



# PATIENTS' Voices

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

December 2016

Meet the PATIENTS  
Program Team

Feature Article

Tips for Healthy Living

Get Involved

## Our Vision

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

## Message from the PATIENTS Program Team

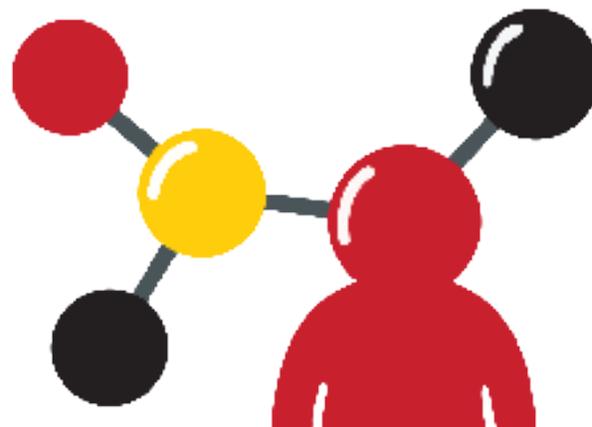
Happy holidays from the PATIENTS team! It's been a busy year for many of us, and now it's time to slow down, focus on family and friends, and prepare for a successful, productive 2017.

While this time of year brings cheer and happiness for many, there are people for whom the holidays usher in a period of sadness and grief. The change in season, with its shorter days and longer evenings, can also cause a shift in moods and activity levels.

In this issue, we'll share information about seasonal affective disorder depression, an illness that occurs during the winter months. We'll also give you tips for staying active indoors during the colder months, and what to wear if you decide to brave the elements and take your exercise routine outside.

We're also proud to introduce another PATIENTS Team member, Eric Kettering, and share some of the great work he's done using video to highlight the varied health and wellness stories of our community members. Be sure to check out our YouTube channel to view the full video library!

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



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Eric Kettering joined the PATIENTS Program team in May of 2016 as Senior Technology and Dissemination Specialist. And, although his title may sound complicated, he insists that his work is that of a simple storyteller who uses videography as a lens into the lives of everyday people.

Eric spent 22 years in the newsroom, starting as an intern at Fox 45. He's covered everything from holiday festivals to family tragedies, and he's ready to tell more positive stories that connect people to each other, showing that we're all more alike than different.

## Meet the PATIENTS Program Team

Eric Kettering

- Senior Instructional Technology and Dissemination Specialist, PATIENTS Program, University of Maryland School of Pharmacy
- B.S., Mass Communications, Towson University

### **Q: What did you do before coming to the PATIENTS Program?**

A: Just before coming here, I did a small stint at the Maryland Judiciary in the communications office. But before that, I was in news in Baltimore for 22 years covering crime, sports—whatever was assigned to me, whatever we had to do that day.

I've covered awful things like murders. I remember the first one. It was on Hope Street in East Baltimore. The victim and I shared the same birthday. He was shot getting out of a cab. Then he ran towards his house and collapsed in front of his mother. I had to learn quickly how to be sensitive to situations and the community, but still do my job.

### **Q: What do you like most about working with the PATIENTS Program?**

A: Telling the great stories in our community and learning about research.

### **Q: What are your favorite stories to tell?**

A: I enjoy talking to people and telling their story. Recently, I produced a video at Penn-North Recovery about using acupuncture for alcohol and drug rehabilitation. The patients share their struggles while going through the treatment. Stories like this can inspire people, showing others that they can do it too.

### **Q: What do you want people in the community to know about the PATIENTS Program?**

A: I'm still new to the research but I am

inspired by my team, our partners, the university, and the community.

### **Q: What's your favorite healthy meal?**

A: We eat healthy most of the time and try to make meals that the kids enjoy. Turkey tacos hit our dinner table once a week. I also like to make vegetarian chili and pour it over pasta.

### **Q: What's your guilty pleasure when it comes to food?**

A: I had to ask my wife this question! She said that it's definitely donuts, the big cream-filled ones. My youngest son is the same way. If you put a dozen in front of us, we'll take them down.

Visit the PATIENTS Program YouTube channel to see some of Eric's favorite videos.

Penn North Recovery  
<https://www.youtube.com/watch?v=5HF14V18Rho&t=26s>

Partners in the Community  
<https://www.youtube.com/watch?v=VTGZvJpw-A&t=65s>

Drug Take Back Day  
<https://www.youtube.com/watch?v=h2vOnhbs-ss&t=1s>

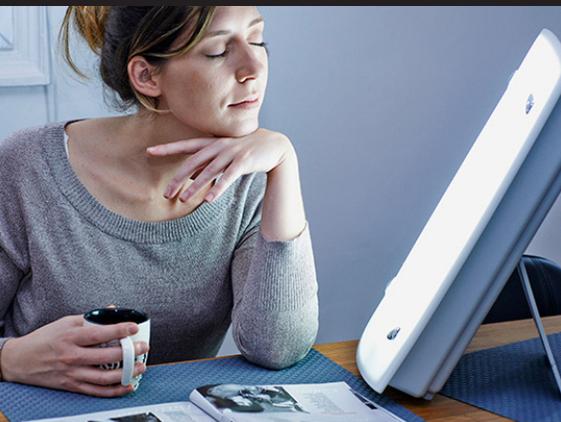
Hypertension Myths and Fact  
<https://www.youtube.com/watch?v=BmhmqTvn8Y0&t=1s>

Project Pheuma  
[https://www.youtube.com/watch?v=EGUuITGuC\\_Q&t=7s](https://www.youtube.com/watch?v=EGUuITGuC_Q&t=7s)

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## What You Should Know About Seasonal Affective Disorder

Seasonal Affective Disorder (SAD), more commonly referred to as “winter blues”, is a mood disorder that affects an individual, usually starting, when the weather becomes colder in September or October, and ending in April or May when the weather becomes warmer. A form of depression, an estimated 10 million Americans suffer from the disorder, while another 10 percent to 20 percent may have a mild case. SAD is more common in women than in men, typically beginning around age 20. The risk of suffering from the disorder decreases with age.

### Did You Know? Top Three Ways Exercise Helps Fight Depression

1. Releasing feel-good brain chemicals that may ease depression (neurotransmitters, endorphins and endocannabinoids)
2. Reducing immune system chemicals that can worsen depression
3. Increasing body temperature, which may have calming effects

Researchers have yet to uncover the specific cause for SAD. However, there are a few key factors proven to contribute to the mood disorder. The reduction in sunlight in winter can throw off a person’s biological clock and reduce levels of serotonin (a brain chemical that regulates your mood) and melatonin (a chemical which regulates sleep and mood). While there are no direct hereditary links, many people with SAD report at least one close relative with a psychiatric disorder, most frequently severe depressive disorder or alcohol abuse (American Psychiatric Association).

Not everyone with SAD has the same symptoms, but common ones include:

- Feelings of hopelessness and sadness, or thoughts of suicide
- Insomnia or a tendency to oversleep
- Weight gain
- Heavy, “leaden” feeling in the arms or legs
- A drop in energy level
- Decreased physical activity or fatigue
- Difficulty concentrating
- Irritability
- Increased sensitivity to social rejection
- Avoidance of social situations or increased sensitivity to social situations

SAD can be difficult for a doctor to diagnose, because the symptoms can mirror those of depression or other mental health conditions. Once a diagnosis is made, treatment usually includes one or a combination of three options:

Light therapy - used to expose the patient to light that mimics natural outdoor light; it generally starts working in a few days to two weeks and causes few side effects.

Psychotherapy - used to identify patterns in negative thinking and behavior that impact depression, learn positive ways of coping with symptoms, and institute relaxation techniques that can help patients restore lost energy.

Medications - used for those with intense symptoms; it can take several weeks after first time use to feel the effects.

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**Give Your Baked Goods a Makeover** with whole grain bread, apples, and cinnamon

## Apple Bread Pudding

### Ingredients

- cooking spray
- 1 whole egg
- 1 egg white
- 1 cup skim milk
- 2 Tbsp brown sugar blend
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/2 tsp cloves or allspice
- 6 slices light, whole-grain or multigrain bread, cubed
- 3 medium apples (cored, cut into 1/2-inch cubes)
- 1/2 cup of any one of the following: raisins, dried cranberries, fresh or dried blueberries, chopped walnuts, pecans or almonds (optional)

### Directions

1. Pre-heat oven to 350.
2. Spray 9x9 baking dish with cooking spray.
3. In large bowl, whisk together egg, egg white, milk, sugar blend, vanilla, cinnamon, and cloves.
4. Add bread and apple cubes. Add fruit or nuts if desired. Mix well.
5. Pour mixture in to prepared baking dish and bake in preheated oven for 40-45 minutes.

## Tips for Healthy Living

### Don't Let the Weather Turn You Into a Couch Potato!

If the winter weather prevents you from getting outside, don't just reach for the remote. Make your time inside count. Compound and exercise circuit moves are great ways to get physical activity indoors—no gym required. Hand weights or resistance bands are a great addition to these moves, but are not necessary. You can also wear a heavy backpack to add intensity to your workout.

Compound moves work multiple body parts at one time, which can help you get more active in less time. Lunges with biceps curl and squats with shoulder lifts are simple ones to try.

An exercise circuit (a cycle of 5–6 moves, run a few times through) is a great way to stave off boredom and get a lot done in a short amount of time. Ideally, your circuit will include a cardio burst of 1–2 minutes, followed by 3–5 exercises that work various parts of your body.

### Fitness Tip: How to Dress for Cold-Weather Workouts

Dressing too warmly is a big mistake when exercising in cold weather. Dress in layers that you can remove as soon as you start to sweat and put back on as needed. First, put on a thin layer of synthetic material, such as polypropylene, which draws sweat away from your body. Avoid cotton, which stays wet next to your skin. Next, add a layer of fleece or wool for insulation. Top this with a waterproof, breathable outer layer.

When it's cold, blood flow is concentrated in your body's core, leaving your head, hands and feet vulnerable to frostbite. Wear a thin pair of glove liners made of a wicking material (such as polypropylene) under a pair of heavier gloves or mittens lined with wool or fleece. Put on the mittens or gloves before your hands become cold and then remove the outer pair when your hands get sweaty.

To stay steady on your feet, choose footwear with enough traction to prevent falls when it's icy or snowy and buy them a half size or one size larger than usual to allow for thick thermal socks or an extra pair of regular socks. Don't forget a hat to protect your head or headband to protect your ears. If it's very cold, consider wearing a scarf or ski mask to cover your face.

It's as easy to get sunburned in winter as in summer — even more so if you're exercising in the snow or at high altitudes. Wear a sunscreen that blocks both UVA and UVB rays and a lip balm with sunscreen. Protect your eyes from snow and ice glare with dark glasses or goggles.

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## Get Involved

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

**Complete a 10-minute survey and register to win \$50!**

Are you a Maryland Resident? If so, your community needs you!

The University of Maryland School of Pharmacy and the Maryland Department of Health and Mental Hygiene are conducting a survey about prescription opioids and heroin in your community.

Go to <https://www.surveymonkey.com/r/MPOS2016> to complete the survey. You can find more information on Facebook, at [facebook.com/mdopioidsurvey](https://facebook.com/mdopioidsurvey).

