



PATIENTS' Voices

a newsletter from the PATIENTS Program at the
University of Maryland School of Pharmacy

March 2017

Meet the PATIENTS
Program Team

Feature Article

Tips for Healthy Living

Get Involved

Our Vision

Patients and stakeholders
are heard, inspired,
and empowered to
co-develop patient-
centered outcomes

Message from the PATIENTS Program Team

The first quarter of 2017 is quickly nearing its close. And, while the winter has been unseasonably mild this year, we're still looking forward to the warmth and colors that accompany spring!

March is Women's History Month, so this issue of our newsletter will feature information on women's health and wellness, including nutrition and lifestyle tips for women at all stages of their lives. We'll also provide a list of places to hike in Baltimore and the surrounding areas so that you can take advantage of the great scenery and upcoming weather while working up a sweat.

The PATIENTS Program team members continue to do great work to educate and support the community, and we'll highlight a few of them, their recent accomplishments and recognitions, as well as the exciting things ahead for the rest of the year. In addition to the internal team, the PATIENTS Program's partners play an important role in facilitating the work that we do in the community. You'll read more about one of our strategic partners, The Association of Black Cardiologists, in this issue.

Be sure to check out the list of events where we'll be out and about in the coming months. You can also visit The PATIENTS Program's YouTube channel to see videos of community events that illustrate all of the strides our community members are making to create and sustain healthy personal lifestyles and healthy communities.

As always, we welcome your feedback on how to make this newsletter a better resource. Email patients@rx.umaryland.edu to submit comments, suggestions, and ideas. Follow us on [Facebook](#) @PATIENTSProgram and visit our [YouTube channel](#), PATIENTS: Engaged in Research.



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**I SAVED SOMEONE FROM
AN OVERDOSE IN
MINUTES. YOU CAN, TOO.
NALOXONE WORKS.**

NALOXONEMD.ORG



A Lunch Break Becomes a Life-Saving Moment for PATIENTS Program Team Member Tracy Rice

Drug overdoses are now a leading cause of death in America. Maryland, including Baltimore City, has mirrored this deadly trend, due in part to the state's opioid abuse epidemic.

"I feel that things do happen for a reason. I was just at the right place at the right time," says Tracy Rice, a PATIENTS Program community outreach worker, as [she recounts the details](#) of a lunch break in December 2016 that turned into a life-saving moment for a Baltimore city resident for whom Tracy administered Naloxone during a drug overdose.

"I had the opportunity to dispense Naloxone on a day I was off [of work]. One of the police officers at Lexington Market saw me on this particular day when a young lady was in the bathroom having a drug overdose."

Naloxone is a life-saving medication that can quickly restore the breathing of a person who has overdosed on heroin or prescription opioid pain medication. It comes in two formulations for public use: muscle injection and intranasal, or through the nose (www.newdaycampaign.org).

"I dispensed the Naloxone once. I waited two to three minutes to see if the effects of it would take place, and it didn't" Tracy describes. After giving a second dose, the young lady became conscious, and the first responders arrived to continue care.

In a January 2017 Mother Jones article, Baltimore City Health Commissioner Dr. Leana Wen states, "There are people in our city dying of overdose at nearly twice the number of those dying from homicide. Around the country, there are more people dying from overdose than there are dying from car accidents. If there were tens of thousands of people dying from any other disease, we would have declared it a public health emergency of epic proportions. Imagine if tens of thousands of people were dying of Zika, or tens of thousands of people are dying of measles—we would be doing everything we can to address it. But unfortunately, there is so much stigma surrounding addiction and there is so much misunderstanding about the nature of addiction, we as a society have not understood it to be the disease that it is."

Tracy is one of the faces of a state-wide public awareness campaign launched in March 2017 by the New Day Campaign, produced for the Maryland Department of Health and Mental Hygiene. The "Be a Hero" campaign is part of the state health department's efforts to end the current opioid overdose crisis. Tracy is featured on the organization's website and various bus stops around the city. To listen to Tracy's full interview, visit the [PATIENTS program YouTube channel](#). Learn more about the initiative at <http://newdaycampaign.org>.

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PATIENTS Program Director Recognized by the University of Maryland, Baltimore's (UMB) Diversity Advisory Council

C. Daniel Mullins, PhD., PATIENTS Program Director, and professor and chair of the University of Maryland, School of Pharmacy's Department of Pharmaceutical Health Services Research, was honored on February 1st as one of UMB's 2017 Dr. Martin Luther King Jr. Diversity Recognition Award recipients.

Dr. Mullins received the Outstanding Faculty Award for his leadership and vision, using the PATIENTS Program to engage people from underserved and minority populations, support and bolster diversity in clinical studies, introduce community members to the patient-centered outcomes research (PCOR) process, and promote an inclusive learning health care community in West Baltimore.

Be sure to view [Dr. Mullins' video](#) explaining PCOR and what it means to patients in all walks of life, or visit the Patient-Centered Outcomes Research Institute's [website](#) for more information.

PATIENTS Program Team Member Receives Prestigious Award to Promote Community Health Education and Physical Fitness

Jasel D. Martin, DrPH, MS, MBS, CHES, post-doctoral fellow in the Pharmaceutical Health Services Research department at the University of Maryland School of Pharmacy (and a member of the PATIENTS Program team,) was recently selected as the 2017-2018 Yancey/Edgley Postdoctoral Award recipient. Dr. Martin, who received the award during March 7th ceremony in Los Angeles, CA, is the first person to receive this distinction, as it is the first year that the organization offered the award to post-docs.

The Yancey/Edgley Fellowship for Health Promotion, Physical Fitness and Community Health Education's [mission](#) is to develop leaders of color who are committed to fighting obesity in underserved populations through community participatory research, intervention and prevention using physical activity, and other health promotion strategies. The \$20,000 award will allow Dr. Martin to continue her research and community engagement work to achieve positive health and wellness outcomes in the community.

Congratulations!





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Women's Health Advice for All Stages of Life

In honor of Women's History Month, we'd like to focus on practical actions that women can take during each stage of life to promote optimal health and wellness. The U.S. Department of Health and Human Services provides an in-depth [online guide](https://www.womenshealth.gov/publications/our-publications/the-healthy-woman/) designed as a comprehensive resource for women to educate themselves on the health issues that affect them, arming them with the knowledge to lead healthier lifestyles and to make informed health decisions (<https://www.womenshealth.gov/publications/our-publications/the-healthy-woman/>).

20s: Shed unhealthy habits and schedule annual physicals

While youth often fosters a sense of invincibility, many of the habits formed in a person's mid to late twenties persist throughout adulthood. High-fat, low-nutrient diets, smoking, and excessive alcohol use can all lead to obesity in later years. It's easier to keep weight off than to lose it! Also, if you're used to your parents making appointments for your annual physicals, be sure to schedule an annual appointment with a primary care provider.

30s: Don't skimp on sleep

Busy career women and moms in their thirties may find themselves hard-pressed to get to bed early enough, but it's a must for everything from concentration and focus to maintaining a healthy weight. In addition, according to the American Academy of Sleep Medicine, the physical, emotional and hormonal changes that occur during pregnancy—especially during the third trimester, when you're physically your largest—can all interfere with sleep. Make sure your room is as comfy as possible and allow yourself ample time to wind down in the evening. Talk to your doctor if you're still having trouble.

40s: Pay attention to what—and how much—you eat

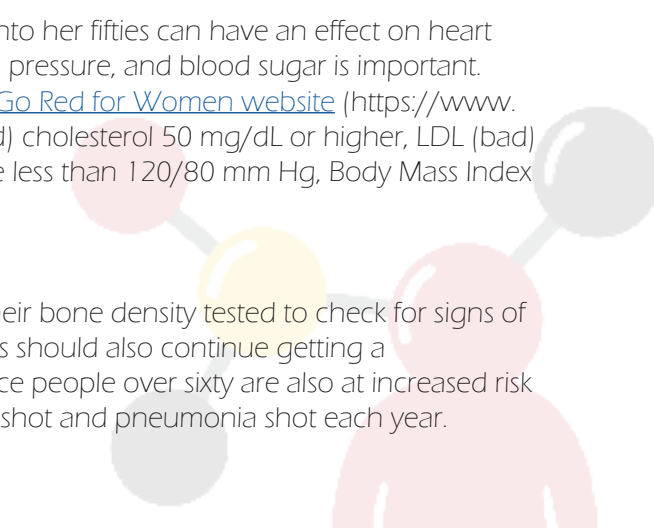
Watching your weight and choosing healthy foods is important to women's health at all ages, but paying attention to caloric intake becomes increasingly vital when moving into the forties. A woman's metabolism does, indeed, slow down which may mean adjusting eating habits. Try eating smaller, more frequent meals, aim for lots of variety, and opt for smaller portions of treats (rather than making certain foods off-limits).

50s: Know your (heart) numbers

Hormonal changes that usually take place in a woman's late forties and into her fifties can have an effect on heart health. That's why knowing and monitoring things like cholesterol, blood pressure, and blood sugar is important. The American Heart Association provides the following guidelines on its [Go Red for Women website](https://www.goredforwomen.org/) (<https://www.goredforwomen.org/>): Total cholesterol less than 200 mg/dL, HDL (good) cholesterol 50 mg/dL or higher, LDL (bad) cholesterol less than 100 mg/dL, Triglycerides 150 mg/dL, Blood pressure less than 120/80 mm Hg, Body Mass Index less than 25 kg/m², Waist circumference less than 35 in.

60+: Remember key screenings and immunizations

If they haven't done so in their fifties, women sixty and over should get their bone density tested to check for signs of osteoporosis (a condition that weakens the bones). Women in their sixties should also continue getting a mammogram every one to two years to check for breast cancer. And since people over sixty are also at increased risk for respiratory infections; women in this age range should receive the flu shot and pneumonia shot each year.



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Tips for Healthy Living

Fitness Fun: Hike around Maryland

Baltimore city and its surrounding counties have great hiking trails to enjoy. Start the spring off by checking out some of these beautiful trails and getting in some extra exercise. You can find details on the Maryland [Department of Natural Resources website](http://dnr2.maryland.gov/mdtrails/Pages/Trails-in-Maryland.aspx) (<http://dnr2.maryland.gov/mdtrails/Pages/Trails-in-Maryland.aspx>).

Want to Lose Weight? Small Changes Can Yield Big Results.

According to the Centers for Disease Control and Prevention, more than one-third of U.S. adults have obesity.

Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer; all some of the leading causes of preventable death. For women, the risk of becoming obese increases with age, as women ages 40–59 have a higher prevalence of obesity than women ages 20–39.

The explosion of easily-accessible weight-loss information has left many people confused about exactly what they can do to lose weight and stay healthy. While there are various paths to reaching your weight loss goals, one fact holds true: small, consistent lifestyle changes have proven the best method for ensuring that you get on track, and stay on track.

Control Your Portions

[Studies have shown](#) that the average size of the American dinner plate has increased 22% over the last century, from 9.62 inches to 11.75 inches. In addition, most of the portions served both in restaurants and at home are bigger than you need. If you did nothing else but reduce your portions by 10%-20%, you would lose weight.

Visual queues and proper planning take the guess work out of portion control. For example, two teaspoons of mayonnaise are about the same size as two dice, and three ounces of chicken is about the same size as a deck of cards. Also, using measuring cups (instead of large serving spoons) to transfer pastas and grains from the pot to your plate ensures the proper portion. If you know you'll be out and about all day, pack healthy snacks to avoid vending machines and fast-food drive-thrus.

[Find more tips:](#) Secrets of Healthy Eating and Portion Control (<http://www.webmd.com/diet/ss/slideshow-serving-sizes>)

Pay Attention to Your Emotions

Why you eat is just as important as what and how much you consume. This is because all actions start with a thought or feeling, and negative mental patterns often translate into poor eating decisions for emotional eaters who use food to deal with things like stress, depression, or loneliness.

Today's diet and nutrition experts point to mindful eating—focusing on the present moment, while calmly acknowledging and accepting your feelings, thoughts, and bodily sensations—as the most successful method for combating bad eating habits (Harvard Women's Health Watch, January 2016). Techniques for mindful eating include keeping a food journal that details both what you eat, and what you're feeling when you eat, as well as taking a shopping list to the grocery store to avoid mindlessly throwing unhealthy items into the shopping cart.

[Find more tips:](#) 8 Steps to Mindful Eating (<http://www.health.harvard.edu/staying-healthy/8-steps-to-mindful-eating>)

Visit the [PATIENTS Program YouTube channel](#) for video content on health and nutrition.

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We invite you to take advantage of these exciting opportunities to participate in community-based groups created by partners and friends of the PATIENTS Program who are actively seeking input and feedback.

Share Your Opinions about Priorities When Diagnosing Memory Problems

Do you have memory problems? Are you the caregiver or an advocate for someone with memory problems? A physician collaborating with the PATIENTS Program is looking for people with memory problems or caregivers or advocates for people with memory problems (like "mild cognitive impairment" or Alzheimer disease) to complete an online survey.

[Access Survey Here](http://aan.com/survey/dementia) (<http://aan.com/survey/dementia>)

The survey will ask you how important it is to consider different things (like what to expect, quality of life) when doing tests to diagnose the cause of memory problems. This information will be used to help develop a guideline about diagnosing memory problems. It will also help us understand how patients, caregivers, advocates, and physicians may value things differently. The survey will take 15-20 minutes. We are hoping to have one hundred people give their opinions. The survey will be available until May 31, 2017.

Male Community Members Needed for Upcoming B'More for Healthy Babies Focus Group

B'More for Healthy Babies, an initiative led by the Baltimore City Health Department and the Family League of Baltimore, works to reduce infant mortality in Baltimore City through programs emphasizing policy change, service improvements, community mobilization, and behavior change.

The PATIENTS Program team is seeking 15 men with kids under the age of three (3) to participate in a B'More for Healthy Babies focus group.

Each participant will receive a \$25 gift card.

**March 25th, 3:00 p.m. – 6:00 p.m.
St. Matthews Community Long-Term/Outreach Center
3003 West North Avenue, Baltimore, Maryland 21216**

For more information or to register, please call 410.706.3839 or email patients@rx.umaryland.edu.



Senior Companion Program Advisory Council Announces New Grant

The Senior Companion Program Advisory Council (SCPAC) is a non-profit organization created to provide non-biased counsel, advice, and support in the operation, ongoing evaluation, and improvement of the Baltimore City Health Department's Senior Companion Program. The group is committed to helping Baltimore's seniors continue to live independently in their homes by supporting the volunteers who serve such a critical.

Last month, SCPAC (in partnership with the University of Maryland's PATIENTS Program,) announced a nine-month contract granted by the Patient-Centered Outcomes Research Institute (PCORI). The goal: engage seniors, their families, and caregivers in order to research and reveal some of the most pressing health care issues that threaten seniors' ability to age at home. To learn more about SCPAC's work, the PCORI community engagement efforts, and to get involved, contact Ms. Deloris Mack at juliamack2@hotmail.com.

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Partner Spotlight: Association of Black Cardiologists

The PATIENTS Program partners with local and national organizations to fulfill its mission of empowering patients and care providers to answer questions about the best treatment options to improve health and quality of life. In this issue, we're spotlighting one of our strategic partners, the Association of Black Cardiologists. [View our full list of partners](#) on the PATIENTS Program website.

Association of Black Cardiologists, Inc.

website:<http://abcardio.org/>

Facebook: <https://www.facebook.com/abcardio/>

- International membership of 2,500 health professionals, community health advocates, and corporate and institutional associates
- Fully accredited by the Accreditation Council for Continuing Medical Education (ACCME)

Heart disease is the number one killer for all Americans (American Heart Association, www.heart.org.) And because the conditions that contribute to heart disease—diabetes, high blood pressure (hypertension), and obesity are more prevalent in the African-American community, the American Heart Association estimates that 44% of Black men and nearly 48% of Black women have some form of heart disease.

Founded in 1974 by cardiologist Richard Allen Williams, M.D., and 16 other Black colleagues, the Association of Black Cardiologists (ABC) works tirelessly to help eliminate disparities related to cardiovascular disease in all people of color. The New York-based organization is dedicated to lowering the high rate of cardiovascular disease, including stroke, in minority populations, and is committed to advocacy and diversity. The association's [website](http://www.abc-patient.com/) (<http://www.abc-patient.com/>) and [YouTube channel](https://www.youtube.com/user/TheABCAudio) (<https://www.youtube.com/user/TheABCAudio>), offer various educational resources to learn more about getting heart healthy, staying heart healthy, and advocating for health access in underserved communities.

ABC will host a weekend of networking and educational events during the American College of Cardiology's 66th annual Scientific Session and Expo, March 16th-19th in Washington, DC. To learn more about the ABC's agenda, visit <http://abcardio.org/abc-events-at-acc-17/>.



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UNIVERSITY of MARYLAND, BALTIMORE NEIGHBORHOOD SPRING FESTIVAL

Save the Date: April 22nd
UMB Neighborhood Festival
(free to the public)

Join the PATIENTS Program at this year's festival, Saturday, April 22nd from 11:00 a.m. – 2:00 p.m. The event, sponsored by the UMB Council for the Arts & Culture, and First Lady Yumi Hogan (Honorary Chair,) includes free:

- Health and dental screenings
- HIV and Hepatitis C testing
- Mental health resources
- Legal advice
- UMMC Mobile Health van access
- Performances: Korean dancing, local school dance groups, and spoken word
- Live music
- Taekwondo and outdoor Zumba
- Local food and craft vendors
- Kid-friendly activities (Hula hoop fun, balloon animals, face painting & puppet making)

Visit www.umaryland.edu/oce or call the Office of Community Engagement at 410.706.8260 for details.

In the Community

Below are upcoming events where the PATIENTS Program team will be onsite to provide information about health, wellness, and becoming a voice in research for health conditions that affect the lives of community members. For details or questions about the PATIENTS Program's involvement in these events, email patients@rx.umaryland.edu or call 410.706.3839.

Visit Our Booth at This Year's B'More Healthy Expo
Baltimore Convention Center
March 18th, 10:00 a.m. – 5:00 p.m.

Look for the PATIENTS Program booth near the University of Maryland Medical Center display and the "What's Cooking" Stage at this year's B'More Healthy Expo, held at the Baltimore Convention Center. There, you'll get a chance to learn more about our work to empower patients and caregivers to propose questions about their healthcare concerns, and how to actively participate in studies to answer them.

In its eighth year, the B'More Health Expo features: screenings for all ages, Healthy Food and Cooking Zone, Fit & Fun Kids Zone, Health and Wellness Careers Expo, three stages of live, interactive workouts, performances, celebrity appearances, and much more. Visit the [B'More Healthy Expo website](http://bmorehealthyexpo.com/) (<http://bmorehealthyexpo.com/>) to download the full program guide and get directions and parking information. Contact a representative directly at 410.662.1443 or info@bmorehealthyexpo.com.

Presentation during the Weinberg Senior Group meeting
Enoch Pratt Free Library, Orleans Street Branch, 1303 Orleans Street
April 11th, 10:00 a.m. – 1:00 p.m.

A PATIENTS Program team member will be on hand to present information on various health issues, including HIV/AIDS, cancer, hypertension, mental health, and diabetes. There is plenty of free parking available on the library's Orleans Street parking lot.

