

# HEALTH, BEAUTY & FITNESS

Pasadena Voice

January 2019



## GREEN POINT WELLNESS Page 8

As more Marylanders turn to medical cannabis for a range of ailments, the expert staff at Green Point Wellness is dedicated to helping patients gain the knowledge they need and find the product that is right for them.

## EXERCISE Page 2

Many people suffer from an aching back because their core muscles are not strong enough to support them.

## DENTISTRY Page 4

Laser technology has changed everyday dentistry operations in many ways.

## AGING Page 7

Using a wheelchair does not have to hinder you if you make these easy fixes to improve the safety and accessibility of your home.

# Three Simple Core Exercises To Alleviate Low Back Pain

## Rick Stevens

GymGuyz of  
Severna Park



In my travels, I hear far too often about people with lower back problems. These issues are common among all age groups, but particularly as we age. The key to eliminating back pain is to build a strong core. Many people who suffer from an aching back suffer because their core muscles are not strong enough to support them.

Here's the challenge: Once someone has injured their back, they have trouble doing core exercises. That is what prompted me to develop the following workout. It does not involve any exercises that put

direct pressure on your lower back. These exercises, however, will strengthen your lower back and thus contribute to a pain-free workout.

The first exercise is the ball crunch. Using an exercise ball is a safe and effective way to work the abdominals. Here is how to do the crunch.



Lie flat with your back centered and supported by the ball, feet planted shoulder-width apart, hands at your ears, and elbows flared outward.

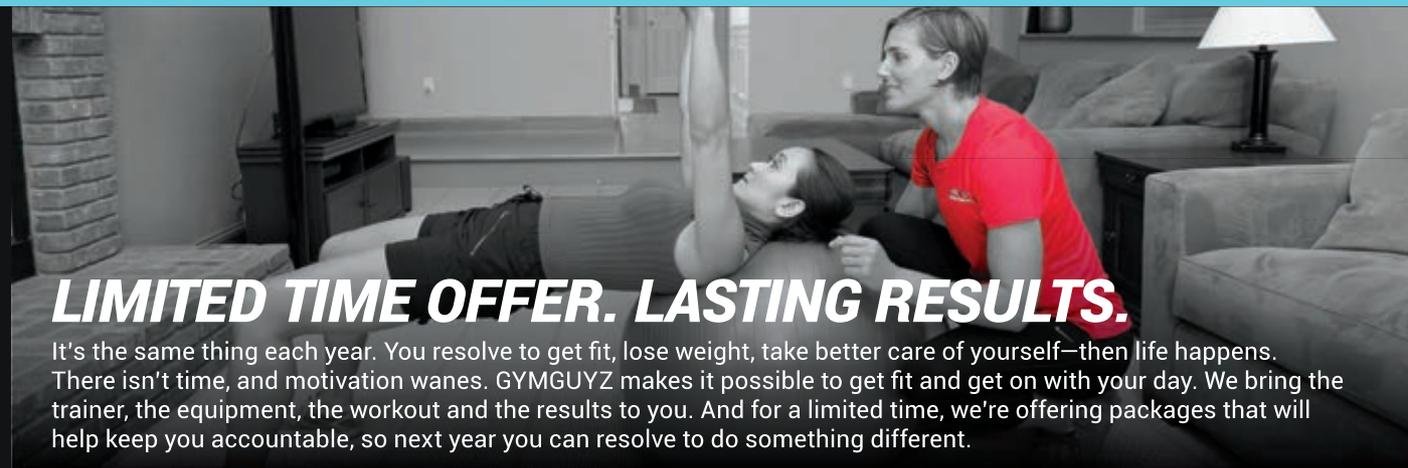
Slowly raise your upper torso off the ball until you reach a 45-degree angle, maintaining a flat back.

Lower and repeat, working up to three sets of 20.

Yoga has long been a wonderful way to relieve low back pain and to strengthen the core. Below is a yoga exercise known as bird dog.

Start on the floor, on your hands and knees with wrists under shoulders and knees under hips. Look toward the floor, just in front of your hands. Brace yourself to maintain a flat tabletop position.

» Continued on page 10



## LIMITED TIME OFFER. LASTING RESULTS.

It's the same thing each year. You resolve to get fit, lose weight, take better care of yourself—then life happens. There isn't time, and motivation wanes. GYMGUYZ makes it possible to get fit and get on with your day. We bring the trainer, the equipment, the workout and the results to you. And for a limited time, we're offering packages that will help keep you accountable, so next year you can resolve to do something different.

## CRUSH YOUR RESOLUTION

Single Sessions **3 for \$210**

Group Sessions **3 for \$240**  
Groups of 2

Limited time offer ends  
February 28, 2019.

Call 410-793-4122 today.

GYMGUYZ Severna Park  
gymguyz.com



# GYMGUYZ®



### CONVENIENT

Your workout, when and where you want it, at a time that works best for you.



### CUSTOMIZED

Workout designed to help you reach your individual fitness goals.



### CREATIVE

No ruts or routines with GYMGUYZ, we'll show you creative ways to get in shape and stay motivated.

# Can Gardening Contribute To Wellness?

## Elizabeth Elliott

Himmel's  
Landscape and  
Garden Center



It's a new year, which means many of us are inspired to renew our focus on wellness. What is wellness? What does it mean to be whole? Lately these terms come up in every context from personal, home and community to the workplace!

Wellness is not a new concept, but as we grow increasingly reliant on technology, dependent on fast food and resigned to ever-higher levels of stress, a renewed focus on whole living may be more important than ever.

The National Wellness Institute's (NWI) definition of wellness is "an active process through which people become aware of, and make choices toward, a more



successful existence." NWI promotes six dimensions of wellness: emotional, occupational, physical, social, intellectual and spiritual, and notes that "addressing all six dimensions of wellness in our lives builds a holistic sense of wellness and fulfillment."

So, what does gardening have to do with wellness?

Gardening has everything to do

with wellness — in the community, in the home and within. You can achieve a greater sense of wellness through gardening.

### Here Are Some Ideas To Get Started

Try edible gardening. A healthy diet is essential to whole living. What better way to add more vegetables, fruits and herbs to

your diet than by growing them at home. A large sunny patch in your yard can be transformed into an edible landscape complete with fruit trees, berry bushes and a variety of vegetables for all seasons, especially with the square foot gardening approach. For smaller spaces or those with limited mobility, raised bed gardens are an excellent solution. Apartment or townhouse dwellers can utilize sunny front porches or back decks for container gardening. There are lots of great vegetable and herb varieties, and even miniature blueberry bushes, that thrive in containers. And for those yards with little to no sunshine (a must for vegetable gardening), check to see if there is a local community garden you can join, or start one in your community!

Physical activity is an important component on the wellness spectrum. While gardening is not

» **Continued on page 12**

## Resolve to make gardening a part of your happy and healthy 2019!

Visit Himmel's to learn about ways gardening can contribute to your wellness

### Spring opening March 3<sup>rd</sup>

#### Be on the lookout for:

- Exciting new plant and décor options
- Vegetable and herb seeds and plants
- Classes and events

#### Are you ready to design the yard of your dreams?

- Call today to schedule a free landscape consultation



Helping our neighbors build a better, healthier  
and more beautiful world



# LANAP Is Now LAR

## Dr. Jeffrey Cranska

Family Laser  
Dentistry

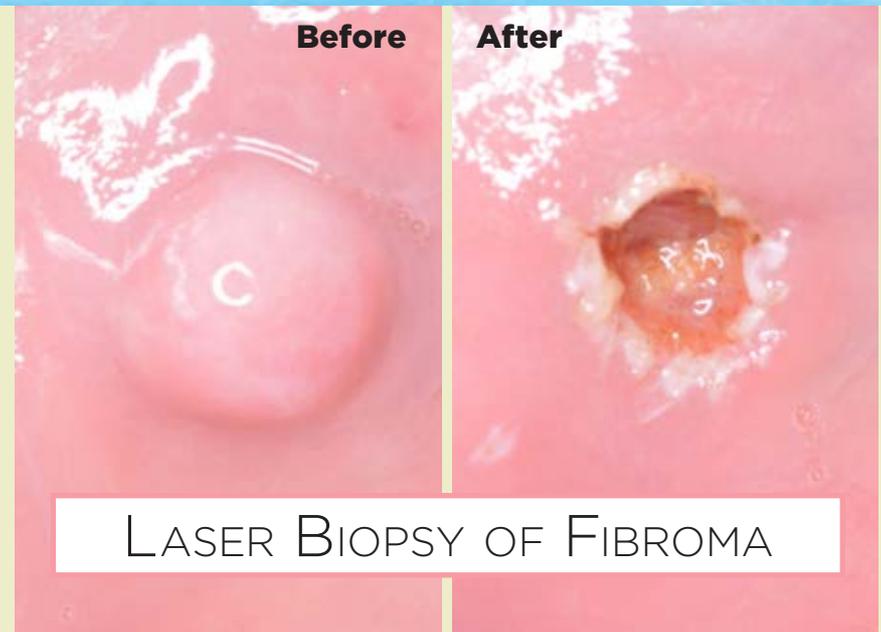


New methods for treating medical conditions and diseases are always being developed. Arthroscopy has allowed surgeons to be minimally invasive during orthopedic surgery. LASIK has developed laser use for correcting vision. Lasers are used in cancer therapy for tumor destruction. Plastic surgeons use lasers for skin treatments and tattoo removal.

Since 1993, dentists have used dental laser technology to treat patients. Lasers have changed everyday dentistry operations. Lasers are instruments for tooth decay removal,

biopsies, soft-tissue cosmetics, frenectomies, lesion destruction and healing, troughing for crown and bridgework, removing ceramic crowns and bonded veneers, hemostasis after extractions and to treat periodontitis (LANAP) and peri-implantitis (LAPIP). Used are variable pulsed Neodymium: Yttrium-Aluminum-Garnet (Nd: YAG) dental lasers or a variable pulsed Erbium:YAG laser to ablate soft and hard dental tissue.

Dental lasers work by utilizing a beam of light. The beam is amplified light energy. The energy is produced in the laser's resonator and directed into a fiber optic system. It moves to the tip of the laser hand-piece, then precisely onto the biologic tissue. All this is done at the speed of light. This contact creates a thermal interaction. Different



LASER BIOPSY OF FIBROMA

lasers operate at specific wavelengths of light and have different effects on soft tissue, and healthy and decayed tooth.

In 1999, dentists began to use LANAP to treat moderate to severe periodontal disease in a minimally invasive way.

Periodontal disease is one

of the most common medical conditions facing our adult population. As many as 80 percent of 35-year-olds are affected by periodontal disease.

The U.S. Food and Drug Administration has approved the PerioLase laser treat-

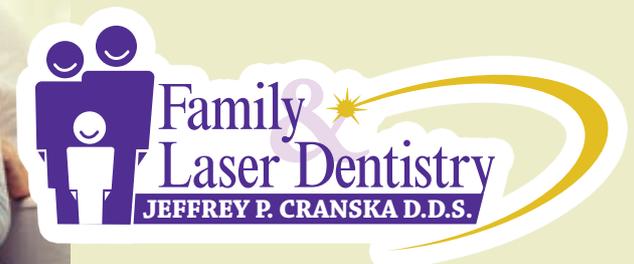
» **Continued on page 12**

## DENTISTRY BY DR. JEFFREY P. CRANSKA

Helping create beautiful smiles for over **40** years

Happy New Smiles!

CALL 410.975.9331



**WELCOMING NEW PATIENTS!! Call today for an appointment!**

# The Role PTSD Can Play In Grief

**Amy Stapleton,  
MS, LCPC, NBCC**

Hospice of the  
Chesapeake



**G**rief is not pathological, an illness, or problem to be solved. We grieve because we love. And grief can certainly be disorientating and traumatic. Loss impacts everyone differently, but how a person dies can further complicate grief. The suddenness or unexpected nature of the death, previous experiences of death and trauma, the nature of the relationship, if you were present at a death or possibly injured yourself — all of these factors influence your experience and reaction to death. A sudden loss can impact an entire community,

even strangers.

Post-traumatic stress disorder is no longer an uncommon term, but it is often misused, tossed around lightly, or used as a gimmick in Hollywood movies. PTSD is a disorder affecting 7.7 million Americans each year, many of whom struggle in silence.

When a traumatic situation happens, our bodies naturally are designed to engage and react, to defend against or avoid danger. After an unexpected, scary or shocking event, nearly everyone will experience a range of reactions. Most people recover naturally with time. People with PTSD, however, continue to feel stressed and fearful even when they are no longer in danger, living in a constant state of arousal and anxiety.

Symptoms of PTSD include re-experiencing or reliving the trauma,



avoiding any reminders of the trauma, having negative thoughts that worsen after the trauma, and sleeplessness. These all create

distress and impair functioning for an extended amount of time.

Because terms like traumatic  
» **Continued on page 14**

## Caring for life throughout the journey with illness and loss is our mission.

We understand that making hospice decisions can be overwhelming and confusing to patients and their families.

Our care team is here to help.

*Serving patients and families residing in Prince George's and Anne Arundel Counties.*

[hospicechesapeake.org](http://hospicechesapeake.org) | 410.987.2003



*Caring For Life*

# New Year, New You — Quit Smoking Today!

## Mariah Fortman

Anne Arundel  
County Department  
Of Health



**A**re you thinking about quitting smoking? The Anne Arundel County Department of Health has free tools to help you. In just 20 minutes after quitting, your blood pressure and heart rate can lower. Many more health benefits begin to occur as you continue to stay smoke-free. No matter what age you are, there is always a positive outcome on your body from quitting smoking.

## Quit Smoking Kit

The Learn To Live program at the Anne Arundel County Department of Health offers free self-help information to assist

adults in quitting smoking. The Quit Smoking Kit provides adults with steps for quitting and staying smoke-free. Order a free kit today; they are available in English or Spanish. To request a kit, call the Learn To Live line at 410-222-7979 or the Spanish language line at 410-222-4479. Kits can also be ordered or downloaded at [www.myquitkit.org](http://www.myquitkit.org).

## Cessation Classes and Counseling

The Department of Health, in partnership with community health care providers, sponsors **free** quit-smoking classes for adults who live, work or attend school in Anne Arundel County. The classes include counseling and may offer patches, gum or other FDA-approved nicotine replacement therapy. Pre-registration is required. Call for dates and



other details.

The following local health care providers offer the quit smoking classes:

### Anne Arundel

### Community College

Health Services, 101 College Parkway, Arnold  
Call 410-777-2480 or visit [www.aacc.edu](http://www.aacc.edu)

### Anne Arundel Medical Center

2002 Medical Parkway, Health Sciences Institute, Annapolis  
Call 443-481-5555 or visit [www.aahs.org/events](http://www.aahs.org/events)

### Owensville Primary Care

134 Owensville Road, West River  
Call 410-867-4700 or visit [www.owensvillepc.com](http://www.owensvillepc.com)

### University of Maryland,

### Baltimore Washington

### Medical Center

305 Hospital Drive,  
Glen Burnie  
Call 410-555-8103 or visit [www.mybwmc.org](http://www.mybwmc.org)

*Don't wait, quit **today!** Learn To Live encourages county residents to reduce their risk of cancer and other serious illnesses by making healthy lifestyle choices. For more information about cancer prevention or tobacco-use prevention and cessation, visit [www.learntolivehealthy.org](http://www.learntolivehealthy.org) or call 410-222-7979. ■*



# Be there to see life's moments. QUIT TODAY.

**There's a lot to lose when you continue to smoke.**

**Don't give up. We can help.**

Visit [www.MyQuitKit.org](http://www.MyQuitKit.org) to sign up for FREE services, classes and support.

**Learn To Live**  
Anne Arundel County Department of Health

410.222.7979  
[www.MyQuitKit.org](http://www.MyQuitKit.org)

# Prepare To Stay Safely In Your Home

**Annette Batson**  
Health & Mobility



**A**re you dreading moving out of the comfort of your own home? If your home is safe and you have the equipment that you need, there is no reason that you can't stay in your home. However, it's important to take the necessary steps to ensure your safety before an accident happens.

If you want to stay in your own home, the dynamics of your whole house change. Most people don't leave their house because it's too much of a problem, especially if they're in a wheelchair or a walker. But there are many easy fixes to improve the safety and accessibility of your home.



The most important step is to remove any tripping hazards. The biggest tripping issue? Throw rugs. When evaluating your home for safety, make sure to get rid of any throw

rugs. There are a lot of things that naturally happen to your body when aging, including being unable to lift your legs as high. This means that steps become another tripping hazard.

There are a few ways to combat steps: ramps, stair lifts and modifying the height of your steps. Ramps tend to be the most effective solution to get-  
» **Continued on page 12**

## Health & Mobility

*Your First Choice For All Your Mobility Needs*

*The Best Care For Your Loved Ones From Our Family To Yours!*



Sales | Rentals | Service | Financing | Free Delivery

[www.HealthAndMobility.com](http://www.HealthAndMobility.com) 410-421-8070



First Mariner Bank Square 342 Ritchie Hwy., Severna Park, MD 21146

# Green Point Wellness Empowers Patients To Choose

By Dylan Roche

When the health market's pharmaceuticals have side effects that range from dizziness and sleeplessness to birth disorders, more and more people are turning to a safe, all-natural, non-addictive alternative that became legal in the state of Maryland only as recently as 2014: medical cannabis. At Green Point Wellness, which opened right here in Anne Arundel County in 2017, owner Tony Toskov and his team believe in providing patients of all ages and backgrounds with the information and options to choose this alternative form of treatment. "We believe in educating people because we don't want someone in the community who could benefit from medical cannabis not to know about it," Toskov said. "If there's an alternative to using pharmaceuticals, you should at least explore the idea."

One of the first dispensaries in the area, Green Point Wellness started its licensing process in 2015 and opened its doors in February 2017. Its staff consists of educated, trained, experienced members of the cannabis industry who set a high bar and are dedicated to being Maryland's No. 1 choice for medical cannabis.

The response from the community has been greater than anyone foresaw. "We were expecting, when we opened, about 50 patients a day," Toskov said. "We're running right around 280 to 300." Of that number, about 10 to 15 are new patients, and it isn't just young people who are interested — about 70 percent of patients are age 65 and older.

Because each of those patients is different — as are their ailments — Green Point Wellness aims to provide individualized service and a variety of products to make a difference in the life of each customer.



## It All Starts With A Consultation

Even before patients get a doctor's recommendation, they are welcome to visit Green Point Wellness for a complimentary

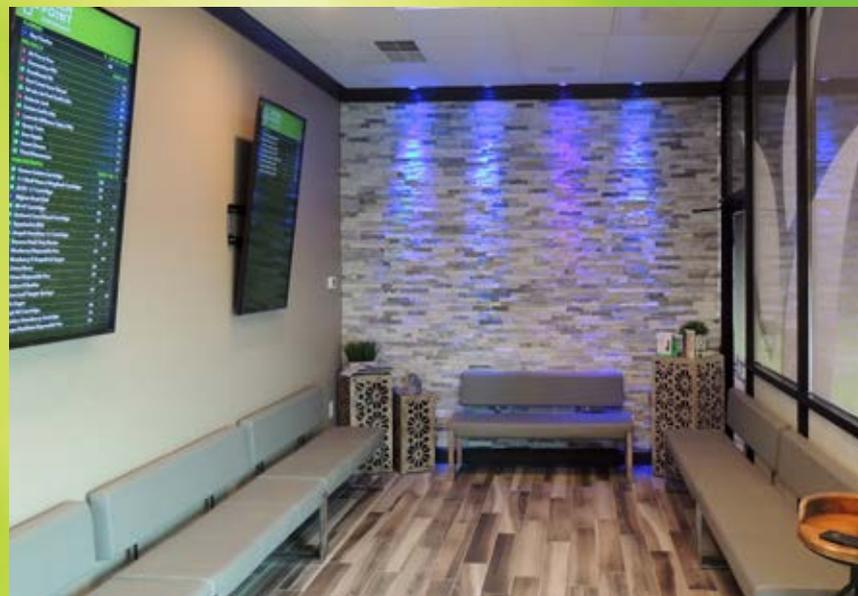
tour and consultation to explore whether medical cannabis might be the right choice for them. Toskov said that of those who come for a preliminary visit, about 99.9 percent go on to be a patient.

A team member from Green

Point Wellness can help people register online with the Maryland Medical Cannabis Commission at [mmcc.maryland.gov](http://mmcc.maryland.gov). Once patients are approved, they go to a doctor who has been certified by the state to write a recommendation stating that the patient's condition can be helped by cannabis.

With the doctor's written recommendation, patients can then seek the guidance of dispensary agents in choosing the right product for their needs that can be administered in a way that's comfortable to them.

"Everybody here is trained and tested," Toskov said of his team. "You don't just walk in here and get a job selling cannabis. You have to be trained and tested. If you come in and you're trying to solve an issue, the dispensary agent needs to know what products are known to relieve that issue."



# Use Cannabis As An Alternative Form Of Treatment



## Many Options For Many Ailments

Cannabis is hardly a one-form-suits-all treatment. It can help people with pain management, anxiety, depression, epilepsy, post-traumatic stress disorder, muscle spasms, appetite disorders, autism, substance-abuse problems, glaucoma, blood pressure and many other health concerns. Although it does come in the form of flower that can be smoked, patients who want to avoid smoking can find another form of administration that better suits them — lozenges, lotions, tinctures, patches, muscle freezes, oils and so forth. Even those who want to avoid a psychoactive effect can find a product that will only give them a “body feel” because they are higher in the non-intoxicating cannabidiol (CBD) compound and lower in tetrahydrocannabinol (THC), the compound in cannabis that produces euphoria.

## A Changing Perception

With medical cannabis gaining traction in Maryland, Green Point Wellness is expanding so it can better serve more

patients. A 2,000-square-foot addition set to open in July will double the store’s size and allow Green Point Wellness to increase its volume by four times. With this growth, the dispensary can continue to be a leader in the cannabis industry for Anne Arundel County and the state of Maryland.



“There are over 70,000 patients [in the state of Maryland], and that’s triple what was anticipated,” Toskov said. “There’s definitely a need for this.”

To learn more about Green Point Wellness and how medical cannabis could help you, call the information helpline and talk to a trained dispensary agent at 410-553-7171. Green Point Wellness is located at 823-A Elkridge Landing Road in Linthicum Heights and is online at [www.gpwellness.com](http://www.gpwellness.com).



## The Latest Products To Hit The Market

These doctor-developed drops are the latest products to hit the sales floor at Green Point Wellness, offering non-impairing options for a broad range of symptoms. The product line was developed by Dr. Dustin Sulak, a renowned cannabis clinician regarded internationally as a pioneer, expert and educator. Sulak recommends patients use an oral delivery either in conjunction with or separate from smoking or vaping, and these products offer precision micro-dosing under the tongue that absorbs straight into the bloodstream.

### Night

- THC-dominant
- Helps address symptoms interfering with sleep such as anxiety, pain, restless limbs, nightmares, etc.
- Sedating terpene profile
- Useful for anti-seizure, anti-spasm properties during the day in some patients
- Best for staying asleep
- Combine with inhaled cannabis for trouble falling asleep

### Pain Relief

- THC is the strongest pain-relieving component in cannabis
- THCA provides additional pain relief and anti-inflammatory effects

- Unlikely to cause impairment at doses below 10 drops (THC 2.5mg) except in those very sensitive to THC
- Terpene profile selected to be non-drowsy for anytime use. Less impairing night formula

### Perfect Balance

- Most broadly effective and well-tolerated formula
- Excellent for most conditions and for general health promotion as a daily supplement
- Non-impairing (even in THC-sensitive individuals) unless used at very high doses (20 drops=THC 2.5mg)
- Approximately 3 to 5 percent of patients ultrasensitive to THC have narrow therapeutic window but can still tolerate perfect balance

### Whole Plant CBD

- CBD-dominant and cannabis derived, low THC for those wishing to avoid it or do well with high CBD doses
- Whole plant CBD is superior to CBD isolate for pain, inflammation, cancer, and likely much more
- Low doses are awakening; higher doses may be sedating
- Typically less cost-effective than Perfect Balance for managing symptoms
- Can be used as a partial antidote for THC overdose or added to increase CBD:THC ratio



## Three Simple Core Exercises To Alleviate Low Back Pain

### » Continued from page 2

From here, reach one arm forward and then extend the opposite leg back so that the arm and leg are parallel to the floor.

Pause for a couple of seconds and then slowly return to the starting position. Repeat on the opposite side. That is one repetition, working up to five reps.

Hip raises are the final exercise. This exercise uses a subtle move to engage glutes, low back, and core to make it a fantastic exercise.

Lie on your back with your knees bent and with your arms flat on the floor to either side of you.

Rotate your pelvis and tailbone upward, tighten your core muscles, and gently push

your lower back into the floor.

Push into your feet to slowly lift your midsection off the ground, using your legs, arms and shoulders to balance.

Hold in an elevated position for 10 seconds and slowly lower back to starting position. Repeat five times.

Do the following exercises at least three times a week and notice your core becoming stronger and your back feeling less achy. It is important that you see your doctor before beginning any exercise program and that you stop the exercise if you feel pain. Creating a strong core will help you achieve the pain-free life you want to live!

For more information, call 410-793-4122 or visit [www.gymguyz.com](http://www.gymguyz.com). ■

**Arthur Murray**  
Dance Centers

**GOOD FOR THE MIND, BODY & SOUL!**

Arthur Murray Arnold Dance Studio  
1517 Ritchie Highway #101, Arnold, Md. 21012

(443) 458-5516  
[arthurmurrayarnold@aol.com](mailto:arthurmurrayarnold@aol.com)

- Boost Memory
- Improve Flexibility
- Reduce Stress
- Make Friends
- Help Your Heart
- Lose Weight
- Balance Better
- Increase Energy

**\$49.00 INTRODUCTORY OFFER!**

**2 Private Lessons, 2 Group Lessons and 2 Parties.**

*New students only. Cannot be combined with any other promotion.*

[arthurmurraymaryland.com](http://arthurmurraymaryland.com)

# Is your 2019 New Year's Resolution to be Healthier? Start with your SMILE! Call BAKER SISTERS FAMILY DENTAL CARE

- Same Day Appointments Available
- Small, family owned dental practice
- Many dental insurance plans accepted
- Wide range of dental services provided



- Patients of all ages welcome, including **CHILDREN**
- Patients treated like family
- **INVISALIGN**
- **SAME DAY CROWNS**

Drs. Jessica and Amanda Baker are delighted to be providing quality, gentle, comprehensive dental care to patients in their hometown. With twenty-eight years combined dental experience, they are happy to treat patients of all ages. Call today to set up appointments for you and your family!

**410-768-7740**

**8025 Ritchie Highway, Suite 205 Pasadena, MD 21122**

**[www.bakersisters.com](http://www.bakersisters.com)**



# Start Leading A Heart-Healthy Life

**H**eat disease is a leading cause of death in Anne Arundel County and the United States. It affects both men and women. In fact, women are more likely to die from heart disease than from cancer.

Heart disease is any disorder that affects the heart's ability to function normally. The most common type is coronary artery disease, which can lead to a heart attack. High blood pressure, also known as hypertension, is a major risk factor for heart disease. A blood pressure reading below 120/80 millimeters of mercury is considered normal.

You are at risk for heart disease if you have any of these factors:

- Have been diagnosed with high blood pressure or diabetes mellitus
- Have high blood



cholesterol levels of LDL (bad cholesterol)

- Smoke
- Eat a diet high in fat, cholesterol or salt

- Are physically inactive and unfit
- Are obese
- Are a female who drinks more than one alcoholic

drink a day or a male who drinks more than two alcoholic drinks a day

- Have a family history of heart disease

## What Are The Most Common Signs Of A Heart Attack?

Heart attack is a leading killer of both men and women in the United States. However, there are many medical treatments that can save lives.

Treatments are most effective when started within one hour of the start of a heart attack.

If you think that you or someone near you is having a heart attack, call 911 right away. The signs of a heart attack are not the same for everyone. Even a person who has already had a heart attack may experience different symptoms during a second heart attack. Men and

» **Continued on page 15**

## These New Year's Resolutions Are Easy to Keep!

- 1) Rediscover the joy in everyday life
- 2) Reach your maximum independence
- 3) Nurture your health – mind, body, and spirit
- 4) Give your family the comfort of knowing you're safe and secure 24/7
- 5) ENJOY FIVE STAR SENIOR LIVING TODAY!

Assisted living and award-winning memory care at Heartlands make it easy to keep resolutions. With Five Star dining, a full calendar of activities and social events, a community of friends to share the day with, and support and care available when needed, our residents feel like every day is a holiday!

**Call today to schedule a tour and learn more!**

**HEARTLANDS**  
ASSISTED LIVING AT SEVERNA PARK

**FIVE STAR SENIOR LIVING™**

715 Benfield Road • Severna Park, MD

**410-729-1600**

[www.HeartlandsAssistedLiving.com](http://www.HeartlandsAssistedLiving.com)



©2011 Five Star Quality Care, Inc.



## Prepare To Stay Safely In Your Home

» **Continued from page 7**  
ting in and out of your home. An added incentive to ramps is that they are portable, meaning you can move them to different places around your house, or even bring them with you when traveling.

Stair lifts are an easy — but more costly — solution to staying in your own home. A stair lift is a chair that is on a motorized ramp to go up and down the stairs. You sit in it, press a button, and it transports you up and down the stairs while seated.

Finally, modifying your steps is an efficient way to eliminate tripping hazards. Most steps are 8 inches tall, so simply cutting them in half to 4 inches makes them more manageable as your body

changes and it's harder to lift your legs. This can be done by adding in blocks to modify the height of the individual steps.

Approaching this conversation can be difficult, and seniors may not be inclined to listen to their children. If you are concerned about a loved one's safety, schedule an appointment with a doctor, physical therapist or other clinical professional to begin the conversation.

*Health & Mobility provides sales, rentals, services, financing and free delivery for mobility needs. The store is located at 342 Ritchie Highway in Severna Park. For more information, call 410-421-8070 or visit [www.healthandmobility.com](http://www.healthandmobility.com).* ■

## LANAP Is Now LAR

» **Continued from page 4**  
ment that is performed in a dental office. FDA clearance has been given for True Generation. LANAP is now LAR (laser-assisted regeneration). Showing LANAP protocol regenerates new ligament, cementum and alveolar bone in the surgical sites. The Nd: YAG laser uses light energy directed through a tiny glass fiber; it removes diseased tissue and aids in the reduction of bacteria associated with periodontal disease. When the infected area is thoroughly cleaned, the body can heal itself. Laser periodontal therapy kills bacteria in the mouth, minimizes discomfort, eliminates bleeding, controls swelling, requires a shorter time in the chair, is less invasive, and patients

perceive the healing time as faster than conventional scalpel surgery. The laser allows for no scalpels, no sutures, no bone grafts, no artificial membranes and no post-surgical packing materials. The laser's use in periodontal treatment allows for comparable end results to more traditional and conventional therapies. Successful results in dentistry are possible using different methods. Laser periodontal surgery is just one of these.

Laser use in dentistry and medicine will continue to increase as doctors strive to provide better patient care. Patients will be able to take advantage of this more friendly treatment procedure from this exciting, developing laser technology. ■

## Can Gardening Contribute To Wellness?

» **Continued from page 3**  
the break-a-sweat kind of physical activity many of us could use more of, it's definitely the get-off-the-couch kind of physical activity that we all need. Especially when it's a family activity! Kids can help in the garden by weeding, raking leaves, watering and more. A bit of manual labor in the yard may spark a lifelong love for gardening, as it did for me.

Intellectual wellness is all about trying new things. For novice gardeners, purchase a single succulent or houseplant to liven up a sunny windowsill. Research care and proper watering guidelines for your new plant. Observe any changes and alter care accordingly. With a little care, your plant will thrive, and soon you will find yourself adding more to your collection. If you love growing vegetables but haven't tried growing from seed,

this could be your year! Growing from seed requires a little extra research and care, but the rewards are plentiful. Advanced gardeners can try something new, like formal garden design or bonsai.

Poet Dorothy Frances Gurney wrote, "The kiss of the sun for pardon, The song of the birds for mirth, One is nearer God's heart in a garden, Than anywhere else on earth." Many people feel emotionally whole and spiritually connected when spending time outdoors. Try it! Slow down and enjoy the warm sunshine and fresh air. Observe the growth and changes in your garden over the seasons. Don't be afraid to get your hands dirty for weeding or pruning (and don't be afraid to prune). Listen to the bird-song and other sounds of the natural world.

For me, the greatest joy of gar-

dening is the calm that envelops me when my hands are in the soil. I don't mind if a plant dies or if the seedlings don't come up where I sowed them. It doesn't bother me when I spend months caring for vegetable seedlings and plants only to have a lousy harvest. The reward is in observing the wonder of nature and in the feeling of wellness that comes from being immersed in the garden.

*Whatever you try, remember that Himmel's is here to help you get started. Our mission is "helping our neighbors build a better, healthier and more beautiful world." Himmel's Landscape & Garden Center is located 4374 Mountain Road in Pasadena. Call the center at 410-255-7730 or visit the website at [www.himmelsgardencenters.com](http://www.himmelsgardencenters.com) for more information* ■

### Publishers

Dianna Lancione  
Lonnie Lancione

### Chief Operating Officer

Larry Sells

### V.P., Operations

Brian Lancione

### Sales Account Executive

Shannon Vitielliss

### Inside Sales Support

Heather Lancione

### Editor

Dylan Roche

### Sports Editor

Colin Murphy

### Assistant Editor

Zach Sparks

### Staff Reporter

Maya Pottiger

### Creative Director

Will Nauman

The Pasadena Voice is published by

 THE VOICE MEDIA INC.

Family owned and operated since 1981

Please send your news to

[spvnews@severneparkvoice.com](mailto:spvnews@severneparkvoice.com)

P.O. Box 608, Severna Park, MD 21146  
410-647-9400

No part of this publication may be reproduced without permission of the publisher ©2019. The publisher is not responsible for any errors, omissions, etc. Views expressed are not necessarily those of the publisher.

# Anne Arundel County Department Of Health Announces Beginning Of 2019 Wet Season Perc Testing

The Anne Arundel County Department of Health is currently scheduling appointments for this year's wet season percolation testing. Applications for mound sewage disposal systems must be received and testing must be performed by Saturday, March 16. All other system applications must be received and scheduled by Friday, March 29.

Annual wet season testing is scheduled on a first-come, first-served basis. Prior to March 16, priority will be given where mound testing is expected. For an application and information on perc testing, visit [www.aahealth.org](http://www.aahealth.org) and click "Wet Season Percolation Testing" under "In the News," or call the Department of Health's Environmental Health Bureau at 410-222-7193. Completed applications are accepted at the Anne Arundel County Permit Center, 2664 Riva Road, in Annapolis.

The county's wet season test period is determined with data from monitoring wells that are part of a network used by the Maryland Department of the Environment.

Properties in areas of the county where high water table conditions are expected require testing during this season. The highest water table conditions are typically during February, March and April.

Wet season testing provides an accurate assessment of a septic system's ability to work year-round. The information provided by the site evaluation and perc test is used to determine the size and type of septic system that can be installed on a specific lot. In some cases, due to adverse soil or groundwater conditions, a property may only be developed when public sewer is available.



## Department Of Health Provides Information On Gastroenteritis (Stomach Virus)

Gastroenteritis is an illness of the stomach and intestines, often caused by a virus. Some gastroenteritis infections tend to occur during the cooler months of the year (October to April).

Although some people refer to gastroenteritis as the "stomach flu," it is not the same as influenza or the flu, which is a respiratory illness. Information about gastroenteritis, including symptoms, treatment and prevention, is available at [www.aahealth.org](http://www.aahealth.org). Click on "Gastroenteritis" under "In the News."

The symptoms of gastroenteritis include nausea, vomiting, diarrhea, stomach cramps, low-grade fever, chills, muscle aches, headache and tiredness. Symptoms usually begin about 24 to 48 hours after infection but can appear as early as 12 hours after exposure. People with gastroenteritis are contagious from the moment they begin feeling ill to at least three days after recovery. Gastroenteritis can be spread easily from person to person.

## The Department Of Health Offers These Tips To Help Prevent The Spread Of Gastroenteritis:

- Stay home while sick.
- Frequently wash your

hands, especially after toilet visits, changing diapers, and before eating or preparing food.

- Carefully wash fruit and vegetables, and cook oysters and shellfish before eating them.
- Thoroughly clean and disinfect contaminated surfaces immediately after an episode of illness by using a bleach-based household cleaner.
- Immediately remove and wash clothing or linens that may be contaminated with the virus after an episode of illness. Use hot water and soap.
- Flush or discard any vomit or stool in the toilet, and make sure that the surrounding area is kept clean.

For more information on communicable diseases and Department of Health services, visit [www.aahealth.org](http://www.aahealth.org).

## Department Of Health Holds Opioid Overdose Response Training

The Anne Arundel County Department of Health is offering free training to community members on the use of intranasal naloxone to reverse an opioid overdose and prevent death.

Trainees will receive a free naloxone nasal kit to administer to victims of opioid overdose.

## Who Should Attend?

- At-risk individuals, family members, friends and associates of someone who is using and at risk for overdosing on heroin or prescription pain medications. Teens under 18 may take the training if accompanied by a parent or guardian.
- Staff of treatment programs, recovery services and transitional housing.
- Anyone working with the public.

## What Will I Learn?

Training will incorporate the following information:

- What an opioid is.
- How to recognize, respond to and prevent an opioid overdose.
- How to administer the naloxone intranasally.

Information about the Good Samaritan Law, treatment, and recovery services and family support.

## What Is Naloxone?

Naloxone is a prescription medication that is used to reverse an opioid overdose. It cannot be used to get "high" and is not addictive.

## How to Register

To register, call the naloxone training line at 410-222-1937 Monday through Friday between 8:00am and 4:30pm.

**3 Harry S. Truman Parkway, Annapolis**  
10:00am - 11:00am  
Tuesday, February 5  
Tuesday, March 12

**122 North Langley Road, Glen Burnie**  
10:00am - 11:00am  
Thursday, January 17  
Thursday, February 7  
Thursday, March 7

## UM BWMC February Calendar

### Sunday, February 3

**Safe Sitter** – Meets from 10:00am to 4:30pm. This program helps preteens ages 11 to 13 gain confidence with babysitting skills and abilities in caring for young children in emergency and non-emergency situations. Participants will learn about child care essentials, choking child/infant rescue, preventing problem behavior, introduction to first aid and injury management. For more information, call 410-553-8103. (Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor).

### Monday, February 4

**Opioid Overdose Response Program** – Meets from 6:00pm to 8:00pm. Free classes help the community learn the signs and symptoms of an opiate overdose along with how to safely administer naloxone

(Narcan), the FDA-approved emergency treatment nasal spray, and Family and Friends CPR to provide aid in sudden cardiac arrest. Preregistration is required as space is limited. For more information or to register, call 410-787-4490. **Also meets Saturday, February 16, from 10:00am to 2:00pm and Monday, February 18, from 6:00pm to 8:00pm.** (BW Health Services, 7556 Teague Road, Suite 440, Hanover, MD 21076).

### Wednesday, February 6

**Cancer Survivorship Support Group** – Meets from 5:00pm to 6:30pm. This free, self-care skills class and group discussion offers information and support for cancer patients and survivors. In addition to networking and peer support, the group will discuss timely topics related to treatment and

care. For any type of cancer. No registration needed. For more information, call 410-553-8179. (Tate Cancer Center, first-floor conference room, 305 Hospital Drive).

### Wednesday, February 13

**Free Blood Pressure Screenings** – From 8:30am to noon

at Harundale Presbyterian Church. No registration needed. (Eastway and Guilford Road, Glen Burnie).

**Lactation Support Group**

– Meets from 2:00pm to 3:00pm. Open to all breastfeeding mothers and their children. No registration needed. For more information, call 410-595-1782. (301 Hospital Drive, 3 South classroom).

**Mental Health Support Group** – Meets from 6:30pm to 8:00pm. Community members and families discuss helpful information on psychiatric issues. No registration needed. For more information, call 410-553-8070. (Room A of the Partial Hospitalization Program, 301 Hospital Drive, second floor).

### Thursday, February 14

**Preventing Diabetes Class**

– From 1:30pm to 2:30pm. A diabetes educator discusses factors leading to diabetes and lifestyle changes to prevent diabetes and improve overall health. To register for this free class or for more information, call 410-787-4940. (Center for Diabetes and Endocrinology at UM BWMC, 300 Hospital Drive, Suite 223).

### Wednesday, February 20

**Diabetes Support Group** meets from 5:30pm to 6:30pm to discuss current issues regarding diabetes management. (Center for Diabetes and Endocrinology at UM BWMC, 300 Hospital Drive, Suite 223). Reservations are not requested. For more in-

formation, call 410-787-4940.

### Thursday, February 21

**UM BWMC offers a free CPR Anytime** community class at 301 Hospital Drive in the Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor. Learn basic CPR, AED skills and choking relief. **Adult skills class is offered at 5:30pm, followed by infant skills at 7:00pm.** Preregistration is requested by calling 410-553-8103.

### Saturday, February 23

**Heartbeat for Health at the Y in Arnold** from 10:00am to 1:00pm. This free event will feature health screenings and educational presentations. Participants will also have a chance to view demonstrations by area dance studios and learn various dance styles. Reservations are not requested. For more information, call 410-553-8103.

### Tuesday, February 26

**Smoking Cessation from 7:00pm to 8:30pm.** A seven-week class for those wanting to quit smoking. (Radiology Conference Room, Lower Level, 301 Hospital Drive). Class size is limited to 14 and participants will be registered on a first come, first serve basis. Session ends on April 9. To register, call 410-553-8103.

### Wednesday, February 27

**Free Blood Pressure Screenings** – From 8:30am to noon at Harundale Presbyterian Church. No registration needed. (Eastway and Guilford Road, Glen Burnie). **Lactation Support Group** – Meets from 2:00pm to 3:00pm. Open to all breastfeeding mothers and their children. No registration needed. For more information, call 410-595-1782. (301 Hospital Drive, 3 South classroom). ■

## The Role PTSD Can Play In Grief

» **Continued from page 5**  
grief, complicated grief and PTSD are sometimes confusing, many people hesitate to seek help or are unsure if they need it. Grief and trauma in high-profile incidents, where politicians and media are involved, often lead to more awareness but not necessarily to people accessing services. And what about those whose loss isn't as public or who dismiss their own grief because it doesn't seem "bad enough" to get help? Often, I meet these folks in the counseling room months or even a few years later because their trauma hasn't been acknowledged.

Trauma overwhelms our capacity to cope and function, unsettles a sense of safety and challenges our beliefs about the world. When the impact or intensity of trauma does not change over time, address-

ing it and getting support is necessary before grief can be navigated. Seek licensed professionals who are trained in trauma, including social workers, professional counselors and psychologists who state that they engage in "trauma informed practice."

*Amy Stapleton, MS, LCPC, NBCC, is manager of bereavement services and family-centered grief support at Chesapeake Life Center, a program service of Hospice of the Chesapeake. For more information, contact Chesapeake Life Center, which has offices at 90 Ritchie Highway in Pasadena and 9500 Medical Center Drive, Suite 250, in Largo. Hospice of the Chesapeake is online at [www.chesapeakelifecenter.org](http://www.chesapeakelifecenter.org) and can be reached by phone at 888-501-7077. ■*

## UM BWMC Hosts Heartbeat For Health On February 23



University of Maryland Baltimore Washington Medical Center (UM BWMC) is sponsoring Heartbeat for Health on Saturday, February 23, from 10:00am to 1:00pm at The Y in Arnold. This free, informative and fun-filled event will celebrate the benefits of dance and exercise in the prevention of heart disease, while reinforcing community awareness and education about overall health and

wellness.

New to this year's lineup of activities are exercise challenges and an obstacle course for kids. Dance and exercise demonstrations will also be presented by local organizations, and attendees are encouraged to participate. Free health screenings and educational displays will be offered. Refreshments and promotional items will also be available. For more information, visit [www.umbwmc.org/heartbeatforhealth](http://www.umbwmc.org/heartbeatforhealth).

The Y in Arnold is located at 1209 Ritchie Highway in Arnold. For more information about Heartbeat for Health or for a free calendar of events of free screenings and programs at UM BWMC, call the medical center's community outreach department at 410-553-8103. ■

## Drop-Off Boxes Are Now At Anne Arundel County Police Headquarters And District Stations

The Anne Arundel County Department of Health has placed sharps disposal boxes for public use at the county police department's district stations and its headquarters. County residents can discard lancets, needles, syringes and other home health care sharps at any time daily at the following four district stations: Eastern District, 204 Pasadena Road, Pasadena; Northern District, 939 Hammonds Lane, Baltimore; Southern District, 35 Stepneys Lane, Edgewater; and the Western District, 8273 Telegraph Road, Odenton. A drop-off box is also available from 8:00am to 4:00pm on weekdays, except holidays, at the Anne Arundel County Police Headquarters, located at 8495 Veterans Highway in

Millersville.

The goal of the sharps disposal program, a partnership between the Department of Health and Anne Arundel County Police Department, is to provide safe drop-off locations for individuals and families who may administer injectable home medications, including insulin.

The boxes are not intended for business use. By providing this safe disposal option, the county helps to reduce the risk of medical waste contamination and promotes a cleaner, safer community environment.

*For more information about the sharps drop-off boxes and preparing items for disposal, call 410-222-7095. ■*

## Start Leading A Heart-Healthy Life

### » Continued from page 11

women also tend to have different symptoms. Here are a few of the most common signs of a heart attack:

- Sudden pressure, pain or heavy feeling in the chest
- Pain in the chest, shoulder, neck, jaw or arms
- Shortness of breath
- Fainting
- Sweating
- Pale and clammy skin
- Nausea
- Fast or irregular heartbeat
- Anxiety or a feeling that something bad is going to happen

### How Can You Reduce Your Risk?

The good news is that there are ways to reduce your risk for heart disease and

other chronic diseases. Making these changes can also help you feel better as your body becomes healthier and stronger. Here are a few ways that we can help you adopt a healthier lifestyle:

**Eat a healthy diet, including foods low in fat and high in fiber.** Fruits and vegetables contain lots of vitamins and minerals and are low in fat. Reduce your intake of fat by eating lean meat, fish, skinless poultry and low-fat dairy products. Avoid fast food and junk food, which are high in fat and calories. Eat more high-fiber foods like whole grain breads and cereals, broccoli, carrots and bananas.

**Get regular physical activity.** Adults need at least 30 minutes a day and children need 60 minutes. The best way to become more active is to make

small changes each day until they become habits. Make it fun. Go outside and play catch with your kids or turn off the TV and go for a walk with a friend. If you don't have a block of 30 minutes, try being active for 15 minutes twice a day.

**If you smoke, quit!** It's never too late. Tobacco use is the single most preventable cause of death in the United States. Plus, the smoke from cigarettes is harmful to others, especially unborn babies, infants and children. Talk to your children about the dangers of tobacco use.

**Maintain a healthy weight.** If you are overweight or obese, even losing just 5 to 10 percent of your body weight can lower your blood pressure and your risk of heart disease. Healthy eating and regular physical activity are great

ways to stay in shape. If you have any health concerns, you should check with your health care provider before starting a new diet or exercise program.

**Ask your doctor about health screenings that are good for you.** You should discuss any questions or concerns you have about heart disease with your doctor at your next appointment.

### Blood Pressure Screening Guidelines

All adults should have their blood pressure checked at least once every two years and at each visit to a medical provider. People with specific medical problems should have their blood pressure checked more frequently. Talk with your doctor about how often you should check your blood pressure. ■

### COMMUNICATE EFFECTIVELY.

Your hearing enables you to understand and communicate complex ideas, passing thoughts, and jokes every day.



### HEAR EVERYTHING.

Some forms of hearing loss are subtle or only occur in certain situations; make sure you can hear all the sounds of your life.



We have our teeth and eyes checked regularly, but what about our ears?

Everyone over the age of 55 should have their hearing checked as part of an overall wellness program.

Think about all you gain when you have your hearing checked.

### REMAIN STEADY ON YOUR FEET.

Beyond hearing, our ears are a key contributor to our balance — when they are affected negatively incidents of falling increase.



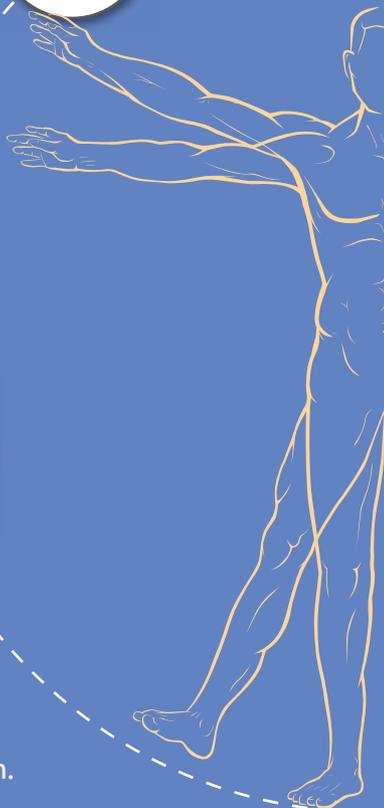
### BE (AND STAY) HAPPY!

Those who participate in a hearing screening and improve hearing health increase their quality of life and decrease their risk of depression.



### POSTPONE DEMENTIA.

Your ears can identify frequency, pitch, location, and many other details instantly — the better they work, the sharper your mind is likely to be.



## Better Hearing Means Better Overall Wellness

Call and make an appointment for your complimentary hearing screening with one of our Audiologists today!

**\$200**

OFF a Pair of OPN Hearing Instruments purchased in Jan 2019

Expires February 20, 2019. Not to be combined with any other offer.



Dr. Robinson

Dr. Kostkowski

Dr. Lilly



410-672-1244

479 Jumpers Hole Road, Suite 203A  
Severna Park

[www.hearsolutions.com](http://www.hearsolutions.com)

Call to schedule your Personal Listening Demonstration with our Doctors Of Audiology