

# MARYLAND'S

## HEALTH MATTERS

COVER STORY:

### NEW YEAR, NEW HEALTH AND WELLNESS CAMPUS

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**WINTER 2023**

**(COUGH, COUGH)**  
IT MIGHT NOT BE  
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**ACADEMIC MEDICINE AT WORK**  
A TREATMENT WITH HEART:  
AN INNOVATIVE SOLUTION  
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UNIVERSITY  
of MARYLAND  
MEDICAL  
SYSTEM



## NEW YEAR, NEW HEALTH AND WELLNESS CAMPUS

A community-centered premier health and wellness campus is coming soon to Prince George’s County.



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## (COUGH, COUGH)

Here’s what to do about that nagging cough.

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## ACADEMIC MEDICINE AT WORK:

A Treatment with Heart—UMMC pioneers an innovative solution for aortic aneurysm.



## STAY CONNECTED WITH

# UM CAPITAL REGION HEALTH

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## WE WOULD LIKE TO HEAR FROM YOU

Please send your comments, information requests or change of address to: [thom.householder@umm.edu](mailto:thom.householder@umm.edu).

or **University of Maryland Capital Region Health, c/o Marketing, 901 Harry S. Truman Drive North Largo, MD 20774.**



# A NEW YEAR PACKED WITH

## **FOCUS, PURPOSE AND PROGRESS**

**PROVIDING HIGH-QUALITY, SAFE** and compassionate care is at the core of University of Maryland Capital Region Health's mission. To effectively accomplish these priorities, our organization must have sound operations, efficient processes and dedicated team members who are up to the task.

I see the new year as an opportunity to set fresh goals and refocus on what matters most. The community should know that UM Capital Region Health is focused on being the provider of choice for Prince George's County residents.

We are continually making improvements to better serve the community. We have expanded our capacity to improve how patients receive care—from the time they walk through the doors to when they are safely discharged home.

We are committed to taking our team members on a highly reliable journey, providing tools and resources to enable them to not only provide superior care, but to also better understand how each department plays a critical role in the services we provide.

Our service excellence program continues, and I want to keep this effort top of mind. This program is designed to break down barriers, so you can send feedback on your experience to me and our executive leadership team. Our commitment to addressing concerns is more than words; it requires swift action to provide assurance that needs and expectations are being met.

I sincerely thank you for trusting UM Capital Region Health with your care. From our outpatient practice locations throughout the county to our multiple facilities, we are growing to meet your emergent needs. I extend my appreciation and together, we are on the cusp of achieving greatness. There's no place better to do this than in Prince George's County.

With appreciation,

Nathaniel Richardson Jr.  
President & Chief Executive Officer  
University of Maryland Capital Region Health



## *Be Part of Something* **EXCITING**

**HEALTH CARE IN** Prince George's County will take a giant step forward when the new University of Maryland Laurel Medical Center opens later this year.

But our work is only beginning. This medical community in Laurel will continue to grow and expand to address the community's evolving health care demands with comprehensive outpatient services and wellness programs that focus on illness prevention and management.

You play an important role in our success! When you support University of Maryland Capital Region Health Foundation, you are making a direct impact on our work to advance health care in Prince George's County.

Your donation supports programs and services that include women's health and infant services, heart and vascular care, cancer treatment and trauma care.



Visit the UM Capital Region Health Foundation website at [umcapitalregionfoundation.org](http://umcapitalregionfoundation.org) to learn more about the many ways you can make a difference in our community.



# PROSTATE CANCER

# 101

WHAT MEN NEED TO KNOW.

Prostate cancer is one of the most common cancers in American men.

**U.S. NATIONAL CANCER STATISTICS** estimates there will be close to 270,000 new cases of prostate cancer and 34,500 related deaths in 2022.

Symptoms are rare. About 95% of the time the diagnosis is made after an abnormal prostate-specific antigen (PSA) blood test followed by a biopsy. Only 5% of men have disease outside the prostate gland at the time of diagnosis.


## HOW IS PROSTATE CANCER TREATED?

For men whose cancer is very slow-growing, doctors recommend one of the following:

- **Active surveillance:** Men 55 to 70 years of age diagnosed with non-aggressive, low-volume prostate cancer can be safely monitored by their doctors with a PSA blood test every four to six months.
- **Watchful waiting:** For men older than 70, doctors usually suggest annual PSA blood tests, followed by imaging or biopsy if concerns arise.

For more aggressive disease, doctors may recommend surgery, radiation, cryoablation or other treatments.

Prostate cancer also can occur in transgender women if they were born with male sex organs.



To learn more about prostate cancer services at University of Maryland Medical System, visit [umcapitalregion.org/prostate-cancer](https://umcapitalregion.org/prostate-cancer).



## Putting the **YOU** in **UROLOGY**

THE HIGH RATE OF PROSTATE CANCER AMONG MEN IN PRINCE GEORGE'S COUNTY HIGHLIGHTS THE NEED FOR PROMPT CARE.


**UNIVERSITY OF MARYLAND** Capital Region Health understands the troubling reality that the rates of prostate cancer diagnosis and death are higher in Prince George's County than the state of Maryland, where Black men are almost twice as likely to be diagnosed with prostate cancer as white men.

"In Prince George's County, not as many men get screened early for prostate cancer," says Daoud Dajani, MD, MS, director of genitourinary oncology at UM Capital Region Health. "But now they will not have to go into Baltimore or Washington, D.C., for robotic prostatectomies and reconstructive surgery."

## QUALITY OF LIFE MATTERS

When caught early, most types of prostate cancer can be treated. However, many men experience cancer treatment side effects, including problems with urination and sexual dysfunction.

"Our advanced surgical options help to improve men's urinary and sexual health after cancer," said Michael Witthaus, MD, medical director of genitourinary reconstruction and clinical assistant professor of surgery at UM Capital Region Health. "We are building a world-class surgical program right at our patients' doorsteps."



Need a screening for prostate cancer or help returning to your best life after treatment? Learn more at [umcapitalregion.org/urology](https://umcapitalregion.org/urology) or schedule an appointment in Bowie or National Harbor by calling **301-321-1122**.

# (COUGH, COUGH)

NEARLY THREE YEARS INTO THE PANDEMIC, COVID-19 IS STILL AN ISSUE. HOWEVER, YOUR WINTER COUGH MIGHT NOT BE COVID-19.

**A SEVERE COUGH** is one of the most common symptoms of COVID-19, and people with conditions that cause chronic cough are more likely to experience complications from COVID-19.

“The best precaution is to get vaccinated,” said Ed Pickering, MD, associate professor of medicine at the University of Maryland School of Medicine and interventional pulmonologist at University of Maryland Capital Region Health. “Wearing a mask also helps.”

However, a persistent cough can also be a sign of a different condition, such as asthma, chronic bronchitis and postnasal drip. It’s important to seek prompt care to find the right answers.

“Often, respiratory symptoms are nonspecific,” Dr. Pickering said. “With upper respiratory viral illnesses, it can be very hard to differentiate the cause.”

## CHRONIC COUGHS

Most chronic coughs are dry, which can feel like a tickle or irritation when you cough. Asthma, allergies and acid reflux are some of the most common causes of chronic dry coughs. Your coughs may also be wet, or “productive,” which means they often bring up mucus (phlegm).

If you have other symptoms in addition to a cough, including a runny nose or a sore throat, you may have a cold or acute bronchitis. Chronic bronchitis, which lasts at least three months, also has a wet cough and is usually caused by a virus.

Some coughing can be caused by more serious conditions, such as chronic obstructive pulmonary disease (COPD), which blocks airflow from the lungs and makes breathing difficult.

“Treatments for these conditions range from medications to lifestyle changes to oxygen therapy,” Dr. Pickering said.

## TALK TO A DOCTOR ABOUT YOUR COUGH

If your cough has lasted for over three weeks, don’t wait to seek care.

“It’s helpful if you can take note of your baseline symptoms before your visit,” Dr. Pickering said. “How much mucus are you coughing up? Do you experience daily shortness of breath? Has it gotten worse?”

If you are experiencing more than one symptom of COVID-19, are coughing up blood, or have unexplained symptoms, such as weight loss or swelling in your neck, it’s time to visit a health care provider.

Want more answers? Visit [umcapitalregion.org/lunghealth](https://umcapitalregion.org/lunghealth) for information and podcasts about coughs, chronic lung conditions and healthy living.



## WHAT’S CAUSING MY COUGH, AND WHAT’S THE FIX?

Everyone coughs to clear their throat from time to time. But a wide range of conditions, such as viral infections and seasonal allergies, can cause more frequent coughing, as can smoking and taking certain medications, including angiotensin-converting enzyme (ACE) inhibitors, which are used to treat high blood pressure and heart failure. Talk with your doctor about the various treatment options available for conditions that cause chronic cough.

Cause	Treatment
<b>Acid reflux or heartburn</b>	▪ Lifestyle modifications, including sleeping with your head elevated, as well as limiting fatty foods, alcohol, caffeine and chocolate
	▪ Medications, including proton pump inhibitors
<b>Asthma</b>	▪ Inhaled steroids
	▪ Short-acting medications (bronchodilators)
	▪ Oral medications
<b>Postnasal drip or sinusitis</b>	▪ Intranasal corticosteroids
	▪ Oral antihistamines



# NEW YEAR,

## NEW HEALTH AND WELLNESS CAMPUS

THE NEW UNIVERSITY OF MARYLAND LAUREL MEDICAL CENTER IS THE FIRST PART OF A NEW MEDICAL COMMUNITY IN PRINCE GEORGE'S COUNTY.



**WHEN IT OPENS** in a few months, the UM Laurel Medical center at the intersection of Van Dusen and Contee Roads in Laurel will be the first step in developing a full-service medical community that delivers primary care, specialty care, outpatient surgery and emergency care in one convenient location. This new medical community will build on the decades-long tradition of providing outstanding health care in Prince George's County.

### **STEP ONE: UM LAUREL MEDICAL CENTER**

The new UM Laurel Medical Center places a heavy emphasis on wellness and preventive care, while still offering outstanding care for acute and chronic health conditions.

To help the community stay healthy, UM Laurel Medical Center will provide a full range of outpatient services, including behavioral health, emergency services, surgical services, primary care and wound care.

### **ADVANCED SURGICAL CARE**

Thanks to improvements in technologies and surgical approaches, an increasing number of surgeries can now be performed on an outpatient basis. UM Laurel Medical Center will take the next step in the history of health care in Laurel with advanced operating rooms that allow surgeons to perform minimally invasive surgical procedures. These procedures enable patients to go home the same day and have faster recoveries. Patients who need extra time to recover before they can go home will benefit from our observation unit.



Opening UM Laurel Medical Center with expanded services is the first step in creating a full-service health care campus in Laurel.

When it opens, UM Laurel Medical Center will offer surgical procedures in:

- Breast cancer treatment and reconstruction
- General surgery
- Gynecology
- Minimally invasive treatment
- Orthopaedics and sports medicine
- Podiatry
- Urology

## A HISTORY OF OUTSTANDING CARE

University of Maryland Capital Region Health Medical Group has served the local area for more than four decades by bringing outpatient specialty care to the community and will continue to serve patients at UM Laurel Medical Center.

Physicians at UM Capital Region Health Medical Group and specialists who will be part of the new medical office building adjacent to UM Laurel Medical Center will provide a broad range of care in areas such as:

- Breast cancer treatment
- Cardiology
- Dialysis
- Full-service imaging
- Maternal fetal medicine
- Obstetrics and gynecology
- Orthopaedic care
- Physical therapy
- Primary care
- Pulmonology and lung health
- Urogynecology



## ADVANCES IN EMERGENCY CARE

The new medical center will offer expanded emergency medical services featuring a full-service, 24-hour Emergency Department staffed by board-certified and board-eligible emergency medicine physicians. The Emergency Department will have 24 treatment bays, four dedicated to behavioral health services.

In addition to qualified staff, the new Emergency Department will offer:

- Imaging services
- Pathology
- Pharmacy
- Respiratory care
- Short-stay observation







## MENTAL HEALTH MATTERS

UM Laurel Medical Center will offer outpatient mental health care for many common conditions, including:

- Anxiety disorders
- Bipolar and related disorders
- Depressive disorders
- Psychotic disorders
- Trauma disorders

For residents of Prince George's County experiencing a mental health crisis, UM Laurel Medical Center will offer two behavioral health programs designed to provide immediate support with the goal of preventing inpatient hospitalizations for psychiatric care.

A partial hospitalization program will provide therapy five days a week for one to four weeks. While patients in this program will receive intensive therapy and education in individual, group or family sessions, they will return home each night so they can remain connected to their families and friends.

An intensive outpatient program will last around two to three weeks. This program is less intense than the partial hospitalization program and allows for patients to transition back into their normal daily routines with new coping skills.

## WOUNDS MEET THEIR MATCH

The Wound Center at UM Laurel Medical Center will remain in its current location and continue to provide the same skilled care you have come to expect from UM Laurel Medical Center. The health care providers in the Wound Center are not only trained to provide traditional therapies, such as sterile dressings and damaged tissue removal, but they will also offer advanced therapies using a hyperbaric chamber, which increases the blood's oxygen levels to speed wound healing and fight infection.

## LOOKING AHEAD TO A FULL-SERVICE MEDICAL CARE CAMPUS

Opening the new UM Laurel Medical Center is the first step in creating a full-service medical campus. The 44-acre campus will provide access to primary care, specialty care, outpatient surgery and more—all in one location. This exciting project in Laurel is part of UM Capital Region Health's commitment to deliver outstanding, life-changing care to the residents of Prince George's County.

## A FULL-SERVICE MEDICAL COMMUNITY

- Breast cancer treatment
- Cardiology
- Dialysis
- Full-service imaging
- Maternal fetal medicine
- Obstetrics and gynecology
- Orthopaedic care
- Outpatient surgery
- Pediatric dentistry
- Physical therapy
- Primary care
- Pulmonology and lung health
- Urogynecology

## THE NEW UM LAUREL MEDICAL CENTER BY THE NUMBERS

- 1 great place
- 2 operating rooms
- 2 procedure rooms
- 2 behavioral health programs
- 10 adult observation, short-stay beds
- 20 Emergency Department treatment bays
- 4 Emergency Department behavioral health treatment bays

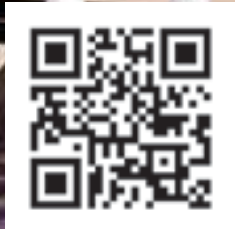


Learn more about UM Laurel Medical Center at [umcapitalregion.org/laurel](https://umcapitalregion.org/laurel).



**“I was in the right place and had the right treatment team for my needs. I knew I was in safe, capable hands.”**

—NEIL OLENICK,  
PATIENT



# A TREATMENT WITH Heart

AN INNOVATIVE MEDICAL DEVICE AVAILABLE AT THE UNIVERSITY OF MARYLAND CENTER FOR AORTIC DISEASE OFFERS PATIENTS WITH AN AORTIC ANEURYSM A BETTER SOLUTION THAN TRADITIONAL SURGERY.

**WHEN NEIL OLENICK** first sought help for back pain, vascular disease was not on his mind. The Baltimore County resident suspected a back or spine issue. After all, he had spent more than two decades in the trucking industry and many years enjoying an active lifestyle as a husband, father, grandfather and avid outdoorsman. But a routine MRI conducted to find the source of his back pain revealed something unexpected.

“The first vascular surgeon I saw told me, ‘We’ll get back to the back pain, no pun intended,’” Olenick said. “He had identified a small abdominal aortic aneurysm that would need regular observation.”

The word “aneurysm” rang alarm bells for Olenick, whose family members had dealt with similar conditions. An aortic aneurysm is a bulge that develops at a weak point in the wall of the aorta (the heart’s main artery), and it can be fatal.

Olenick was reassured to learn his aneurysm was small and required only observation, which his doctors did for nearly eight years until a CT scan revealed the aneurysm had grown large enough to require surgical intervention. And there was a complication. His aneurysm had branched out, a situation that requires advanced care and the

skills of a highly trained vascular surgeon. Olenick’s doctors referred him to the University of Maryland Center for Aortic Disease at the University of Maryland Medical Center, the academic medical center of the University of Maryland Medical System, where patients can receive the highest level of care for vascular conditions.

The UM Center for Aortic Disease is the only provider in the state to offer a thoracoabdominal branch endoprosthesis (TAMBE) device to treat an aortic aneurysm. This revolutionary device turns a traditionally complex, invasive operation into a two-hour, minimally invasive procedure with a recovery time of two weeks or less.

## LEARNING ABOUT TAMBE

As soon as the Olenicks met Shahab Toursavadkahi, MD, associate professor of vascular surgery at the University of Maryland School of Medicine, they knew they were in the right place. “Dr. Tour,” as he’s known, also serves as co-director of the UM Center for Aortic Disease and is the principal investigator of the TAMBE device clinical trial, the research that examines how well the new medical approach works on patients.

“He immediately put me at ease,” Olenick said. “He asked about our



Shahab Toursavadkahi, MD

family and did his best to keep us calm. It’s rare to make a connection that quickly with a doctor.”

Dr. Toursavadkahi carefully explained the procedure and how it would be used to treat Olenick’s aneurysm, helping him and his wife, Nancy, prepare for the next steps.

“We were given detailed information about my aneurysm and why I was a strong candidate for the procedure,” Olenick said. “I saw my medical imaging for the first time, and Dr. Tour answered all of my questions.”

“Neil’s abdominal aneurysm had branches coming off his aorta, which made the repair more complicated,” Dr. Toursavadkahi said. “Traditional treatment would involve open surgery with a long incision through the chest and abdomen. We discussed the TAMBE device in quite a bit of detail. He had a great attitude, and his background in mechanics made him especially interested in the procedure process.”

## A NEW FRONTIER IN ANEURYSM TREATMENT

The TAMBE device is a major advancement in the treatment of an aortic aneurysm. Dr. Toursavadkahi is leading the clinical trial testing its use with other highly skilled vascular surgeons and cardiologists.

Traditional surgery can successfully repair an aortic aneurysm, but it carries risks associated with any major surgery and requires a lengthy hospital stay and recovery.

“This procedure allows us to repair the aorta from the inside using small holes through the groin or arm and without open surgery,”



Dr. Toursavadkahi said. “The benefit to patients is tremendous. They no longer risk aneurysm rupture and can avoid long surgery and recovery times.”

The TAMBE device is used to treat patients with an aneurysm in the abdomen or chest.

“The device comes in multiple pieces that we insert through small incisions,”

Dr. Toursavadkahi said. “This makes it a great option in an emergency

to treat a patient with a symptomatic or ruptured aneurysm.”

In addition, the device and procedure may benefit patients who might not be good candidates for open surgery, including patients with other medical conditions, older adults, those with obesity and people who don’t tolerate bed rest well.

“Our patients who had surgery with the TAMBE device are doing well without any serious complications,” Dr. Toursavadkahi said.

### THE BENEFIT OF EXPERT CARE

Olenick spent four days in the hospital, only one of them in the intensive care unit.

“I didn’t have any pain, so I was ready to get back to everyday life,” Olenick said. “Dr. Tour reminded me I’d had major surgery and still needed to make time to rest.”

“Any surgery requires a recovery period, even though patients having this procedure need a shorter amount of time,” Dr. Toursavadkahi said. “Patients feel that they’re ready to move around like normal, but we restrict those movements to allow the body time to heal.”

In the year since his procedure, Olenick continues to see Dr. Toursavadkahi for regular checkups. He’s doing well and feels glad the risk of a ruptured aneurysm is behind him.

“Aneurysm is a very treatable disease,” Dr. Toursavadkahi said. “It’s a stressful diagnosis, but patients need to know we have access to techniques and technologies to treat aneurysms with minimal pain, fast recovery and positive outcomes.”



UM Capital Region Health offers comprehensive care for cardiac and vascular conditions. Find a provider online at [umcapitalregion.org/doctor](http://umcapitalregion.org/doctor).

# AN ADVANCED VASCULAR SURGERY PROGRAM

EXPERIENCE AND ADVANCED TECHNOLOGY  
SET THE VASCULAR SURGERY PROGRAM  
AT UNIVERSITY OF MARYLAND  
CAPITAL REGION HEALTH APART.

**AT UM CAPITAL REGION HEALTH**, specialized vascular experts provide comprehensive treatment for a variety of vascular conditions and diseases.

“The vascular surgery team has both expertise and experience,” said Nathanael Dayes, MD, clinical associate professor of surgery at University of Maryland School of Medicine and vascular surgeon at UM Capital Region Health.

The vascular surgery program offers patients minimally invasive treatment methods for effective long-term results.

“We combine the ability to treat vascular disease with hybrid approaches,” said Charles Fox, MD, associate professor of surgery at University of Maryland School of Medicine and director of vascular surgery at UM Capital Region Health.

Conditions treated at the vascular surgery program include:

- Aortic disease
- Carotid artery disease
- Dialysis access
- Peripheral artery disease (PAD)
- Varicose veins
- Wound care

### COMPASSIONATE CARE CLOSE TO HOME

Patients can schedule appointments at the vascular surgery program themselves or receive a physician’s referral.

“We encourage patients to schedule an evaluation,” Dr. Dayes said. “Even if they’re unsure whether a disease is related to vascular health, we’re here to provide the best treatment possible.”



To learn more about vascular surgery at UM Capital Region Health, visit [umcapitalregion.org/vascularcare](http://umcapitalregion.org/vascularcare) or call **240-677-0247**.

### LISTEN TO THE “LIVE GREATER” PODCAST

UM Capital Region Health vascular surgeons Charles Fox, MD, and Nathanael Dayes, MD, discuss PAD.



# Let's Get **VASCULAR!**

TAKE AN INSIDE LOOK AT YOUR VASCULAR SYSTEM.

## FROM THE HEART

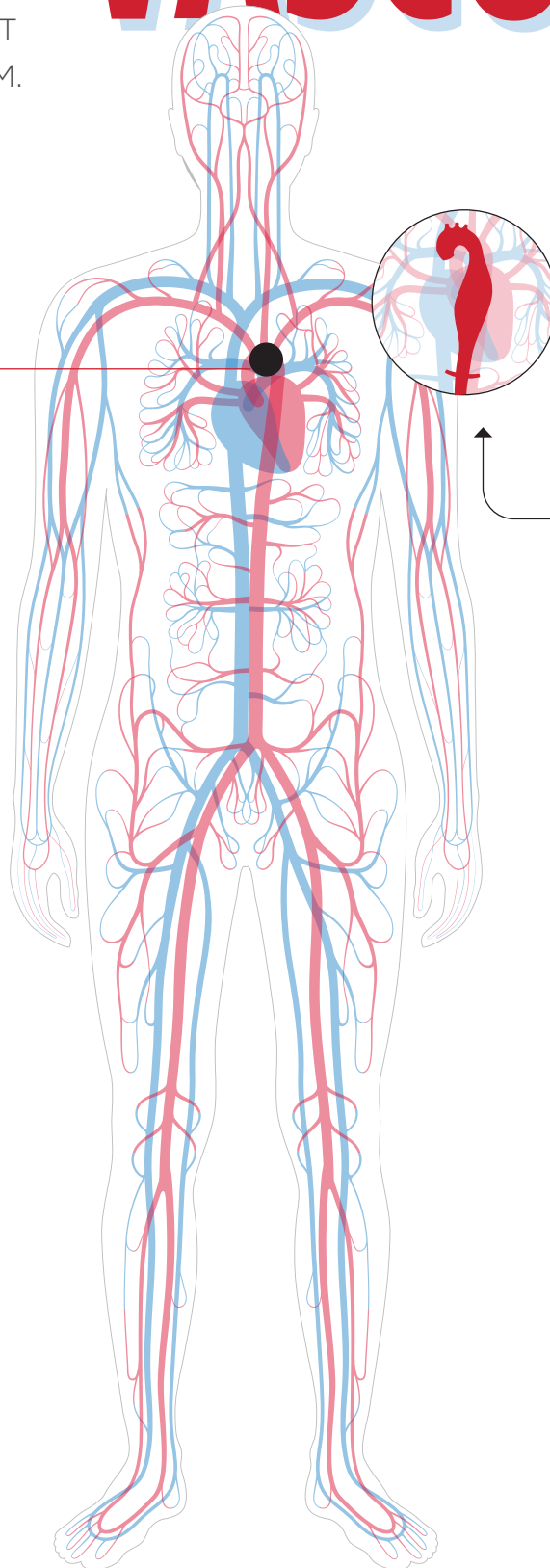
Your heart pumps oxygenated blood into your aorta, your main artery that stretches from your chest to your pelvis.



Blood vessels branch off and get smaller the farther away they are from your heart.



Blood delivers oxygen and nutrients to every cell in your body. It takes away carbon dioxide and waste.



WEAVING THROUGHOUT YOUR BODY ARE **60,000 MILES** OF ARTERIES AND VEINS KNOWN AS THE **VASCULAR SYSTEM**.

This bulging part of the aorta is a **thoracic aortic aneurysm**.

## RETURNING TO HOME BASE

- 1 After reaching the farthest areas in your body, blood makes a return trip through your veins, back to your **heart and lungs**.
- 2 On the way, your blood takes a detour to your **kidneys and liver**, which filter out all the waste products picked up earlier.
- 3 After returning to your heart, your blood cycles through the **lungs** to pick up fresh oxygen. With every heartbeat, the journey begins again.

# 6 Tips for WINTER WELLNESS

COLD AND FLU SEASON IS UPON US. PREVENT WINTER WOES BY FOLLOWING THESE TIPS.

## 1. WASH YOUR HANDS FREQUENTLY.

A little soap and water go a long way toward stopping the spread of germs. Wash for at least 20 seconds. Use alcohol-based hand sanitizer if soap and water aren't available.

## 2. PRACTICE HEALTHY HABITS.

Help your body fight infections by eating a healthy diet, exercising regularly, getting enough sleep and managing chronic health conditions.

## 3. GET YOUR FLU SHOT.

The flu vaccine is the best way to prevent this seasonal virus.

## 4. CLEAN HIGH-TOUCH SURFACES.

Disinfect countertops, doorknobs, light switches, phones and toys often to rid those surfaces of germs.

## 5. PAY ATTENTION TO MENTAL HEALTH.

Seasonal affective disorder can cause winter depression, sleep problems or weight changes. Light therapy or certain medications may help. Meditation can lower stress and boost your immune system even if you don't have mental health concerns.

## 6. SEE YOUR PRIMARY CARE PROVIDER.

Talk with your provider if you feel sick or notice changes in your mood. They can help you find treatments and offer general wellness support.

Visit [umcapitalregion.org/doctor](http://umcapitalregion.org/doctor) to find a primary care provider near you.

# Stop SAD

THIS WINTER, BREAK THE CYCLE OF SEASONAL AFFECTIVE DISORDER (SAD).

**IF YOU FEEL** lower moods than you usually do during winter months but perk up the rest of the year, you could have seasonal affective disorder (SAD). This type of depression typically occurs during late fall or early winter—when daylight hours at non-tropical latitudes are reduced—and generally improves when spring arrives.

Focusing on wellness helps support your mental health during winter months. Stay active, eat healthy, get enough sleep and make time for family and friends. Let your provider know if you experience symptoms of SAD so you can be directed to the best treatment for you. Supplemental vitamin D or light therapy may help counter the effects of less exposure to sunlight. A mental health clinician may help you cope with seasonal changes that affect emotions or behavior, and some people benefit from taking a prescribed and monitored antidepressant medication.

Need further guidance for managing seasonal affective disorder? Visit [umms.com/MHM-SAD](http://umms.com/MHM-SAD) to learn more about breaking the SAD cycle.



## LET LAUGHTER BE YOUR MEDICINE

Laughter is an easy way to help overcome stress. When you laugh, your body releases endorphins that may even help with depression.

What's the key to laughing more? One researcher discovered an important takeaway: **people = laughter.**

Laughter is 30 times more frequent in social situations than during alone time. People in the company of others who are laughing are more likely to laugh as well. Schedule time with family and friends if you need a mood boost.



# UPCOMING COMMUNITY HEALTH PROGRAMS & EVENTS

## VIRTUAL MENTAL HEALTH FIRST AID TRAINING

- **Adult Two-Day Training: Feb. 23 and 24, 9am-noon**
- **Youth Two-Day Training: March 23 and 24, 9am-noon**
- **Adult Two-Day Training: April 27 and 28, 9am-noon**

Just as CPR helps you assist an individual having a heart attack, **Mental Health First Aid** helps you assist someone experiencing a mental health or substance use-related crisis. Through this course, you will learn risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and noncrisis situations, and where to turn for help. Registration is required, and space is limited.

For additional information or to register for an upcoming class, please call **240-677-1062** or email [umcapitalcommunityhealth@umm.edu](mailto:umcapitalcommunityhealth@umm.edu).

## DINE, LEARN & MOVE GOES VIRTUAL

- **Wednesday, Feb. 22, 6-7:30pm**
- **Wednesday, March 29, 6-7:30pm**
- **Wednesday, April 26, 6-7:30pm**

Join us each month for 90 minutes of virtual fun. Get active, learn simple everyday tips for making healthy choices and engage with a chef while watching a cooking demonstration.

**Dine, Learn & Move** is FREE and presented in partnership with Prince George's County Health Department, Suburban Hospital and Maryland-National Capital Park and Planning Commission, Department of Parks and Recreation, Prince George's County. All ages are welcome.

For more information, visit [wellness.pgparks.com](http://wellness.pgparks.com), email [wellness@pgparks.com](mailto:wellness@pgparks.com), or call **301-446-6833**; TTY **301-699-2544**. To register to attend this program, please email [wellnessinfo@co.pg.md.us](mailto:wellnessinfo@co.pg.md.us).

## MAMA & BABY MOBILE HEALTH UNIT

Our mobile health unit is provided through a partnership between UM Capital Region Health and the March of Dimes. It is specifically designed to help uninsured and underinsured women throughout Prince George's County receive quality health care for themselves and their babies. We see women of childbearing age, pregnant women and babies ages 0 to 24 months. The unit is equipped with two private exam rooms and staffed by an experienced team of certified nurse midwives, family medicine physicians and residents, and medical assistants.

Due to COVID-19, the Mama Baby Bus has limited its services to appointment only. Please call **301-437-5788**, Monday-Friday from 9am to 4pm to schedule an appointment.



University of Maryland Capital Region Health  
901 Harry S. Truman Drive North  
Largo, MD 20774

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# Know your risk for lung cancer.

Early detection can lead to safer treatment options and increased survival rates.

You may be eligible for a lung screening at **University of Maryland Capital Region Health**. Take our online lung health assessment today to find out.

- › It's free
- › It's quick
- › It could save your life

**DON'T WAIT!**  
Learn more  
about your risk  
of lung cancer  
today.



A better state of care.

[umcapitalregion.org/LungHRA2](http://umcapitalregion.org/LungHRA2)

