

Good Health Center

Screenings, Programs and Services

Wellness Screenings

Blood Pressure (FREE)

Blood pressure screenings check for elevated blood pressure, a major risk factor for stroke.

Monday through Friday, 9 a.m. to 4 p.m.

No appointment necessary.

Comprehensive Blood Analysis (\$20)

A comprehensive blood analysis is a fasting blood test that helps to screen for a wide range of potential conditions and diseases.

Blood Lipid Profile (\$10)

This fasting blood test provides current levels of cholesterol and blood fats (HDL, triglycerides and LDL).

OTHER BLOOD SCREENINGS ARE AVAILABLE UPON REQUEST.

Peripheral Vascular Disease (\$10)

This screening measures the pressure response in arms and legs to assess for potential blockages.

Osteoporosis Screening (\$20)

This simple, painless, noninvasive test measures bone density.

Programs and Services

Nutritional Services

A registered dietitian offers consultations to help clients maximize their diets for better health. Comprehensive counseling is also provided for those with diabetes and other chronic illnesses. Insurance verification is required. For more information, call **443-444-4912**.

Diabetes Care

Our certified diabetes educator provides individual and group instruction for diabetes self-management. Insurance verification is required. For more information, call **443-444-4550**.

Diabetes Support Group (FREE)

Receive diabetes management tips facilitated by a certified diabetes nurse educator. This free support group meets the third Monday of each month from 2:30 to 4 p.m. in the Good Health Center. For more information, call **443-444-4550**.

Heart Care

We provide a series of cardiac health programs that follow national guidelines and are certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) for quality and safety of care, including:

- Cardiac rehabilitation (phase II) for those individuals who recently have had a heart attack, coronary bypass graft, angioplasty with stent, stable angina or heart valve repair or replacement
- Cardiac exercise programs (phase III) for those with risk factors for chronic conditions, such as hypertension, obesity and diabetes
- EECF, a noninvasive treatment for patients with chronic angina
- Aquapheresis for heart failure patients.

Physician referral and insurance verification is required for all cardiac health programs.

Lung Care

Pulmonary Rehabilitation is a monitored exercise training and educational program for patients with lung diseases including chronic obstructive pulmonary disease (COPD), asthma, chronic bronchitis, pulmonary thrombosis, and other health issues. Sessions are three days each week (Monday, Wednesday and Thursday) at 1 p.m. in the FIRM (on-site fitness center) at MedStar Good Samaritan Hospital. For more information, call 443-444-3397.

(continued on back)



MedStar Good Samaritan
Hospital

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Good Health Center

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Pain Center

The Pain Center offers a multi-disciplinary approach to the diagnosis and management of many types of pain. For more information, call **443-444-HURT** (443-444-4878).

Massage Therapy

Treat yourself to a relaxing therapeutic massage from a licensed massage therapist. Gift certificates are available.

- 30 minutes (\$30)
- 1 hour (\$55)

Integrative Reflexology

Provided by licensed therapists at our Good Health Center. Day and evening appointments are available. \$30 for 30 minutes or \$55 for an hour.

Acupuncture

This ancient form of therapy can offer healing and relief for chronic pain, arthritis, cancer fatigue, fertility issues, anxiety, depression, and substance abuse. Therapy provided by a licensed acupuncturist on Fridays from 1:30 to 5:30 p.m. Cost is \$150 for the initial two-hour evaluation and \$85 for subsequent appointments.

Nicotine Anonymous (FREE)

Ongoing support and education for smokers who want to quit. Monday evenings, 6:30 p.m., in the Good Health Center. For more information, call **443-444-4100**.

Back Pain Seminar (FREE)

Learn about the various causes of back pain, the treatment options available and what you can do to get back to pain-free living. For more information, call **443-444-4100**.

Tai Chi (\$30 for 10-week session)

Learn a series of slow, controlled exercise movements that can help you in lowering your blood pressure and stress, as well as improving your sleep. For more information, call **443-444-4100**.

Gentle Tai Chi (\$25 for six-week session)

This Tai Chi class is for less active people, and helps you improve leg strength and balance. The class is conducted by a certified arthritis Tai Chi practitioner. For more information, call **443-444-4100**.

Yoga (\$80 for 11-week session)

This one-hour class is designed to improve flexibility and stamina, as well as alleviate stress. Beginner to advanced participants are welcome. Classes are held on Mondays at 6 p.m.

Gentle Yoga (\$65 for 11-week session)

Gentle Yoga is a one-hour yoga class where all postures are done sitting in a chair. These exercises are designed to improve flexibility and balance. Classes are held on Mondays at 3:30 p.m.

Get Going with Arthritis (FREE)

Learn about all of the choices for effective treatment of arthritis, including the latest surgical and nonsurgical options. For more information, call **443-444-4100**.

Vaccinations (Flu, Pneumonia, Shingles)

Please call **443-444-GOOD** (443-444-4663) for appointments and costs.

For more information, or to arrange an appointment, call the **Good Health Center at MedStar Good Samaritan Hospital at 443-444-GOOD** (443-444-4663) unless otherwise noted.



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