As Community Grows, Surgical Suite Expands

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At Baltimore Washington Medical Center, we have come to know growth as a constant companion. And although our physical growth has been impressive, it is just one piece of our transformation into a regional medical center. We offer comprehensive services and increasingly sophisticated and complex care not just to our community, but to others in the Baltimore-Washington corridor seeking state-of-the-art health care.

Our growth continues as we embark on an expansion of our surgical areas and operating rooms. This expansion is critical in allowing us to build a larger, more modern facility as we continue to provide increasingly complex surgeries, such as neurosurgery, advanced vascular surgery and cutting-edge orthopedic surgery. You will read about one of those advanced orthopedic surgeries called autologous chondrocyte implantation. This surgery transplants a patient’s own cartilage to repair damage done inside the knee.

BWMC’s growth and transformation is not just what you see, but also what you feel when you walk through our doors. The staff go above and beyond to provide quality, compassionate care to our patients. During National Nurses Week (May 6 to 12), we celebrate our highly-trained, kind and sensitive nurses. We salute them for choosing such a selfless career and for caring for our patients like they were members of their own family.

You will find helpful tips and information throughout the publication to help you and your family enjoy the summer and stay healthy. I hope you have a few extra minutes to get to know us and read about the amazing things happening here at BWMC.

Sincerely,

Karen E. Olscamp
President and CEO
Growth Continues
WITH SURGICAL SUITE EXPANSION

GROWTH HAS BECOME a way of life at Baltimore Washington Medical Center, with an expansion project taking place in every decade since it opened in 1965. This year is no different, with the start of an expansion to the hospital’s surgical suite and support spaces.

The project includes a 27,500-square-foot, one-story addition, which will be constructed over the existing emergency department. The new suite will include three operating rooms and space for three future operating rooms. The project also includes renovations to 16,000 square feet of existing space to connect the addition to the current operating suite and reconfigure support areas to make them more patient-friendly.

“As we perform more and more complex surgeries, it is necessary to increase the capacity and size of our rooms,” says Chief of Surgery at BWMC Marshall Benjamin, MD. “Enlarging and modernizing the facility will allow our surgeons to perform more cases, increase the complexity of those cases and use the latest technology.”

To keep up with the demand and the rapidly changing technology, the operating suite at BWMC has undergone several renovations. When the medical center opened, the operating suite consisted of three operating rooms. Over the years, BWMC has added 11 more operating rooms and advanced technology such as the da Vinci robot, a complex endovascular suite for minimally invasive vascular treatments and the BrainLAB VectorVision® Image-Guided Surgery System.

“The growth of our surgical department has evolved and will continue to do so as our community grows and technology advances. It is important to our mission that we provide the services and technology to care for our community,” remarks Director of Perioperative Services Joyce Myers.

Approximately 12,000 procedures are performed annually in the current operating suite, and there are 180 surgeons on the medical staff representing more than 10 surgical specialties.

Construction of the surgical suite began in March and will be completed in 18 months.


BWMC is designated as a blue distinction center for spine surgery and knee and hip replacement. Visit www.mybwmc.org to learn more.
Sometimes, speech is affected because of a disorder, such as vocal cord dysfunction or a swallowing disorder, but it can also be affected by a medical diagnosis, such as head and neck cancers, stroke, brain injury, neurodegenerative disorders and even Parkinson’s disease. The speech language pathologists at Baltimore Washington Medical Center assess and treat speech in both inpatients and outpatients with speech and voice disorders.

Mary Miller, MS, CCC-SLP, and Kristin Bertrand, MA, CCC-SLP, are both skilled dysphasia therapists who can provide in-depth assessments of speech using the modified barium swallow test.

Miller is also a certified Lee Silverman Voice Treatment (LSVT) therapist who offers a specialized treatment program for patients with Parkinson’s disease.

“Since Parkinson’s disease affects the nervous system and speech is driven by neurological functions, nearly every person diagnosed with Parkinson’s disease will experience problems with their speech,” says Miller.

Medications and surgical intervention can control and improve some of the symptoms experienced with walking, but the only way to improve speech that is altered from Parkinson’s disease is with speech therapy.

Speech problems from Parkinson’s disease begin as soft, mumbled or monotone speech, which frequently affects quality of life. Sometimes people withdraw from the workforce, limit their social activities and are often asked to repeat themselves when communicating.

After more than 15 years of research, LSVT, an intensive speech therapy program for patients with Parkinson’s disease, was developed, which consists of therapy four times a week for four weeks and a series of exercises to produce a louder voice.

“Patients are also required to practice daily, using a tailored home program,” says Miller.

Upon completion of therapy, patients will display improved voice intensity and increased facial expression. Some patients even report an improved swallowing function. The results of the treatment have been known to last for up to two years.

CALL THE SPEECH LANGUAGE PATHOLOGY DEPARTMENT AT BALTIMORE WASHINGTON MEDICAL CENTER TODAY AT 410-553-2567.

BWMC is home to more than 600 physicians varying in specialty and office location. Each physician’s contact information is available via an easy-to-use online directory. Visit www.mybwmc.org and click on “Find a Physician.”

Request your free print copy today by calling 410-553-BWMC (2962) or e-mailing bwmcpr@bwmc.umms.org.
Clinical Trials: Finding New and Better Ways to Treat Disease

IF YOU HAVE been diagnosed with cancer, heart disease or another serious illness, the decisions about treatment can be overwhelming. While many people choose a proven conventional course of therapy, clinical trials can provide opportunities to explore medications or treatments that may offer additional options. Participants in clinical trials play a more active role in their own health care, gain access to new research treatments before they are widely available and help others by contributing to medical research.

Ideas for clinical trials usually come from researchers. After researchers test new therapies or procedures in the laboratory and in animal studies, the experimental treatments with the most promising laboratory results are moved into clinical trials. During a trial, more information is gained about an experimental treatment, its risks and how well it may or may not work before being offered to the general public.

Generally performed in four phases, clinical trials follow a predetermined plan, or protocol, to ensure participants’ safety and may involve more tests and doctor visits than the participant would normally have for an illness or condition. The clinical trial research team includes doctors and nurses as well as social workers and other health care professionals. This team checks the health of the participant at the beginning of the trial, gives specific instructions for participating in the trial, monitors the participant carefully during the trial and stays in touch after the trial is complete.

Many trials are in need of volunteers. When a trial cannot get enough participants, the study is often abandoned. Researchers indicate this lack of participation jeopardizes the advancement of treatment for many diseases.

Continuing to strive to offer patients the opportunity to have access to the latest advances in cancer treatment, the Tate Cancer Center at Baltimore Washington Medical Center will launch several clinical trials by the end of 2010. Currently, the University of Maryland Marlene and Stewart Greenebaum Cancer Center is conducting more than 125 clinical trials.

save the date! FREE PROSTATE SCREENING JUNE 16

Baltimore Washington Medical Center will offer a free prostate screening on Wednesday, June 16, from 6 to 8 p.m. at the Tate Cancer Center on the medical center’s campus. Community members are encouraged to give the gift of wellness by bringing their father, grandfather or brother to participate in the screening.

Urologists from BWMC’s medical staff will perform digital rectal exams, and members of the medical center’s laboratory will conduct prostate-specific antigen (PSA) blood tests. Participants should be older than age 50 and not have had a digital exam or PSA blood test within the past 12 months or been previously diagnosed with prostate cancer. Results will be mailed to all participants. Reservations are not requested. Call the medical center’s Marketing and Communications Department today at 410-787-4367 to learn more.
THERE ARE ALMOST 2.9 million registered nurses in the United States, and 2.4 million of them are actively employed. In honor of their dedication, commitment and hard work, Baltimore Washington Medical Center is proud to recognize nurses during National Nurses Week and thank them for providing care to communities everywhere.

On May 6 each year, hospitals start a weeklong celebration of nurses in recognition of Florence Nightingale’s birthday, the founder of modern nursing. This year, National Nurses Week, “Caring Today for a Healthier Tomorrow,” is raising awareness of the value of nurses and the role they play in meeting health care needs.

Meet Our Caring and Compassionate Nurses

**SHARON FRACASSE, RNC**
Sharon has worked at BWMC for 15 years and has been in the medical field since she was 16 years old. She believes that being a good nurse means “being a team player when it comes to patient care.” Nurses must be competent and up to date with their skills, compassionate and caring. Sharon loves seeing people get well and being there to help their families understand what’s going on.

**AMY SUGG, RN, CRNI, BSN**
Amy has worked at BWMC for 25 years. She first decided to become a nurse after working as a veterinary technician and wanted to work with people instead. Amy believes that being a good nurse means “listening to your patients, being competent in your abilities and being loyal to your facility.” “No one is an island,” says Amy, so peer support is extremely important. She enjoys the diversity and critical thinking involved in nursing.

**MANUEL GURTINA, RN, BSN**
Manuel has been a nurse at BWMC for three years. He was born and raised in the Philippines and comes from a family respected in the medical field. “Being a good nurse means being a patient advocate and being proactive, bottom line,” says Manuel. Nursing is a process, and he loves helping patients understand why they receive treatment. “Patient education is very important. My job ends when I discharge my patient and not before.”
Megan Rutsky, RN, ONC
Megan has been a nurse at BWMC for almost five years. Although she grew up in a family of nurses, it wasn’t until she took a home health aide class that she realized her passion for patient care. Megan believes a good nurse is “one who wears many hats,” such as “detective, shoulder to cry on and cheerleader.” When she trains nursing students, she emphasizes the fact that nursing is hard and therefore challenging, which is what she believes makes this unique profession so satisfying. “What we do is special and would be impossible without incredible teamwork,” says Megan.

Susan Tawes, RN, CNOR
Sue can’t remember when she didn’t want to be a nurse. She has worked at BWMC for 42 years and currently works in the operating room. “Being a good nurse means putting the patient first and being compassionate and a good listener,” says Sue. She believes nursing is a constant learning experience and it’s important to treat all patients as if they are her own family. She loves being at the forefront of new medical technology and passing her extensive knowledge on to younger nurses.

Felecia Morris, RNC, BSN
Felecia has worked at BWMC for 11 years and decided to become a nurse in order to help people and to try to make a difference. “Being a good nurse means doing your best, and treating others like you want to be treated. Training and teamwork are very important,” says Morris. She loves working with her peers and manager, and believes that BWMC is a great location to work.
To heal a knee cartilage injury, patients should look within for the solution — within their own knees, that is.

A new procedure at Baltimore Washington Medical Center uses a patient’s own cartilage to repair damage done inside the knee. The procedure, known as autologous chondrocyte implantation, occurs when a surgeon scrapes cartilage cells from a patient’s knee arthroscopically, grows the cells in a laboratory and then reimplants the cartilage back into the damaged area of the knee.

“We have the same cartilage in our knuckles and finger joints, but in the fingers, it’s only about paper thin,” orthopedic surgeon James York, MD, says. “Putting weight on a damaged or arthritic knee joint causes pain because if the cartilage is thin or gone, the force is going directly to the bone.”

Patients who have large cartilage defects in their knees — similar to craters in the joint’s surface — need advanced treatment. Partial or total knee replacements are options that provide long-term relief in relatively older patients. For younger patients, cartilage transplants may work best.

The best candidates for cartilage transplant are patients in their 20s, 30s and early 40s who do not have arthritis.
FOR SOME PEOPLE, going to bed at the end of the day is a natural, recurring process. But for others, falling asleep or staying asleep might be more of a task. If you see every hour on your alarm clock, feel like you need to nap or are dozing off at a traffic light, you are probably not getting the recommended eight hours of sleep you need every night.

To help people get a restful night’s sleep, the Sleep Center at Baltimore Washington Medical Center conducts comprehensive sleep studies and helps diagnose and treat a wide variety of sleep disorders. The center has been accredited by the American Academy of Sleep Medicine since 2000.

To determine if you have a sleep disorder, a sleep study is conducted. A polysomnogram, which is an overnight test similar to an EKG, is used to record readings like abnormal movements, muscle activity, breathing and the quality of your sleep.

“Most people think snoring is not a problem,” says Muhammad Eyad Dughly, MD, medical director of the BWMC Sleep Center and board certified sleep physician. “But snoring is a typical symptom of a common disorder called sleep apnea.”

Sleep apnea occurs when the airway repeatedly collapses, causing inadequate or cessation of breathing. A continuous positive airway pressure device is used to provide a continuous flow of air to the lungs while sleeping. Other disorders may require medications or even psychological therapy.

Children ages four and older can also be seen for a sleep study to help with asthma and bed-wetting and to determine if tonsil removal is necessary.

If you are not getting regular sleep for four to six weeks, speak with your physician to see if a sleep study is necessary or if changes to your sleeping habits could help.

FOR ADDITIONAL SLEEP HYGIENE TIPS AND TO TAKE A VIRTUAL TOUR OF THE SLEEP CENTER AT BWMC, VISIT WWW.MYBWMC.ORG/SLEEP-CENTER.

Sleep Hygiene Tips
- Establish a regular sleep schedule. Go to bed and wake up at the same time every day and get regular exercise.
- Create a restful environment. Keep the temperature cool and get comfortable.
- Avoid caffeine, nicotine and alcohol right before bedtime.
- Take a bath, read a book or whatever helps you unwind before you go to bed.
AS SUMMER APPROACHES, outdoor fun and activities increase. Unfortunately, so does the risk for insect bites, which can spread diseases like the West Nile virus and Lyme disease. By taking the proper precautions, you can maximize your fun while decreasing the risk of infection.

The West Nile virus is spread by mosquitoes. While it is difficult to avoid these pesky insects, you can reduce the amount around your home by draining any standing water in gutters, pots, old tires and so forth, which are a breeding ground for mosquitoes. Also, make sure your window screens are free of tears and holes.

Mosquitoes are most active between dusk and dawn, so it is best to wear long, protective clothing if you are going to be outside at this time. While most people bitten by an infected mosquito do not get sick, about 20 percent may develop West Nile virus, which includes body aches, fever and a rash. There is no treatment for the West Nile virus.

Another insect that transmits disease is the tick that carries Lyme disease. Ticks must be embedded in the skin for more than 24 hours to transmit Lyme disease, so always check for ticks after outdoor activities. The first signs of Lyme disease include a bull’s-eye-shaped rash, headache, fatigue and fever. Lyme disease is treated with antibiotics.

Morris Shochet, MD, an infectious disease specialist at Baltimore Washington Medical Center, recommends using insect repellent.

“Spray it on your shoes, socks and pants and wear white socks so ticks can be seen more easily,” says Dr. Shochet. “Wearing insect repellent helps protect against both mosquitoes and ticks.”

If you believe you have developed an illness due to a tick or mosquito bite, contact your physician immediately.

FREE BUG SPRAY. CALL TODAY! To keep you bug-free during your outdoor fun, BWMC is offering free bug spray. Request yours by calling 410-787-4367 or via e-mail at bwmcpr@bwmc.umms.org. Supplies are limited.
KEEPS THE AIRWAYS CLEAR

WALKING IN THE park on a sunny spring day or visiting a friend with a pet might seem routine, but to people with asthma, it could mean suffering an asthma attack. Since there is no cure for asthma, it is important to know your and/or your child’s attack triggers and steer clear of them.

Some triggers might include things in the air like smoke, dust, pollen, animal dander and chemicals. But be aware that exercise or physical activity, stress, and even colds and sinusitis can make regular asthma episodes even worse.

No matter the trigger, each condition is marked by inflammation of the airways. Muscles tighten, cells inside the airways create more mucus, and in turn airways become narrowed. Symptoms of an asthma attack include coughing, chest tightness, shortness of breath and wheezing.

While asthma treatments have seen significant strides over the past several years, asthma still contributes to millions of missed workdays and doctor and emergency department visits, suggesting that asthma is still not well controlled.

Make sure you talk with your or your child’s health care provider about living with asthma and ways to prevent an episode. It’s important you understand how to use medications and inhalers.

“Especially for children, it’s important to recognize and respond to the early symptoms of an attack, but more important, to avoid their triggers,” says Sandy Thomas, manager of respiratory care at Baltimore Washington Medical Center and Camp Airways director.

Camp Airways is a weeklong day camp, coordinated by respiratory therapists and pediatric nurses, designed to teach children ages 6 to 12 how to manage their asthma.

“Kids will walk away with asthma education and a better understanding of the disease,” says Thomas. “We want them to be able to live an active, healthy lifestyle without worrying about an attack.”

REGISTER NOW FOR CAMP AIRWAYS

Camp Airways will be held August 2 to 6 from 9 a.m. to 4 p.m. at Woods Memorial Presbyterian Church in Severna Park. The cost is $70. Registration is required, and space is limited.

Junior counselor opportunities are also available for students ages 15 to 18. Responsibilities include assisting campers with daily activities, participating in outdoor games and serving as a role model for participants.

Give your child with asthma the opportunity to do arts and crafts and outdoor activities!

Call the Respiratory Care Department at 410-787-4484 to register today! Or download the application form online by visiting www.mybwmc.org/calendar-date and clicking on “Camp Airways” under “Featured Events.”
ROBIN SCHERZO, a social worker at Baltimore Washington Medical Center, works hard to plan the best life outcome for patients.

Scherzo has been meeting her patients’ needs at BWMC for 26 years. While in school, she originally took a social work course only to cover credits, but ended up following that path for her career. She graduated from the University of Maryland, Baltimore County, with a bachelor’s degree in social work. After working at another hospital and a nursing home, she began her dedicated career at BWMC in 1983.

Some of Scherzo’s daily responsibilities include discharge planning, nursing home and rehabilitation facility placements, guardianship litigations and evaluation for hospice and/or placement. BWMC’s social workers are also involved in any type of abuse or neglect situation regarding children, adults and seniors.

“We automatically screen anyone who comes in with a fractured hip, a stroke or joint replacements,” explains Scherzo. She gets referrals from physicians, staff, families and outside agencies.

The average caseload per social worker at BWMC is 18 to 25 cases at a time. “You can’t come in and plan the day,” Scherzo laughs. “Every day brings different challenges.” The caseload averages more than 100 per social worker every month.

Despite a heavy workload, Scherzo feels rewarded that she can help people who are in a very difficult time in their lives. She helps each individual through a personalized process, the goal being a favorable outcome.

It is not an easy process to plan for nursing home care. Social workers are responsible for setting up care according to each individual’s needs and finding a facility that can accommodate them. In situations where insurance companies try to dictate care, it is important for a social worker to be an advocate for the patient and to explain the process to all involved. Scherzo makes sure her patients have what they need when they need it.

“We act as a liaison between physicians, families, patients, nurses and insurance companies,” says Scherzo. By using her knowledge, Scherzo is able to help patients and their families through “crisis mode” and then help them form a plan.

To become a social worker at BWMC, applicants must have a bachelor’s or master’s degree in social work and be licensed by the state of Maryland.

AS THE MEDICAL CENTER EXPANDS, so do the job opportunities. To learn more, please visit www.mybwmmcareers.org.
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Mr. and Mrs. Robert W. Feigley Sr.
Mr. and Mrs. Steve Gilden
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Mary R. Knoerlein
Mr. and Mrs. Dennis Buchman
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Ms. Jackie L. Collins
Mr. and Mrs. Thomas M. Collins
Dr. and Mrs. Leo A. Courtney
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Ms. Evelyn L. Lahanan
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Mr. and Mrs. Samuel Allotey
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Mr. Julio C. Perez
Mrs. Naomi H. Morgan
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Mr. and Mrs. Louis Maas
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Mr. and Mrs. William Prince
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Ms. Marlene S. Jones
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Mr. and Mrs. William Webb
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Ed Weibe
Space Telescope Science Institute
In memory of
Jean Writt
Mr. and Mrs. Gerard A. Straut
Cardiopulmonary Rehabilitation Celebrates 25 Years

**PROGRAM IMPROVES QUALITY OF LIFE FOR HEART AND LUNG PATIENTS**

Twenty-five years ago, Baltimore Washington Medical Center opened a Cardiopulmonary Rehabilitation program for patients with cardiovascular and pulmonary challenges. The program focuses on cardiovascular reconditioning following a heart attack or coronary bypass surgery. It also helps patients with stable angina following a heart attack or bypass surgery. Pulmonary rehabilitation offers breathing retraining and functional conditioning to patients with chronic respiratory disease.

“With the advent of primary angioplasty and robotic surgery, cardiac patients recover quicker and can begin rehabilitation in as soon as two weeks,” says Claudia Cavey, RN, cardiac therapist. “Even guidelines for patients with mild to moderate lung disease have broadened, which allows them to participate in the program and prevent further deterioration.”

The Cardiopulmonary Rehabilitation Department also offers stress testing and risk assessment, evaluation and exercise prescription, and medical wellness programs that help patients who have weight problems, diabetes, peripheral vascular disease and cancer.

If you are interested in participating in the Cardiopulmonary Rehabilitation program, ask your physician about the services.
To register online, please visit www.mybwmc.org. Class dates are displayed on each monthly calendar. Or register by calling 410-787-4367. Visa, MasterCard, Discover and echecks are accepted.

Family Birthing and Exercise Classes

CHILD BIRTH CLASS
Evening session, meets once a week for three weeks. $100.

ONE-DAY CHILDBIRTH
One-day intensive birth class, perfect for families with busy schedules. $100.

CHILDBIRTH REFRESHER CLASS
Half-day class will review the process of labor and birth for moms looking to reacquaint themselves with the experience. $50.

CHILDBIRTH FOR TEENS
Classes for teens and their families include discussions on the topics of nutrition, labor and birth, baby care and safe sleeping. Free. Call 410-787-4366 to register.

BABY CARE WORKSHOP
Helps new moms and dads care for their baby with knowledge and confidence. Topics such as diapering, dressing, calming, bathing, feeding, taking care of a sick baby, sibling preparation and safety will be discussed. $25.

ESSENTIALS OF BREASTFEEDING
Practical advice on starting breastfeeding. Third trimester registration is recommended. $25.

DAD 101
Explores beneficial information for dads regarding infant behavior, communication, dad’s role and concerns, baby basics and baby safety. $25.

NEW BABY AT HOME
Provides general information and guidance for new parents. Topics such as preparing for baby, caring for your baby, newborn appearance and characteristics, feeding and baby safety will be discussed. $50.

NEW BABY DAY CAMP
For big brothers and big sisters, guide the transition of growing families. Class teaches children what to expect with the arrival of a new baby brother or sister. $25 per family.

PASCAL WOMEN’S CENTER TOUR
Tour the new Pascal Women’s Center and learn about the high-quality care and services BWMC provides for growing families. Free.

All birth classes include a tour of the Pascal Women’s Center. Second trimester registration is recommended unless indicated. Take a virtual tour online at www.mybwmc.org/maternity-services.

PRENATAL YOGA
This eight-week session is specifically designed for the journey of pregnancy. Conducted in a calm, peaceful environment, yoga helps strengthen pelvic muscles, improve circulation, aid in digestion, exercise the spine and increase overall comfort. Prior yoga experience is not required and all trimesters are welcome. Physician consent required. $40.

BABY AND ME
This class focuses on postpartum needs, such as regaining core muscle strength while calming the mind and body. Exercises for baby stimulate infant’s basic motor skills. For infants from a few weeks to eight months old. $40.

REGISTRATION IS EASY!
To register online, please visit www.mybwmc.org. Class dates are displayed on each monthly calendar. Or register by calling 410-787-4367. Visa, MasterCard, Discover and echecks are accepted.
Interested in staying current on monthly events and programs at BWMC?

Sign up to receive our monthly mailing that contains information about events, programs and support groups offered by BWMC. Give us a call at 410-787-4367 or e-mail bwmcpr@bwmc.umms.org and we will gladly add you to our mailing list.

Safe Sitter®

**Monday, August 16**
9 a.m. to 4 p.m.

**Dr. Constantine Padussis Conference Center (third floor)**
301 Hospital Drive

Safe Sitter® teaches preteen babysitters (ages 11 to 13) how to nurture and guide young children while in their care. $50. Interested participants should pre-register online by visiting www.mybwmc.org/calendar-date or by calling 410-787-4367.

Yoga and Pilates Classes

**Leo and Lysbeth Courtney Conference Center**
Tate Center, 305 Hospital Drive

Classes run for eight weeks. $40. To register online, visit www.mybwmc.org. Classes are displayed on each monthly calendar. Visa, MasterCard, Discover and echecks are accepted.

Free BiPAP and CPAP Clinic

**Mondays, 10 a.m. to noon**

This clinic is offered to anyone interested in or currently using bi-level or continuous airway equipment to make breathing easier during sleep. The goal is to offer patients a better understanding, increased comfort level and confidence in using their breathing equipment. Appointments are requested; call the Sleep Center at BWMC at 410-787-4768.

Preventing Diabetes

**May 24 (2 to 3 p.m.), June 2 (5 to 6 p.m.), June 11 (9 to 10 a.m.)**

**Joslin Diabetes Center, Suite 119**
The Executive Center
300 Hospital Drive

A diabetes educator will lead a one-hour discussion and offer suggestions on how to make simple nutrition and exercise changes that can significantly reduce the chance of developing type 2 diabetes. $25. Reservations (select one date only) are requested; call 410-787-4940.

Joint School

**Third Wednesday of each month, 4 p.m.**

**Leo and Lysbeth Courtney Conference Center**
Tate Center, 305 Hospital Drive

This free educational opportunity explains the details of total joint replacement surgery and offers those contemplating surgery an opportunity to ask questions and receive information on what to expect during the preparation and recovery stages of the procedure. Free. Reservations are requested; call 410-553-8282.

Breast Cancer Support Group

**First and third Tuesday of each month, 6 p.m.**

**First Floor Conference Room**
Tate Center, 305 Hospital Drive

This support group provides a comfortable and confidential setting to openly discuss and share common experiences related to being a newly diagnosed breast cancer patient. Reservations are not needed. Free. For more information, call 410-787-4367.

Treatment Options for Uterine Fibroids and Chronic Pelvic Pain

**Thursday, May 27, 6 p.m.**

**Leo and Lysbeth Courtney Conference Center**
Tate Center, 305 Hospital Drive

Join BWMC physicians Dr. Zina Novak and Dr. Zuzana Chamrova for an informative discussion about proven treatment options for uterine fibroids and chronic pelvic pain, including the less invasive uterine fibroid embolization (UFE). Reservations are requested for this free educational opportunity and can be made online by visiting www.mybwmc.org/calendar-date and clicking on “Treatment Options for Uterine Fibroids” under “Featured Events,” or call 410-787-4367 for more information.
We have earned national recognition. We’ll quickly earn your trust and ease your pain. The Spine Center at Baltimore Washington Medical Center is ranked among the best in the nation for neurosurgery. Furthermore, our surgeons have helped in designing some of the cervical disc replacements used today. Collectively, these fellowship-trained, board-certified orthopedic surgeons and neurosurgeons offer more than 100 years of experience.

Our surgeons also perform anterior cervical fusions, both with and without plates. And, oftentimes minimally-invasive techniques enable patients to return home the day after their procedure is performed.

When the pain has become more than you can bear, discover how The Spine Center can help.

Choose the surgeons who not only perform cervical joint replacements, but also helped invent them.