

# Johns Hopkins Bayview News

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MEDICINE

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BAYVIEW MEDICAL CENTER

A publication for  
the residents of the  
communities we serve

Cover Story

# Medical Center Offers Students Tuition, Training

by Michelle Ruddle



While most high school seniors are starting to sweat their SAT scores and worry about their first-choice colleges, Sollers Point Technical students Ashlee Yancey and Tiffany Thomas are ahead of the game.

The girls are part of a new partnership between the school and Johns Hopkins Bayview Medical Center.

The union of the two institutions isn't a new thing—students in the Sollers Point nursing program have been doing their clinicals at Bayview for over a decade—but this experience is different.

This is the first year that Hopkins Bayview is offering two students a more in-depth learning program and providing tuition reimbursement. After high school, Hopkins Bayview will pay for Yancey and Thomas to attend the nursing program at the Community College of Baltimore County while they continue putting in hours at the hospital.

After graduation, the girls will have to commit two to three years to the Medical Center.

The program gives Hopkins Bayview a chance to install homegrown talent into its ranks, according to Scott Olden, a clinical nurse specialist for medicine at the hospital.

"In order to address the nursing shortage, Bayview decided to work within the community by placing students in the hospital as basic care technicians," Olden said.

To get there, Yancey and Thomas had to go through a four-month application process, including supplying recommendations and essays. From there, a whittled-down group faced an intense interview.

"We took them through the same rigorous process that we would put an employee through," Olden said.

Once they were accepted as pioneers for the program, the girls got a jump start on working on their clinical skills over the summer and chose a nurse mentor.

"The relationship the students have with the unit is unique because the managers have allowed them to shadow their mentors," Olden said.

That kind of hands-on learning is priceless for the nurses-to-be.

"It's really right on the job," said Peggy Tarburton, the internship coordinator for Sollers Point. "They're learning things they wouldn't normally learn until college."

While other students are working toward earning their Certified Nursing Certificates, Thomas and Yancey have moved on to become patient care technicians, meaning they can take vital signs, draw blood and assist in certain procedures.

"These 17-year-olds are actually employed as technicians, which isn't something we've done in the past," Olden said.

Both students said everyone at the hospital pitches in to show them the ropes.

"It's more of a learning experience," Thomas said.

Along with learning the details of day-to-day life in a hospital, the girls also are immersed in the less tangible aspects of the job.

"Sometimes it's emergency after emergency," Yancey said. Rough days

aside, both girls recognize the importance of the opportunity they've been given.

Yancey, an Essex resident who attends Kenwood High, said she has always been interested in medicine and decided to pursue the nursing path after her experiences at Bayview.

The most resonating experience for her so far is the reaction she gets from patients.

"My favorite part is that my patients don't mind me being young," she said.

"Nursing is what I always wanted to do anyway," said Thomas, a North Point Road resident who attends Dundalk High School. "After this experience, I'm ready to go to college. I'm ready for the nursing program."

Olden said Yancey's and Thomas's success so far has prompted Hopkins Bayview to offer the program again next year, and it will continue offering spots to students of the community.

*Reprinted with permission from The Dundalk Eagle, 2005, Kimbel Publication, Inc.*

**On the cover:** Sollers Point Nursing Program students Ashlee Yancey (left) and Tiffany Thomas (right) with clinical nurse specialist Scott Olden.



## Thanks for your continued support!



Hopkins Bayview president Gregory Schaffer (left) and community program manager Tom McLhinney (right) congratulate winners of the C.R. Bard Golf Classic. Winners, pictured left to right, are Leonard Hebst, Kaiser Robertson and Charlie Kunda. Held in October, the golf classic raised nearly \$20,000 for the Medical Center.

The 14th annual Christopher T. Brehm Memorial Golf Tournament raised more than \$15,000 for the Johns Hopkins Burn Center. In the past 13 years, the annual tournament has raised \$130,000, with all funds going to the burn center in memory of Christopher Brehm, who passed away in 1991 after a severe burn injury.

The Kiwanis Club of East Baltimore, whose financial support in 1968 helped to start the burn center, has continued a loyal relationship with the Medical Center since that time. At a recent meeting of the Burn Center Community Fund Board, the Kiwanis Club of East Baltimore presented a check for \$50,000 to support the Kiwanis Community Burn Prevention Fund. The fund provides support for burn prevention and education, especially targeted to children. The Johns Hopkins Burn Center is extremely grateful to the Kiwanis Club for its ongoing and generous support.

## Hot Chocolate *Recipe*

Prep time: 5 minutes  
**Start to finish:** 5 minutes  
**Ease of preparation:** easy

Our hot cocoa is rich and chocolaty without the overly sweet taste of some packaged mixes. We give it a luxurious froth with a whisk or blender—or use a cappuccino frother if you have one.

### Ingredients

2 tablespoons sugar  
4 teaspoons unsweetened cocoa powder  
1 cup 1% milk, divided  
1/4 teaspoon vanilla extract  
Pinch of ground cinnamon

1. Mix sugar, cocoa and 2 tablespoons cold milk in a mug until smooth. Heat the remaining milk in a small saucepan on the stovetop or in a 2-cup glass measure in the microwave until steaming hot but not boiling. Stir in the cocoa mixture and vanilla.

2. To froth the hot chocolate, whirl a whisk in it by rubbing your hands back and forth. (Alternatively, pour the hot chocolate into a blender, cover with the lid and a kitchen towel and blend until frothy.) Pour it back into the mug and sprinkle with cinnamon.

**Makes 1 serving, 1 cup.**

Per serving: 227 calories; 3 g fat (2 g sat, 1 g mono); 15 mg cholesterol; 42 g carbohydrate; 10 g protein; 3 g fiber; 132 mg sodium.

**Nutrition bonus:** 312 mg calcium (31% dv).

**Variation:** Use vanilla soymilk, reduce sugar to 4 teaspoons and omit vanilla extract.

Per serving: 181 calories; 4 g fat (1 g sat, 0 g mono); 0 mg cholesterol; 31 g carbohydrate; 7 g protein; 2 g fiber; 97 mg sodium.



# Cosmetic Surgery

New Procedures Enhance Image and Confidence *by Kim Goad*

Bayview News

The reasons to undergo plastic surgery are as varied as the people who decide to have a procedure. Some patients wish to correct a birth defect, while others aim to minimize the appearance of physical injuries or changes caused by accidents, burns or diseases. Many also turn to plastic surgery to stave off the signs of premature aging or change the shape or size of a facial feature that has bothered them for years.

## “How people look and feel about themselves can influence many aspects of their lives,”

says Michele Shermak, M.D., chief of plastic surgery at Johns Hopkins Bayview Medical Center. “As a result, the reasons for seeking treatment may be personal, professional or a combination of both. For instance, many of these procedures are performed to improve self image, which leads to improved psyche. This, in turn, can help people feel more confident.”

Experts at Hopkins Bayview perform a variety of plastic surgery techniques in a medically supervised environment that offers the peace of mind and high-quality standards of the Hopkins name. While its physicians offer the most advanced surgical procedures, they also provide the latest minimally invasive treatments, including several outpatient procedures for facial rejuvenation and hair restoration.

Although these procedures produce less dramatic results than a complex surgery, they offer more affordable, less time-consuming options for image enhancement. These procedures are designed to help maintain a youthful appearance—even after sun exposure, smoking and other environmental and genetic factors have contributed to fine lines, wrinkles, age spots, hair loss and a decrease of elasticity in the skin.

In the past, people who wanted to minimize the signs of facial aging had only one viable option: the face lift, which often was criticized for looking too harsh or unnatural. Today, these patients have the choice of several procedures to meet their needs.

“As we age, wrinkles result from the muscles pulling on the skin when we make dynamic expressions. These actions commonly cause furrows on the brows and crow’s feet around the eyes,” explains Dr. Shermak. “While these can be signs of

a good life full of smiles and laughter, the lines also can be misconstrued as anger, stress, fatigue or illness.”

The appearance of wrinkles can be reduced through injections of a drug that, in effect, paralyzes muscle so the face looks smooth. Injections can be strategically placed to address the face in an artistic and natural-looking way. This treatment, which requires only a 15-minute clinic visit, is best for areas from the eyes up. Full results take effect after three to five days and last for three to four months. After several treatments, some patients no longer need the injections.

Wrinkles also can occur from the loss of fat tissue, which is particularly apparent in the folds beneath the nose, around the lips and on the chin. Another type of injection—this one with a hyaluronic acid filler—can take the place of fat lost over time. The procedure takes only 15 minutes and requires some numbing medication on the skin. Results last for four to six months.

For patients who want a more long-lasting look, a thread lift may be the perfect choice. In this hour-long procedure, plastic surgeons make small incisions behind the hair line and insert threads behind the skin, which are pulled tight to achieve the desired appearance. Because the procedure is minimally invasive, the need for anesthesia is eliminated. Thread lifts require just a few days of recovery and offer immediate, natural-looking results that can last up to several years. Like all cosmetic procedures, thread lifts are not for everyone. Ideal candidates include people who have less severe signs of aging.

Like our faces, the appearance of our hair also can affect our level of self-confidence. Men who experience what is commonly known as male-pattern baldness, and women whose hair has thinned overall, now can benefit from state-of-the-art, minimally invasive hair transplantation at Hopkins Bayview.

During the two- to four-hour procedure, hair is taken from a place on the

patient’s head where hair loss is not likely to occur. These strips of hair are cut into little cubes, or grafts, which are implanted in other areas of the scalp to complement and add discreetly to the patient’s natural hair line. Local anesthesia and light sedation are commonly used to keep patients comfortable.

What makes Bayview unique is that its medical team uses the latest technology that automates the hair-grafting process and leads to quicker transplantation and better hair growth. What’s more, only a few days of at-home recovery are needed.

“Hair loss is a personal issue that is tied to a patient’s sense of self-esteem,” says Nirutisai (Nancy) Graff, M.D., a plastic surgeon at the Medical Center who specializes in this technique. “Many of my patients have come to me after they’ve had problems and spent lots of money on other treatments. The fact that hair transplantation has helped them regain respect for themselves means a lot in terms of sexuality and zest for life.”

Because these treatments are elective, it’s important to have a detailed consultation with your doctor to be sure that you are having the procedure for the right reasons, expect realistic results and have a full understanding of the risks and healing process. Choosing Hopkins Bayview for your procedure means you will benefit from the expertise of board-certified plastic surgeons who tailor your care to best meet your needs and follow your treatment from consultation to follow-up exams.

Bayview offers the outpatient procedures mentioned in this article at its main campus, as well as in its White Marsh and Green Spring offices. To schedule a consultation, please call 410-550-5488 for facial rejuvenation and 410-550-9845 for hair restoration.

# Company Contributes \$1 Million Gift

Bayview News

**S**onoSite, Inc., maker of hand-carried ultrasound, will contribute \$1 million over the next five years to the recently established Johns Hopkins Center for Innovative Medicine at the Johns Hopkins Bayview Medical Center. SonoSite's unrestricted contribution, the center's first corporate gift, will provide support for the Center's operations, general technology development, and research priorities, which include accelerating the adoption of clinical advances that improve patient care.

The Johns Hopkins Center for Innovative Medicine was established to bring the best technology to the bedside, to improve physician communication and teamwork skills, to accelerate the pace at which laboratory discoveries are translated into better treatments, to promote health by reorganizing the way care is provided and disease is prevented, and the development of innovative programs to support healthy aging.

"Today, it is essential that academic medical centers, like Johns Hopkins, move beyond their current focus on disease-specific research to embrace innovation for the entire health system," says David Hellmann, M.D., chair of the department of medicine at Johns Hopkins Bayview Medical Center and vice dean for the Johns Hopkins Bayview Campus. "We believe that the intersection of technological innovation and teaching methods could revolutionize the doctors' "black bag." That is why this gift from Sonosite is so critical to the center's mission. We are thrilled by the opportunity this gives us to improve the quality and efficiency of care."

"A specific goal of the Center is to make hospital bedside examinations more accurate and efficient by utilizing new technologies," added Dr. Hellmann. "Technological advances have led to the development of more advanced, portable diagnostic tools that can dramatically increase the information a clinician can gather at the bedside."

"We are pleased to join with Johns Hopkins in their efforts to address and resolve the serious problems that confront health care today," says Kevin M. Goodwin, SonoSite President and CEO. "SonoSite and Johns Hopkins Bayview have a long-standing relationship, and we are well acquainted with Dr. Hellmann's pioneering work with incorporating ultrasound at the point of care."

## Give Life

by Meghan Rossbach

According to the Organ Procurement and Transplantation Network, more than 80,000 patients are waiting for organ transplants. Every day, approximately 74 of these candidates receive an organ transplant, but 17 patients die waiting for transplants.

You can make a difference by registering as an organ and tissue donor. "As a donor, you are giving the gift of life," says Zeina Khouri, RN, assistant director of nursing and chair of

the organ donor council at Hopkins Bayview. "While organ donation may be a difficult decision for a patient's family, knowing that their loved one is helping save a life can be a great comfort to them."

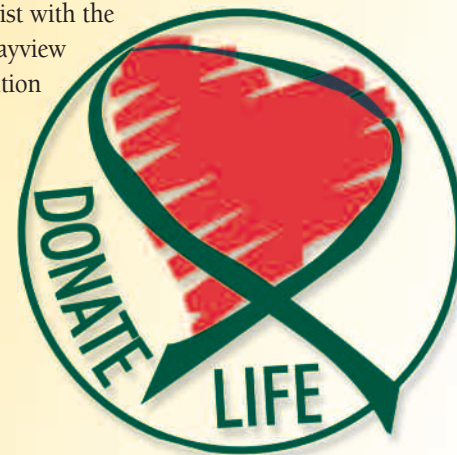
How can you become an organ donor? Download an organ donor card from the U.S. Department of Health and Human Services Web site at [www.organdonor.gov](http://www.organdonor.gov) or register as a donor on your driver's license. Most important, talk with your family about your decision to be an organ donor.

"Often, a registered donor is admitted to the hospital, but the family is unaware of his or her intent to donate," says Khouri. "Time is of the essence with organ donation. When

patients make their wishes known, it's easier for families to make quick and informed decisions."

Once a patient meets the criteria for organ donation, the Maryland Donor Hotline is called to assist with the evaluation. Hopkins Bayview fully respects the donation decision made by a patient's family.

Thanks to organ donors nationwide, thousands of people have been given the gift of life.



# Rehab Department Cooks Up a Contribution for “Operation Build-a-Boat”

by Jessica E. McQuay

“Give a man a fish, you feed him for a day. Build a man a boat, you feed his family for a lifetime.”

“Operation Build-a-Boat,” a charity effort headed by Phillips Foods, Inc., was created to help fisherman and their families who were devastated by the tsunami that hit southeast Asia in December 2004.

In support of “Operation Build-a-Boat,” the rehabilitation department at the Johns Hopkins Bayview Medical Center spearheaded a successful fundraiser, enabling them to contribute over \$1,100 to the effort. The contribution went toward building a fully operational boat, including lines, nets

and other necessary equipment. The boats were manufactured in the affected communities—India, Indonesia, Sri Lanka and Thailand—using local builders, materials and services, creating jobs and helping the local economy.

The rehab department staff at Hopkins Bayview took a special interest in “Operation Build-a-Boat” because of its interest in tsunami relief. As Johna Ruffo, a physical therapist in the department, says, “The rehab department wanted to do something as a team. Operation Build-a-Boat was a perfect

way for people to actually see where their money was going.” The rehab department staff became excited about the unique charity opportunity and was motivated to participate in the fundraising effort.

After they contributed to “Operation Build-a-Boat,” the rehab staff received pictures of the boat that was built with their contribution. The pictures further described the success of their efforts and showed the department that they truly made a difference in the lives of those affected by the tsunami.



## TAKE TIME FOR A HEART-TO-HEART TALK

### 2006 Women's Health Seminar Saturday, May 6

You're invited to join other women and health care professionals at Johns Hopkins Bayview Medical Center for a “heart-to-heart” on women's health topics. At this year's Women's Health Seminar, you'll learn the latest on cancer, stroke, heart disease and personal safety. Your day will include a continental breakfast, lunch and an interactive health fair.

**For more information and to register, please call 410-550-0289.**



# Bringing the Hopkins Dome to Life

Hopkins Bayview Focuses on Patient Care, Teaching and Research *by Meghan Rossbach*



**T**he Hopkins dome may be a world-renowned brand, but there's more to it than meets the eye. Did you know that the three sides of the Hopkins brand mark represent the mission of Johns Hopkins Medicine—to provide patient care, teaching and research?

As part of this broad mission, Johns Hopkins Bayview's staff logged more than 140,000 hours in 2005 to community benefit activities, including health fairs, community outreach programs, mobile clinics and many other activities that promote good health and improve quality of life. In fact, every year, Hopkins Bayview and all other non-profit hospitals throughout Maryland are required to submit a list of these community benefit activities to the state. Though

Hopkins Bayview supports many community programs each year, below we've highlighted three that reflect the Hopkins mission of patient care, teaching and research.

## Patient Care

Every day, Pat Letke-Alexander, PA-C, Ivette Fuentes and Angela Holmes, CMA, travel throughout Southeast Baltimore to provide health care to residents who do not have a regular source of medical care. They administer vaccines, perform physicals and provide acute care to those who are sick. This may seem like a typical day for a doctor or nurse, but what makes Pat, Ivette and Angela's job so extraordinary is that they provide care from a mobile medical clinic.

Hopkins Bayview's Community Care-A-Van, a 40-foot mobile medical unit equipped

with two exam rooms, a blood drawing area, a waiting space and bathroom, has served the Southeast Baltimore community for five-and-a-half years. Staffed by Hopkins Bayview medical professionals, the Care-A-Van has approximately 2,000 patient visits a year. Staff treat minor illnesses, such as a common cold, to more complicated conditions.

"On a mobile medical unit, you wouldn't think that we have continuity of care, but we do," says Letke-Alexander. "A lot of patients visit us on a regular basis, so we are familiar with each individual and his or her medical history. This allows us to provide care and resources specific to their needs."

In addition to medical care, the Care-A-Van staff provides patient education and referrals for resources such as the Women, Infants and Children Program (WIC), Maryland Children's

Health Insurance Program (MCHIP), food stamps and Medicaid. For more information about the Community Care-A-Van, please call 410-550-5818.

## Teaching

Did you know that Hopkins Bayview is a community teaching hospital? Unlike non-teaching hospitals, teaching hospitals have different levels of involvement with universities. This includes hosting medical student rotations and offering affiliated teaching programs. Hopkins Bayview has an independent internal medicine training program affiliated with The Johns Hopkins University School of Medicine. It also is a major teaching site for the School of Medicine's departments of surgery, radiology, emergency medicine, obstetrics and gynecology, psychiatry and neurology.

In addition to hosting medical students, Hopkins Bayview serves as a training facility for other health-care professionals. The Dietetic Internship Program is a 42-week program that provides future nutritionists with training and experience in clinical and community nutrition and food service management. Physical and occupational therapy students work with rehabilitation patients under the supervision of licensed therapists. This hands-on approach allows the students to apply what they learn in the classroom to real-life situations in the clinical setting. Hopkins Bayview also provides extensive training for nursing and social work students.

How does a teaching hospital benefit you as a patient and community member? "As a teaching hospital, Hopkins Bayview is able to provide state-of-the-art care and some of the most modern advances in medicine," says Roy Ziegelstein, M.D., executive vice chairman of the department of medicine. "The medical professionals at the Medical Center recognize the importance of applying these techniques in a manner that is specific to the needs of each individual patient."

Compared to non-teaching facilities, community teaching hospitals also allow more active collaboration between medical

students, residents and medical professionals. According to Dr. Ziegelstein, this open communication helps your doctor, nurse or therapist make the best decision regarding your medical care.

## Research

Hopkins ElderPlus is a voluntary health program that provides and coordinates preventive, primary, acute and long-term care services for older adults (55 and older). The goal of the program is to keep its participants as active as possible so they can continue living in the community. ElderPlus participants are frail and unstable—a concern not only for their medical providers, but also for the physical and occupational therapists who work with them each day.

Studies have shown that many older adults reduce their physical activity because they are afraid of falling and seriously injuring themselves. While reducing activity may seem like a good idea at first, it actually makes an individual physically weaker and increases the risk of falling.

To reduce patients' fears, the rehabilitation department implemented a research program called A Matter of Balance. The program, designed by the Roybal Center for Research on Applied Gerontology at the Sargent College of Boston University, educates older adults about the risks of falling and encourages them to increase their activity levels.

"Most of the participants in ElderPlus are frail and elderly," says Anne Fraim, PTA. "A Matter of Balance teaches them not only how to keep their activities at a safe level, but also how to change their environment to reduce the risk of falls." Adds June Nicholas, PT, "By reducing their fears of falling, older adults are able to live in the community longer instead of being moved to a nursing home or assisted living facility.

This confirms the mission of ElderPlus, which is to keep older adults in the community for as long as possible."

The one-year A Matter of Balance program involved 12 ElderPlus participants. Before the program, each participant answered a survey about his or her activities and fear of falling. Questions covered activities such as going to the store, exercising, and visiting friends and relatives. It also asked participants about their level of fear when they performed these activities. Participants also were given the Berg Balance Test, a tool that measures how well and how long they are able to sit, stand and keep their balance with and without support.

After the initial testing, the rehabilitation department held nine two-hour sessions that focused on reducing the fear of falling and promoting independence. Topics such as exercise and fall prevention and recognizing fall hazards in the home were covered. Follow-up sessions focused on preventing falls and served as a support group to help participants overcome their fear of falling.

"We want our participants to feel comfortable asking for help," says Fraim. "That's a big part of what A Matter of Balance emphasizes—how to go on with your daily activities and feel safe doing them."

The Care-A-Van, A Matter of Balance and training programs are just a few examples of the community activities Hopkins Bayview supports. If you'd like more information about Hopkins Bayview community activities, call Community Relations at 410-550-0289.



# Comprehensive Therapy for Osteoporosis

by Lydia Levis Bloch



Bayview News

## More Facts About Osteoporosis

Caucasian and Asian women are prone to osteoporosis. But there are more important factors than ethnicity that influence the onset of osteoporosis: leanness, smoking, early menopause, medical conditions such as rheumatoid arthritis, multiple sclerosis and celiac disease, and exposure to certain medications, such as steroids, thyroid medicine and cancer treatments.

To build strong bones you need to engage in physical activity (adults - 30 minutes of strength-building and weight-bearing activities a day), and take calcium (1,200 mg for adults over 50) and vitamin D (400 IU for adults aged 51 - 70, 600 IU for adults over 70).

The average American consumes far less calcium than necessary. Vitamin D helps the body absorb calcium.

Sodas and antacids, other than TUMS®, prevent calcium and vitamin D from being properly absorbed in the body.

**W**hen older adults visit their primary care physicians, they expect to be checked for risk of high blood pressure, cancer, heart disease and stroke. Add osteoporosis to that list.

Osteoporosis (loss of bone density that leads to susceptibility to fractures) is widespread. According to the World Health Organization, 30 percent of Caucasian postmenopausal women in the U.S. are afflicted with the condition and 54 percent have osteopenia, a less advanced form of bone loss.

These percentages increase with age. If you are over age 60, your risk of osteoporosis is surprisingly high.

The condition is found in 22 percent of women ages 60-69, 39 percent of women ages 70-79 and 70 percent of women aged 80 years or older. While there are no statistics on other ethnic groups, women and men of all ethnicities are affected.

Conventional treatment for osteoporosis has been prescription medicine, coupled with calcium and vitamin D, and some form of exercise.

Given the prevalence of the condition, Hopkins Bayview is offering a new, enhanced, interdisciplinary treatment: the Osteoporosis Rehabilitation Program. This approach combines expertise in osteoporosis, physical and occupational therapy, with a focus on the individual needs of the patient.

“The goals of the program are to improve physical function, prevent fractures and spinal deformity, reduce pain and increase the patient’s independence and quality of life,” says Michele Bellantoni, M.D., who designed the program with Jack Rund, PT, CSCS, manager of physical therapy at Hopkins Bayview, and occupational therapist Vana Cook, the clinical coordinator for outpatient rehabilitation services.

Dr. Bellantoni, a geriatrician and associate professor of medicine at The Johns Hopkins University School of

Medicine, specializes in older patients with complex cases of osteoporosis, and Suzanne Jan De Beur, M.D., assistant professor of endocrinology, assesses younger adult and middle-aged patients with the condition.

“This is an intensive, short-term treatment where we give our patients skills to help themselves, but then they must follow up at home,” says Dr. Bellantoni.

People enrolled in the program gain knowledge about nutrition and osteoporosis and learn how to prevent the condition from worsening. Although the emphasis is on training the patient to be independent and to cope with osteoporosis, medical providers continue to monitor patients, and will recommend re-evaluation if there is a set-back in physical function.

Physical therapy involves a carefully tailored approach of supervised, weight-bearing exercises; pain management, through heat, ultrasound, electrical stimulation and massage; correct posture; fall prevention training; and a home program of exercise to keep the bones strong and prevent fractures.

“Osteoporosis patients need to know that not all exercise is beneficial,” says physical therapist Jack Rund. “They can actually harm themselves and aggravate their condition if they do the wrong type of exercise,” he says. Rund warns patients to avoid programs in local gyms where personnel may not be trained in the proper care of osteoporosis. The physical and occupational therapists in Rund’s group have

received additional training in treating osteoporosis patients.

Besides benefiting from physical therapy, patients work with an occupational therapist who teaches them how to properly handle the activities of daily living, such as getting in and out of a bath and lifting objects. The occupational therapist visits the patient’s home to conduct a safety evaluation, removing dangerous obstacles and suggesting modifications or medical equipment that will improve safety.

People who wish to enroll in the Osteoporosis Rehabilitation Program need to see their primary care physician, nurse practitioner or physician assistant about their condition and ask how they might benefit from a referral. Medicare and certain medical insurances may cover costs of this program, if it is ordered by the primary care provider.

For more information, call 410-550-0414, or fax requests to 410-550-1390.





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# An Heroic Tribute to the Cardiology Department

by Kim Goad

Many people consider Hopkins Bayview cardiac sonographer Ken Ridley a hero because of his service in the International Guard. But he thinks his co-workers in the Medical Center's cardiology department do the work of heroes everyday.

Ridley recently returned from a three-month tour with Air Force Flight Medicine in Iraq, Qatar and Kuwait. He worked as a medic to treat wounded troops on in-flight emergencies.

While overseas, the support he received from his department back home at Hopkins Bayview was nothing short of incredible. Co-workers and colleagues sent e-mails and care packages, which Ridley happily shared with soldiers. To show his gratitude, Ridley flew an American flag on several missions to honor the generous folks in cardiology. When Ridley returned to Hopkins Bayview in October, he presented the flag to the department in a beautiful case that included a certificate signed by the four people in his flight crew.

"Everyone's thanking me for what I did, but my department also made an impact," Ridley explains. "They didn't realize how much they affected the soldiers and boosted their morale. From my perspective, they are heroes, too, for all of their support and because they are saving lives here every day. I can't thank them enough!"