real-time and trigger the care team to take action, as necessary.

"This advanced technology is giving our care team instant information that can be used to quickly make life-saving decisions," Jauregui said. "Instead of relying on old, point-in-time data, we are getting a real-time feed that alerts us when we need to act. This increases our team's efficiency and

helps us provide timely, high-quality and safe care."

Dr. Jason Heavner, vice president and associate chief medical officer at UM BWMC, wanted the unit to be designed in a way that would meet both the current and future needs of patients.

"New technology and new equipment come out all the time," Heavner said, "and so we tried to build a space that over the next decade or two will keep up and support new equipment and technology as seamlessly as possible."

In addition to providing a safe space for patients to receive care and for staff to work, UM BWMC also wants to establish the critical care unit as an academic site. Currently, 20 student nurses are getting hands-on experience in the space, and the unit will be used for pilot studies and to research innovative treatments for all 11 hospitals in the University of Maryland Medical System.

"By doing that, UM BWMC shows a commitment to the community and to the mission," Marshall said. "A clinician can impact one patient [at a time]. A researcher can change patient care for a large population."

Although the new critical care unit will have many functions, that is the main goal: to provide the best possible care for every patient.

"When a patient comes to critical care, it's typically the worst day of their life," Heavner said. "For us to have all the resources in one place — physicians, nurses, clinicians, chaplains — we are able to take care of the entire person, not just medically but in all areas of their health." ■



Located in UM BWMC's south tower, the 17,000-square-foot unit includes 22 large patient rooms, two large resuscitation rooms, a data command center, family area and an on-unit pharmacy.



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The Case For Using Wait Time To Help Children Improve Their Speech And Language Skills

Jessica Krishnamoorthy
Kid Connections
Therapy



children extra time to process incoming language, to recognize that it is their turn to talk in a conversation, and to organize and express their thoughts.

Try using wait time in these situations with your young child, who is just learning to talk, or with older children experiencing language delays.

When your child is asking for something by pulling you, pointing, or making noise, first validate his or her attempt to communicate by saying, "It looks like you want something!" Then, wait quietly for a few seconds while looking at him or her expectantly

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Speech-language pathologists often encourage parents to use "wait time," or an intentional and expectant pause during a communication exchange, to give children extra time to process incoming language, to recognize that it is their turn to talk in a conversation, and to organize and express their thoughts.



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iLux: Say Goodbye To Dry Eye

Dr. Samuel Boles

Anne
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If you've experienced dry eyes before, you know that its interference with daily activities — from reading to driving and using the computer — can affect your quality of life. Thankfully, there are multiple treatment options

such as artificial tears and medications to help with this uncomfortable and chronic condition. While these treatment options are effective for many people, here is some more information about an in-office service treatment, iLux, that has already been performed with outstanding success on dry-eye patients.

Causes of dry eye: meibomian gland dysfunction and blepharitis

While dry eye syndrome can be caused by an array of factors, such as age, medication side effects, or long-term contact use, meibomian gland dysfunction (MGD) and blepharitis are two underlying conditions that can bring about dry eye symptoms.

MGD is the failure of the meibomian glands, which are at the

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Kathryn Turner, OD

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The Case For Using Wait Time

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before jumping in and giving your child the words to say.

When you ask your child a question, count to five in your head before asking again, encouraging him or her to answer, or giving the answer yourself. Often a child does not answer immediately when processing the question or organizing a response, and when the adult tries to help too quickly during this process, it can lead to frustration and avoidance.

If you're trying to engage your child in conversation, make a comment and then pause silently for two to three seconds and wait for your child to respond before moving on. Be sure to look expectantly at your child while you wait to help him or her realize that it is their turn to speak and that you are interested in what he or she may want to share.

You may find it difficult to add quiet wait time into your conversations and interactions with your child at first. You may have developed a habit of speaking for your child or arranging routines so that he or she does not have to com-

municate, possibly to ease or prevent struggles for a child who has difficulty expressing himself or herself verbally. You may have developed a habit of repeating questions rapidly and encouraging your child to answer without giving sufficient thought time in an attempt to help. Or you may just find the silence a little awkward.

All of these reasons are understandable, and many parents have the same habits and feelings. Try adding wait time into your interactions with your child, and your efforts may pay off in an increase in communication skills.

Do you have concerns about your child's speech or language development? Don't delay in taking action. Kid Connections Therapy in Severna Park offers an eight-week virtual language enrichment program in which families learn at their own pace to support their young children's language development. Learn more about the program at www.kidconnectionstherapy.com/familyconnectionsprogram.

Call 410-274-0041 for more information about receiving an evaluation for speech therapy services. ■

Hospice Chaplains Walk Into A Culture As Intimate Strangers

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spiritual assessment to help the hospice team understand what the patient needs. They listen to what's said and what's not said. Maybe the patient's culture means not talking about the end of life. Maybe the chaplain talks only with the spouse.

Chaplains let the patient and family lead the encounter. As an intimate stranger, they offer a safe space that is judgement free. People wounded by faith groups, churches or even family may be able to talk to a stranger. Chaplains can be a witness to a person's life experience, helping them reflect and to understand what brings them meaning, hope and purpose.

Don't miss out

Because people often think of chaplains in a strictly religious role, not every hospice patient will seek the support provided by chaplain visits. They are missing out on an important resource that can offer counsel and community connections. Still, without even visiting a patient, chaplains can inform the patient's team — including phy-

sicians, nurses, social workers and certified nursing assistants — about the rituals or practices unique to religions. They also foster connections with community faith and cultural leaders and know where to look to find resources to help the team learn more about a patient's culture.

Someone who listens

Hospice chaplains play an important role in caring for those who are ill and their family, especially as someone who listens without judgement and in confidence. If you or a loved one are facing end of life, be open to a chaplain visit. You will find a fellow human who wants to hear your life story and can help everyone prepare for the best ending.

Faith Fitzgerald is a clinical practice specialist for chaplains with Hospice of the Chesapeake, which is an independent, nonprofit organization that cares for life throughout the journey with illness and loss in Anne Arundel, Calvert, Charles and Prince George's counties. For details, visit www.hospice-chesapeake.org or call 410-987-2003. ■

Coping With Mental Health Issues During The Holidays

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with the highest prevalence among ages 18 to 25.

Suicide is the 10th leading cause of death in the United States and the second leading cause of death among those 10 to 34 years old. Women attempt suicide more often than men, but men are successful about three to four times more often than women.

Here are common suggestions for ways to cope with mental health issues during the holidays:

Avoid numbing or avoiding feelings by using alcohol or other substances, which can worsen anxiety and

depression.

If holiday observances seem inauthentic right now, you don't need to force yourself to celebrate. Take this time to connect with and plan to check in with a support group, a therapist, a faith community or friends who understand.

If you feel hopeless, have suicidal thoughts, or notice changes in appetite and sleep patterns, talk to your doctor. Effective treatments for depression include light therapy, talk therapy and medication.

If you need to speak with a professional, the Anne Arundel Crisis Warmline is always available. The number is 410-768-5522.

Call or send a text message anytime to 988. The 988 Suicide and Crisis Lifeline provides confidential support to people in suicidal crisis or mental health-related distress.

Whether you find the holiday season to be the most wonderful or most difficult time of the year, I hope you'll use this time to take care of your mental health by accepting whatever emotions come up, maintaining healthy habits, seeking needed support and making time for meaningful connections.

For more information, contact LaToya Nkongolo at worklifellc@gmail.com or 410-487-6052. ■

The Importance Of Using A Local Senior Living Advisor

Jennifer McAndrews
Assisted Living Locators



Using a local service or source may often provide the best results in meeting the needs of a situation. This is the case as well when beginning the journey of transitioning a loved one into a senior living environment.

Local senior living advisors are knowledgeable about the communities in their area and personally know members of the staff in these communities. A relationship is formed with families when meeting and touring these communities together, and it's a relationship that does not happen when an online service is utilized



instead. Local advisors provide consultation and guidance throughout the process, focusing on the best result for

the family member who will be making the move.

The goals and benefits of working with a local advisor

are to narrow down the options for safe, appropriate and affordable living situations in the geographic area that has been determined to make the most sense. The area may be where the loved one has lived for many years or just in more recent years. It could also be closer to family members, allowing them to visit more frequently.

This journey can be an extremely stressful event for everyone involved. By forming a personal relationship with the senior and family members involved in the transition, an advisor can bring a sense of calm and reassurance through the process.

Some online service options only capture a potential senior's contact information, which is shared with many communities. Others may not

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Say Goodbye To Dry Eye

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edges of your eyelids, to produce or secrete oil. This may be due to a chronic blockage or thickening of the meibum, and it will negatively affect the tear film — resulting in dry eye symptoms. MGD is one of the most common causes of dry eye, as it has been shown to occur in more than 85 percent of disease cases.

Blepharitis is an inflammation of the eyelid and eyelash structures, and while it is uncomfortable, it usually does not cause permanent eye damage. Anterior blepharitis, which occurs along the front edge of the eyelid, is typically caused by either a bacterial or skin condition such as dandruff of the scalp and eyebrows or acne rosacea. Posterior blepharitis, which is on the inner edge of the eyelid that comes into contact with the eyeball, is usually caused by an irregular production of oils by the glands along the eyelid margin. Those with blepharitis may experience itching or burning of the eyes, tearing, or dry eye symptoms.

What is iLux?

iLux treatment is a nonsurgical option that can help patients find significant relief that targets the meibomian glands of the eyelids. iLux uses gentle heat and pressure through a handheld device to remove oil blockages in these glands, all in a minimally invasive treatment process that takes less than 15 minutes. The procedure does offer long-term relief, but it may need to be repeated for patients who suffer from chronic dry eye.

If you think you would benefit from the iLux procedure, know that while the consultation is covered by insurance, the treatment itself is out of pocket. However, you can use your health care flex dollars or health savings account funds to cover the expense.

Are you interested in talking to doctors about iLux? Call Anne Arundel Eye Center at 410-224-2010 to set up a consultation to see if the treatment is right for you. Anne Arundel Eye Center is dedicated to making the best eye care accessible to everyone. ■

The Importance Of Using A Local Senior Living Advisor

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be the best fit or affordable. This results in communities emailing and calling the senior and family members. That input of information is hard to manage, and it can create more work and stress for people beginning to research what choices might work for them.

When the decision is made on which community is the best fit, the advisor works closely with the family to facilitate the move. This may involve referrals to movers, real estate agents and companies that handle downsiz-

ing and estate sales. Again, that personal connection to everyone involved is reassuring and so important. It is not something that can be replicated by an online option.

Senior living advisors' services are free to families. The advisor is ultimately paid a placement fee by the community when the senior moves in. These advisors can also be a great source of knowledge about other services in the area that seniors may benefit from. The senior care world is complex and ever-changing. Consider having an advocate along the way. ■



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Why Busy Is The Best Time

Joe Bocek
Park Fitness

starting a health and fitness routine is that they are too busy.

Conventional wisdom tells us that if we wait for a time when we are not busy and when it's more convenient, we will likely have better success. This might be the case for some people, and we respect that.

It's also possible that if being busy is the reason or excuse for not doing something, then could we assume that if we get busy again in the future, we will stop?

It follows along with the idea that there is no perfect time for many things. And sometimes we must just do the thing. And when it comes to your health, wellness and longevity, there may not be a more important act of self-care than working on your fitness.

Often when we are talking with someone about being too busy to invest in their own health, we ask a few questions. And we find these questions can be quite helpful with many things related to being busy.

A few of these questions are:

Do you want this success you're chasing to be long-term? Often the answer here is yes. Whether it's about long-term health, financial well-being or even tidying our desk, we want the changes we make to last.

Do you believe that you will never be busy again for the rest of your life? Obviously, the answer here is no. I don't think anyone believes they will never get busy again. So, it's probably safe to assume that working around busy times is something that will persist throughout our lives.



Do you think support will be helpful? And often here the answer is yes. Setting up a system, routine and support network to help one succeed when busy makes the most sense.

This leads us to believe that we might as well start when we are busy so we have the most support possible.

Because if we learn how to do this when we are busy, then when it gets less busy, we should succeed even more. And when things get hectic again, we'll know how to do it because that's how we started — making it work while we are busy.

As someone who has coached and trained hundreds of people as a personal trainer over 24 years, being too busy is the No. 1 reason people tell me they don't pursue a health and fitness routine.

Unfortunately, many don't start the moment things get less busy.

It might be safe to say that a detriment to our own health and wellness is not learning how to work on, and improve, our health

and fitness while we are busy.

Believe it or not, this is excellent news. These ideas are life-long hacks that we use regularly to help ensure we can do the things that are important while life is "getting in the way."

We have also found that it helps to be fully invested with this new endeavor, and choosing a supportive environment that promotes success can be a gamechanger.

Additionally, something we talk about often in our gym is setting yourself up for overall success with accountability buddies, habits and regular goal setting. Putting these things in place can make or break your success.

So, the next time you think to yourself, "I'm simply too busy to do this," perhaps entertain the thought, "Could this be the best time to start?"

Now, back to all that holiday shopping and the parties that are filling up your schedule. Merry Christmas and happy holidays! ■



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