HEALTH, BEAUTY & FITNESS

JANUARY 2020

SEVERNA PARK VOICE



PARK FITNESS Page 8

Working out doesn't have to be a grueling chore. At Park Fitness, founders Danny O'Malley and Joe Bocek have made fitness fun by creating a community of like-minded members striving to meet different goals.

SEVERNA PARK VOICE
SERVING OUR COMMUNITY SINCE 1981

EYE CARE Page 3

Get answers to some of the frequently asked questions about cataract surgery.

WEIGHT LOSS Page 5

Follow these nutrition and exercise tips to create the lifestyle you want in the new year.

HAIRSTYLES Page 7

Stylists are no longer just following directions but proactively recommending styles and products.

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Ten Most Commonly Asked Questions About Cataract Surgery

Jacey Hanna, M.D.
Rutzen Eye Specialists & Laser Center



A cataract is a clouding of the normally clear lens inside the eye. For people who have significant cataracts, looking through a cloudy lens is like looking through a dirty windshield.

Most cataracts develop slowly, and many do not affect vision early on, but they eventually progress to a point where they impair vision. Globally, cataracts cause more vision impairment than any other eye condition, and the number of cataracts is increasing as the population ages. Fortunately, cataract surgery has a high success rate. For most patients, the risk of cataract surgery is low, but complications can occur, so you should choose your surgeon carefully.

In my five years at Rutzen Eye Specialists in Severna Park, I have helped cataract patients who have relatively straightforward surgery to those who have complicated eye conditions that require specialized techniques to achieve the best possible results. Here are answers to some of the frequently asked questions that patients ask me about cataract surgery.

How do I know when I'm ready for cataract surgery?

You may consider surgery when your inability to see clearly affects your daily activities, such as driving, reading, watching television, or anything else that is important to you.

How long does surgery take?

The surgery usually takes less than 20 minutes, but you may spend one to two hours at a surgery center to get ready for surgery and to receive postoperative instructions.

Is a laser used for cataract surgery?

You can choose between standard cataract surgery that is done using a scalpel and laser cataract surgery. The laser can be used to correct astigmatism and improve vision after surgery. Both standard and laser cataract surgery have an excellent success rate, but laser cataract surgery results in less trauma and less risk of corneal swelling following surgery. This is especially useful if the cataract is dense or if you have a more complicated condition. There is an out-of-pocket expense for laser cataract surgery. Talk to your ophthalmologist about the best option for you.

Are there different kinds of lenses to choose from?

Intraocular lenses come in different focusing powers, just like your prescription eyeglasses or contact lenses. Your ophthalmologist will perform measurements of your eyes to determine the best lens for you. There are generally two types of lenses to choose from — monofocal (standard) lenses and premium lenses. Premium lenses have an additional out-of-pocket expense and include multifocal, accommodative and astigmatism correcting lenses. The best intraocular lens for you depends on many factors, including your lifestyle and your specific visual needs.

Do I have to stop blood thinners prior to surgery?

There is usually no need to stop blood thinners because the risk of bleeding is very low.

Is the surgery painful?

You will be awake during the procedure, but you won't feel any pain. You will receive sedating medications so you are comfortable and free from anxiety during surgery.

Can I drive myself to and from surgery?

Because you will receive sedation during surgery, someone else should drive you home from surgery. You may be able to drive the next day after surgery.

Are there any restrictions after surgery?

After surgery, walking and light exercise are fine. You should refrain from heavy lifting or high-impact exercise, such as running, for the first week after surgery.

When can I expect to see better after surgery?

Most people see better the day after surgery. Vision may gradually improve over the days and weeks after surgery.

Can cataracts grow back?

During cataract surgery, the cloudy lens of your eye is removed and replaced with an artificial lens. Cataracts cannot grow back. The lens that is implanted during cataract surgery is durable and will last a lifetime.

Cataract surgery is elective surgery, and with the help of your eye doctor, you can decide if you are ready. If you have a cataract or know someone who does, your ophthalmologist can discuss the risks and benefits of the procedure with you.

Dr. Jacey Hanna is an ophthalmologist who specializes in medical and surgical conditions that affect the front of the eye. She has particular expertise in laser cataract surgery. If you have questions or if you would like an eye examination, call Rutzen Eye Specialists & Laser Center at 410-975-0090 for an appointment. Her office is located at 489 Ritchie Highway in Severna Park. Visit ***www.rutzeneye.com*** *for more information.* ■

Quit Smoking Or Vaping Today!



Mariah Fortman
Anne Arundel County Department of Health

Are you thinking about quitting smoking or vaping? Have you tried to quit before? The Anne Arundel County Department of Health has free tools to help you quit in 2020!

Quit Smoking Kit

The Anne Arundel County Department of Health offers free self-help information to assist adults 18 and older in quitting smoking. The Quit Smoking Kit provides steps for quitting and staying smoke-free. To request a kit, call the Learn To Live line at 410-222-7979. Kits can also be ordered or downloaded at *www.myquitkit.org*.

Cessation Classes

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 the county. The classes include counseling and may offer patches, gum or other FDA-approved nicotine replacement therapy. Preregistration is required. Call for dates and more details.

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

Anne Arundel Community College
Health and Wellness Center, 101 College Parkway, Arnold\
Call 410-777-2480 or visit www.aacc.edu (search "tobacco cessation")

Bay Community Health
134 Owensville Road, West River
Call 410-867-4700 or 443-607-1432, or visit www.baycommunity-health.org

University of Maryland Baltimore Washington Medical Center
301 Hospital Drive, Glen Burnie
Call 410-553-8103 or visit www.umbwmc.org/healthyliving

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, visit www.learntolivehealthy.org or call 410-222-7979.

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New Year, New You: It's Time To Jumpstart Your Weight Loss



Deborah Badro
Severna Park Racquetball & Fitness Club

It's that special time of year when everyone is making New Year's resolutions. Let this be the year you take control of your health and wellness.

There are many areas that need to be addressed to create the lifestyle you want in the new year. They all start with you. First, you have to find the motivation to do something. Then, create a plan that includes being kind to yourself. When making your plan, include nutrition, exercise, and social/psychological wellbeing.

First and foremost, you must have the desire to lose weight, and the ability to believe in yourself; your ability to do so is extremely important. We all have a little voice inside of our heads telling us things like, "You're not good enough," "you will never lose weight," or "things are hopeless." We all need to stop the negative chatterbox in our heads. Be kind to yourself. Whenever you find yourself talking negative, dismiss it immediately and replace those thoughts and words with positive ones. Some examples include, "This is the year I will take control of my life," "I will lose weight," "I will start exercising," "I will spend more time with my family and friends," and "I will be happy this year."

Excess weight is the result of caloric intake that, over time, is greater than the caloric expenditure. Factors associated with this imbalance include genetic predisposition, behavioral dynamics, and cultural influences.

Behavioral examples include larger portion sizes, increased sedentary lifestyle, poor dietary habits, eating disorders and mental illness.

Cultural practices, beliefs about body image, and lifestyles also contribute to weight gain. Hormonal causes of weight gain include hypothyroidism, hypercortisolism and insulinoma.

This is the year you take control of your health and wellness.

Start by looking at where you can make improvements. Is it time for a physical checkup? If so, make an appointment with your primary care provider to have yearly labs and preventative health testing measures scheduled.

Do areas of your diet need improvement? Start investigating healthy nutritional

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The Next Generation Of Hair



Scott Palmer
Owner and Founder of *The Park Salon & Barber*

Much like the music and fashion industry, the hair industry has changed drastically in the last decade. New trends, techniques and products are introduced to consumers at a much more rapid pace, due in large part to social media.

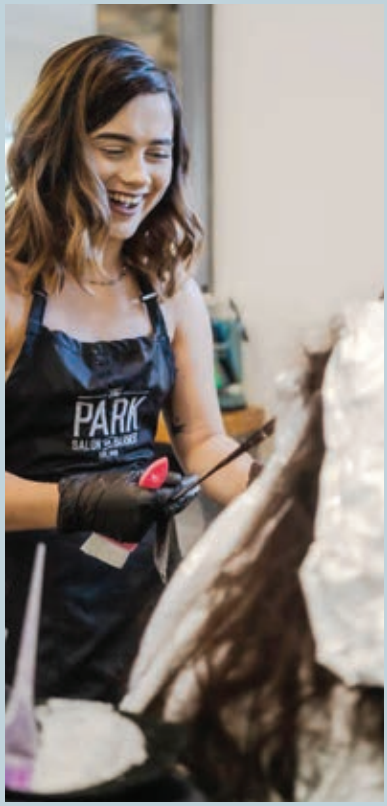
With consumers having a behind-the-scenes look into the craft and science of hair, their perception of hair professionals has evolved from stylists to artists. With that, the demand is for stylists who are on top of, if not ahead of, the latest trends.

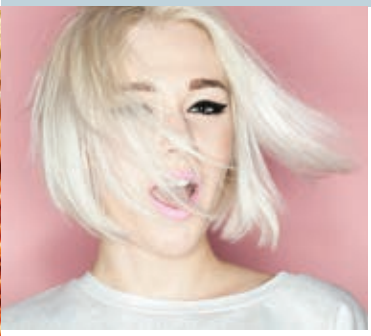
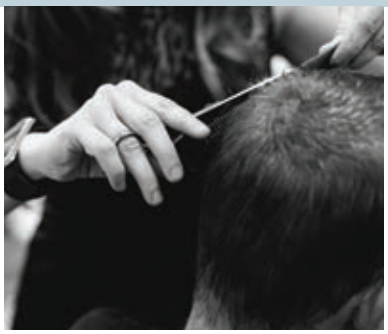
Did you know that only 5% of salons in the U.S. are designated educational salons? The State Board of Cosmetology requires cosmetologists to participate in only six hours of education every two years. That's not nearly enough time to learn the latest developments in hair products, techniques and trends for a year, let alone for a savvy Instagram user.

To nurture the next generation of stylists and barbers, salons and barbershops can develop and provide in-shop training programs. These unique opportunities, like Park Salon & Barber's Associates Program, enable up-and-coming talent to gain hands-on experience while developing and refining their skills. Similar to other trades, stylists must continue their education in order to build on the foundational knowledge they received when they began their career. Programs like this allow each associate to begin and continue their career confidently and with the support from a team of artists and educators.

Stylists are no longer just following directions but proactively recommending styles and products that fit

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Park Fitness Takes A Fun, All-In







By Zach Sparks

Most people view workouts as grueling chores that are solitary and exhausting, but at Park Fitness, members enjoy working out because they are part of something bigger than themselves.

"With a regular gym, if you're not knowledgeable on technique and not motivated, you won't get much out of it," said Justin McCabe, who has lost almost 40 pounds since joining Park Fitness nine months ago. "Park Fitness is a community of people who support each other and push each other."

Eva Barsin did aerobics in her 20s and 30s but was looking for a new routine when she tried Park Fitness in November 2017, shortly after it opened. Like McCabe, she called Park Fitness "life-changing" because of the model adopted by founders Joe Bocek and Danny O'Malley.

"I always enjoyed exercising, but what was missing was the community aspect," Barsin said. "It's a special model that is all-inclusive with high-intensity workouts, and Joe and Danny make it approachable. They truly care about each member and want to learn about our goals."

McCabe and Barsin are just two of the many faces of Park Fitness, members whose lives have been transformed by a non-traditional gym that emphasizes fun and that produces sustainable results in a judgement-free zone.

"Fitness doesn't have to be scary or intimidating," Bocek said. "One of our goals in Park Fitness is we want to help as many people as possible. We want to speak to people who might not think they can do this. We have members with fitness backgrounds, and that's great, but we're also trying to reach out to those people who don't think they can reach their fitness goals."

O'Malley said, "When Joe and I both worked as trainers at other gyms, we often saw that their underlying mindset was to get as many people as you can — numbers, numbers, numbers. Here, we're focused on helping people and not having an elitist attitude on exercise."

To help people meet their goals, Bocek and O'Malley rely on their combined 35 years of experience in the industry



clusive Approach To Wellness

to design fun workouts in a class setting.

"Our workouts are functional training, not just an elliptical," Bocek said. "That's fine if that's your thing, but we try to offer freedom from the boring and the mundane. We keep workouts fresh, and we keep them fun and exciting. One workout could be pushing sleds and using battling ropes and kettlebells, and the next could be slamming medicine balls."

The fun extends beyond their space in Park Plaza. Those who follow Park Fitness on Facebook have become familiar with Bocek and O'Malley's quirky videos – like Fit Myth Busters



where they don white lab coats and debunk misconceptions related to health and fitness.

In 2020, their goals are bigger than ever, with Park Fitness kicking off its New Year Metabolism Rewind program.

"Every January, everybody's mind shifts to goals and resolutions," Bocek said. "I think a lot of people look at resolutions and think, 'What is going to be different this time?' We looked at the idea of not only is it a new year, but it's a new decade. Where were we in 2010, not just us but our members? Let's get to a point where maybe we are better than we were 10 years ago. We don't believe fitness has an age limit."

Those aren't just hollow words. Anyone who walks into Park Fitness can testify to that belief.

"All of our workouts are scalable," Bocek said. "We can have a 17-year-old next to a 77-year-old. We can have the guy who ran a 100-mile race last year next to a guy who hasn't exercised in 20 years."

Each person has his or her own unique goals, and while it's rewarding to see a member lose 40 pounds or drop four pants sizes, it's equally gratifying to see some of the benefits that can't be measured on a scale.

"What's cool is that someone might come in with a weight-loss goal of 10 to 15 pounds, but over time, they might say, 'I work at a school and I've never been able to walk down the steps without getting a pain in my knees,' or 'I was able to pick up my grandkid and I wasn't sore the next day,'" O'Malley said. "We see how their day-to-day lives change."

McCabe is one of those people. When he was



younger, he played sports, ran a five-minute mile and had a 28-inch vertical. Now 47, he hadn't been feeling as athletic and had been experiencing pain in his knees, an ailment that does not bother him nearly as much as it did prior to joining Park Fitness.

"Park Fitness helped me gain control over my eating habits, my health and my fitness," he said. "I'm eating the healthiest I have ever eaten. You can do that with any diet, but this has been more of a lifestyle change. We track calories and goals to hit, and that showed me so much about the wrong choices I was making without even knowing it."

That's music to Bocek's ears.

"It's amazing when people tell us constantly, 'I may drag myself to get there, but I leave with a smile,'" Bocek said. "That's a great feeling if you're a trainer."

With their industry experience and ties to the area — Bocek lives in Severna Park and O'Malley grew up here — the trainers believe they know what works for local people and what doesn't work.

"With other programs, people do the workouts, but are they seeing change? Whether someone lost 60 pounds or someone went from a size 12 to a size four, all those things have happened here," Bocek said. "It's so much easier to succeed if you have a support network and a proven system that works."

Experience the Park Fitness approach with a risk-free trial membership. To learn more, go to www.parkfitsp.com or call 410-432-2113. Park Fitness is located at 564 Ritchie Highway in the Park Plaza shopping center.

"I don't want to say I'm addicted, but it leaves me feeling good," McCabe said. "There are days at the gym where you fall off or make excuses, and that doesn't happen with Park Fitness."



What Are Social Language Skills?

Laura Ironman
MS, CCC-SLP
Budding Voices



Carly Bereznay
M.Ed., CCC-SLP
Budding Voices





Let's talk about social skills and how children discover them. Social skills are how a person interacts with others, both verbally and physically. For example, body language, eye contact, gestures, facial expressions and intonation.

Just like language skills, social skills aren't inherently known and are learned and developed progressively during childhood. By observing their surroundings and interactions of others, children experience, develop and grow social skills. Adults help children learn these skills explicitly ("You need to say 'please'") and implicitly (by seeing and doing).

There is a lot to be learned in terms of social skills, like how we understand and show emotions; maintaining conversation; using gestures and facial expressions; taking turns; and sharing. As adults, we copy our constant models of appropriate skills, even when we don't realize it. We can provide explicit language to help with the implicit parts of socialization. For example, "Oh the dolly is sad because she lost her toy" allows us to give explicit reasoning behind emotion, rather than just expressing "she's sad."

We also can provide social examples of appropriate turn-taking: "We take turns so we both get a chance to talk." Also, for eye contact: "When talking, you should look at the person so they know you're talking to them." Explaining the "why" makes it more concrete as they learn.

Sharing is one of the early social skills children are expected to learn. But sharing is hard, especially for children, regardless of whether they have siblings or not, whether they are neurotypical or not. As a caregiver, you can make sharing less troublesome. Encouraging a child to use appropriate language during play is essential for sharing success. It's very common for children to grab from a play partner without asking. Teaching verbal requesting (for example, "Can I have

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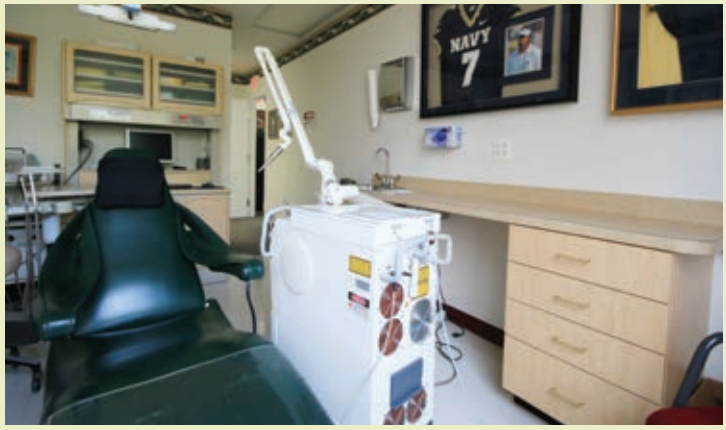
Tech Talk With Dr. Cranska



Jeffrey Cranska
Family Laser Dentistry

Modern dentistry is dynamic. Changes to improve patient comfort and quality of care are always being developed. The use of improved dental materials, modern delivery systems, lasers, computer-generated imaging and computer management software systems are just some of the changes.

In this column, I will answer questions on high-technology dentistry. Please direct inquiries to my website at *www.cranska.com* or email me at *familylaserdentistry@outlook.com*.



Essential Technology For The Dental Office

I'm amazed with the evolution I have experienced in dentistry. I've seen unbelievable changes in my dental office and equipment in the time since I opened my first office in Cape St. Claire in 1980.

These are my top eight indispensable changes I've seen in my dental office since the 1980s began.

1. Computers with practice management software networked through the office have interconnected the business office and all treatment areas. The results are improved patient services and better patient care.
2. Digital sensors have eliminated the need for film. X-ray images appear immediately and are stored in the office computer system. The advantages of digital radiographs are less radiation exposure to produce the image, immediate graphics, and images can be printed or emailed to specialists or insurance carriers.
3. Lasers. Dentists use hard and soft tissue lasers to precisely and

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Jumpstart Your Weight Loss

Continued from page 5



options. Make an appointment with a nutritionist to help guide you in making healthy food choices individualized for you.

Are you exercising? Do you have a gym? Have you ever thought of enlisting a personal trainer to help guide you in creating an individualized fitness program perfect for your needs? Start moving, or consider joining a gym, and create a plan that will start you on your journey for fitness.

Is there a friendship you would like to grow in the new year? Reach out to someone, make that phone call.

The time is now. We are all a part of something bigger.

For more information on health and wellness, contact Deborah Badro certified registered nurse practitioner, at medicalclinic@sprfc.com or 410-987-0980.

The Next Generation Of Hair

Continued from page 7

with their customers' lifestyles. You'll find various occasions where you would seek out the various levels of hair professionals. So who should you see and when? Let's break it down and determine when to see your tried-and-true stylist, when to seek a fresh perspective from a junior stylist, and when to seek out a senior stylist's expertise.

Go to a junior stylist if you're looking for:

1. Easier bookings, walk-ins
2. More competitive pricing
3. The fresh, new perspective

See your regular stylist when you're looking for:

1. Your go-to hair guru, the one who knows you in and out
2. A trustworthy confidant
3. Consistent service

Seek out a senior stylist when you're:

1. Considering making a significant change
2. Seeking a specialist

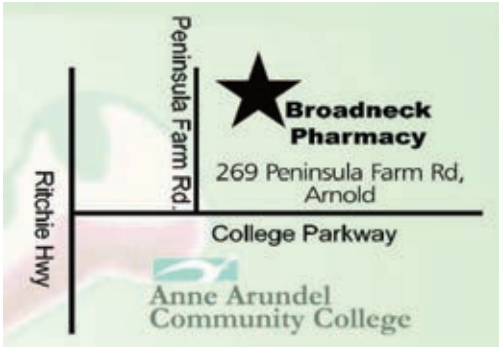
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Palliative Care Is Supportive Care



Eric Bush
M.D., RPh, MBA
Chief Medical Officer

Somewhere along the way, the term "palliative care" picked up a scary reputation. When offered as a treatment option, many people think it means death is near.

Nothing could be further from the truth. Palliative care is all about living.

Palliative care professionals offer a support system to help patients live actively with advanced, complex or chronic illnesses. As a team, that can include, but is not limited to, a physician or a nurse practitioner and a social worker. We employ a biopsychosocial approach, addressing not just the physical but also the emotional, social and spiritual needs of patients and families, ensuring they have access to all the information and choices ahead.

We like to call it supportive care, because it is patient-centered care. A consultation typically lasts from an hour to an hour and a half because we need time to ensure the patient and family have the information they need to make decisions about their care plan. Some of the goals of a consultation include:

- Build rapport and relationships with patients and family caregivers.
- Manage symptoms, distress and functional status (for example, pain, breathing problems, fatigue, sleep disturbance, mood and nausea).
- Explore, understand, and educate about illness and prognosis.
- Clarify treatment goals.
- Assess and support coping needs.
- Assist with medical decision making.
- Coordinate with other care providers.

Consider palliative care as an additional specialty that is part of your larger health care plan. For example, someone with congestive heart failure (CHF) might have a primary care physician, cardiologist and pulmonologist on their team. As there is no cure for CHF, and there is a high probability for frequent hospital visits, it would be wise to have a palliative care provider on their team, too. With all the medications, therapies and other treatments that come with managing CHF, the palliative team works with the other providers to anticipate, prevent and treat suffering, including pain and other symptoms of illness. The goal would be to avoid hospitalizations for fluid buildup or difficulty breathing. It is supportive care that is focused on quality of life for those living with complex illness.

As a specialty, palliative care is covered by most insurance plans. Patients can be seen on an outpatient basis, such as at a medical office, or wherev-

Continued on page 15



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What Are Social Language Skills?

Continued from page 10

_____" or "My turn") as an alternative to physical communication (grabbing, swiping) is the first step. The play partner can respond with "yes" or "in a minute." Each child should have choices, but ultimately must use their words (not their bodies) to share.

An adult can set a timer on their phone or watch to help little ones understand the meaning of "having a turn." When the time is up, an enjoyable sound can be played. A song and a quacking duck are fun options. The expectation is that the toy is returned to the play partner, and the timer starts again.

This strategy can reduce anxiety by helping the children realize that the toy is not gone forever, just a short time of sharing. Depending on your child's experience and anxiety over sharing, anywhere from one to five minutes is appropriate for the timer. In the end, when the timer is up, the play partner must use their words (and not their body) to ask for the toy again. The result? Successful, anxiety-free sharing!

*For more information about social skills development, visit **www.buddingvoices.com** or contact the Budding Voices team at 844-410-2878 or **admin@buddingvoices.com**.*

Palliative Care Is Supportive Care

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er they call home.

Most importantly, being referred to palliative care does not necessarily mean you are near death. People with complex advanced illnesses such as chronic obstructive pulmonary disease, kidney failure and sickle cell disease can often live longer because the focus isn't only on the disease but the wellbeing of the whole person.

With palliative care, you can still receive curative treatment: You do not have to have a life-limiting diagnosis. Cancer patients turn to palliative teams who often work with oncologists to make their journey for a cure with a focus on quality of life.

If someone suggests palliative care, do not panic and assume the worst. It can be the first step to better days.

*Chesapeake Supportive Care is a group of physicians and nurse practitioners that specializes in palliative care — the care of people with advanced illness. Many doctors consult with Chesapeake Supportive Care to help patients and their families navigate the health care system, reduce unnecessary suffering and define patient-centered goals of care. For details, call 877-920-5472 or visit **www.chesapeakesupportivecare.org**.*

Tech Talk With Dr. Cranska

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effectively treat gum disease, utilize alternative methods of oral surgery, and remove tooth decay and restorations. Numerous dental procedures from surgical to cosmetic are performed using lasers.

4. The use of light-cured, tooth-colored composite or filled resin material. These materials require less tooth structure to be removed in preparation, resulting in a smaller filling. It is light-cured in seconds and adhered to the tooth cavity to prevent future leakage or new decay.
5. Loupes. Dentists need to work in a dark area (your mouth), so lighting is essential for treatment in the oral cavity. The use of magnifying loupes with rechargeable mini LED headlamps attached increase illumination of the magnified treatment area.
6. Intra-oral cameras. Dentists now use intra-oral cameras to capture photographs of the mouth. These pictures can be captured and shown on a monitor, allowing blown-up views for diagnosis. Connecting these cameras to computers, we get pictures that can be labeled and stored in the patient's permanent electronic record.
7. Implants. A dental implant is a titanium metal post, surgically placed into your jawbone. The implant replaces the root of the missing tooth. A prosthesis is anchored to the implant. This can be a single implant crown (cap), multiple implants and crowns bridged together, or a multiple implant-borne denture.
8. The revolution in mechanical instruments used in the mouth to deliver dentistry include air hand-pieces, electric hand-pieces and ultrasonic tooth scalers.

How will innovative technology bring about even better dentistry?



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- **MEDICAL CANNABIS HELPS ALLIEVIATE MANY SYMPTOMS WITHOUT SIDE EFFECTS,** like those experienced with conventional pharmaceutical medications.
- **MEDICAL CANNABIS IS NOT PHYSICALLY ADDICTIVE,** like many conventional pharmaceutical drugs such as opioid based pain medication.
- **MEDICAL CANNABIS DOES NOT NEED TO BE SMOKED.** There are various forms of delivery for medical cannabis such as patches, tinctures, lozenges, oils and lotions.
- **MEDICAL CANNABIS INFUSED TOPICALS AND OINTMENTS HELP WITH PAIN,** as is experienced with arthritis, neuropathy, and muscular issues.
- **THE STIGMA SURROUNDING USING CANNABIS AS MEDICINE IS FADING FAST.**





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Medical cannabis is a product that is only for use by a qualifying patient. Some forms of this product can effect judgement and coordination. Common side effects include bloodshot eyes, depression, dizziness, fast heartbeat, and low blood pressure. This product may effect individual patients differently.