

SUMMER 2012

# Wellness Matters

Back on the Courts  
After Shoulder Surgery

New Program Brings  
Seniors Back Home

The Dangers of  
Acid Reflux



HOWARD COUNTY  
GENERAL HOSPITAL

JOHNS HOPKINS MEDICINE

# President's Message

Dear Friends,

In looking back over the start of this fiscal year, there is much to celebrate at HCGH. The hospital's stroke program was recognized by the American Heart Association for the fourth year in a row, and several clinical departments were named "Best of Baltimore" by the *U.S. News & World Report*.

The value our services bring to the community is illustrated not just by the recognition we receive, but also by the outpouring of support from those who live and work in our community—many of whom volunteer their time and talents to support the hospital. In fact, nearly 500 volunteers contributed more than 42,000 hours of service caring for others at HCGH this past year. As HCGH's strongest asset is our people, we took the opportunity to celebrate national Volunteer Week in April and Nurses Week and Hospital Week in May. We also celebrated national Doctors Day in March and are grateful for our physicians who are committed to ensuring our patients receive award-winning health care. I encourage those of you who interact with these amazing people to thank them for their hard work and dedication.

Just as our staff make a difference in the excellent care we can provide, so do our facilities—a sentiment echoed by Johns Hopkins Medicine with the recent opening of the Sheikh Zayed Cardiovascular and Critical Care Tower and The Charlotte R. Bloomberg Children's Center. It's an exciting time to be a member of the Johns Hopkins Medicine family, providing our residents with access to world-class specialized care when needed. Equally exciting is the creation of our new Acute Care for Elders (ACE) program here at HCGH, which is geared toward improving the care of older adults and reducing the challenging effects of hospitalization on the elderly population. You can read more about this program in this issue as well as the details about new innovative shoulder surgery (page 8) now offered at HCGH.

All of these things reflect the hospital's commitment to ensuring that you receive quality health care close to home. I would like to thank all of those organizations and individuals who we collaborate with throughout the community for helping us improve the health and well-being of Howard County. Together, we celebrate being named Maryland's Healthiest County for the third year in a row.

Sincerely,

Victor A. Broccolino, *President and CEO*  
Howard County General Hospital



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Please direct questions, suggestions and comments regarding **Wellness Matters** to the Marketing and Communications Department at 5755 Cedar Lane, Columbia, MD 21044-2912  
Telephone Number: 410-740-7810, Hospital Information: 410-740-7890, TDD: 410-740-7990, Website: [www.hcgh.org](http://www.hcgh.org).

# Wellness Matters

Volume 16, No. 2 Summer 2012



## Game. Set. Match.

HCGH patient gives thanks to cutting-edge rotator cuff surgery 8



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*Pictured on front cover: Richard Sherry playing tennis again shortly after rotator cuff surgery at HCGH.*

## ..... Suggest an Article.....

Is there a medical topic you are interested in learning more about?  
We welcome ideas from you for subject matter to cover in future issues of *Wellness Matters*.  
Please send your article ideas to [contactus@hcgh.org](mailto:contactus@hcgh.org).



Francie Black, R.N., CRNP, pictured with an ACE program patient.

# There's No Place Like Home

“Just as children are not small adults, the elderly are not just older adults. They have unique health care challenges,” explains Anirudh Sridharan, M.D., a board-certified geriatrician on staff at Howard County General Hospital and the medical director of the new HCGH Acute Care for Elders program (ACE).

To address the special needs of this growing population, HCGH recently launched the ACE program, which is tailored to care for older adults and reduce the negative effects of hospitalization they often experience. The program helps patients 70 and older who live independently (at home or in assisted living) and are at risk of complications when hospitalized for an acute illness.

## Concerns for the Older Patient

“Older adults admitted to the hospital are susceptible to infection; mobility impairment and falls; mental confusion; irregular sleep patterns; and loss of muscle tone in their legs, arms and heart,” explains Francie Black, R.N., a gerontology certified nurse practitioner and ACE program coordinator. “For elderly patients, a change in location makes them extremely vulnerable to loss of functional abilities; the more we can minimize that the better.”

Medication is another concern for older patients according to Masoomeh Khamesian, Pharm.D., director of pharmacy at HCGH. “Upon a patient’s admission to the hospital, we review the patient’s home medication list to determine what medicines they are taking, what they need to take and what should be discontinued,” says Masoomeh. ▶

## From Medication to Fall Prevention: What You Should Know About Elder Safety

June 12/ 7–8:30 p.m. Free.  
HCGH Wellness Center

For caregivers, knowledge is key in decision making. Elder safety is focused on four areas: Medication management, mobility, nutrition and medical care. Learn about this and more from our experts: **Anirudh Sridharan, M.D.**, and Francie Black, R.N., CRNP. Register online at [www.hcgh.org](http://www.hcgh.org).

# New Program Helps Seniors Return Home After Hospitalization

“Our main concern is poly-pharmacy—patients taking too many medications for the same problem. Patients may take generic brands prescribed by one physician and the name brand of the same drug prescribed by another physician—not realizing the medications are the same. Often taking numerous different drugs, patients are challenged to remember to take all of them. These patients also have trouble clearing medications out of their system; a medication that may take a younger patient a few hours to process can take much longer in older patients. Furthermore, older patients are prone to more side effects—constipation, nausea, vomiting, diarrhea, sleep issues and/or confusion—this can put them at risk for falls. We can often recommend alternative medications or adjust dosages of current medications to alleviate side effects and provide education to the patient on their new medications,” says Masoomeh.

## How Does the ACE Program Help?

“Development of a discharge plan early in the hospitalization is one of the primary aspects of the ACE program. With the collaborative efforts of key team members such as the pharmacist, dietician, physical therapist, physician and discharge planners, we target the critical elements needed for recovery, foregoing any detrimental effects of a long-term hospitalization, while ensuring the elder patient is given the care they need,” says Francie.

According to Francie, the ACE team addresses the medical and pharmaceutical needs of the patient, focusing on getting the patient up and moving as early as possible, prevention of poly-pharmacy and ongoing attention to the patient’s mental status—all aimed at reducing the detrimental effects of hospitalization.

“The ACE program also promotes nightly care to help patients rest,” says Francie. “From providing therapeutic touch with a nightly backrub and turning down the lights to offering warm liquids and a quiet atmosphere, we are often able to eliminate sleep medications and take a holistic approach to help these patients recover.”

Facilitated by the certified nurse practitioner, the team—including members representing nursing, case management, pharmacy, dietary and physical therapy—gather at the patient’s bedside to discuss concerns with the patient and their family; this enables the patient to be involved in their care, ask questions and raise concerns.

While each specialty assesses the patient separately, the geriatrician provides overarching care while the patient is in the hospital. In turn, the geriatrician stays in contact with the patient’s primary care physician, facilitating continuity of care so that the patient’s records are updated and changes to medications are communicated to the physician.

“Our goal for the ACE program is to take patients who are coming from their home and return them back to their home doing the same things they did before they arrived,” says Dr. Sridharan.



### Bring a Sack, Get Answers Back

June 19/ 10 a.m.–3 p.m. Free.  
HCGH Wellness Center

Bring your medications, vitamins, and herbals to our expert pharmacist and learn more about them. Offered in partnership with Johns Hopkins Outpatient Pharmacy. Register online at [www.hcgh.org](http://www.hcgh.org).

“Our goal for the ACE program is to take patients who are coming from home and return them back to their home doing the same things they did before they arrived.”

– Dr. Anirudh Sridharan



Dr. Anirudh Sridharan is a board-certified geriatrician and the medical director of the new HCGH Acute Care for Elders program (ACE).

## special Events:

### Benefits of Care By Certified Nurse Midwives

Certified Nurse Midwives (CNM) have been delivering babies and providing medical services to women in Howard County for more than 25 years. Learn about this personalized women's health care that is provided throughout the lifespan. Participants will gain insight into family centered care during pregnancy and a model of preventative women's wellness management. Presented by **Jackie Notes, CNM**, and **Kay Mitchell, CNM**. **May 23**, 7–8:30 p.m. Free.

### Shoulder Wear and Tear: Options for Treatment

Learn about "wear and tear" conditions that commonly affect the shoulder such as rotator cuff disease and arthritis. Review symptoms and both surgical and nonsurgical treatment options. Presented by Johns Hopkins orthopaedic specialist **Uma Srikumaran, M.D.** **May 31**, 7–9 p.m. Free.

### From Medication to Fall Prevention: What You Should Know About Elder Safety

For caregivers, knowledge is key in decision making. Elder safety is focused on four areas: Medication management, mobility, nutrition and medical care. Learn about this and more from our experts: **Anirudh Sridharan, M.D.**, and **Francie Black, R.N., CRNP**. **June 12**, 7–8:30 p.m. Free.

### Breast Reduction: Latest Advances and Medical Benefits

This educational seminar led by plastic surgeon **Dr. Sarah Mess** and Johns Hopkins breast surgeon **Dr. Lisa Jacobs** will give you a basic understanding of breast reduction procedures. Learn when it can help, how it's performed, and what results you can expect. In addition to discussing breast reduction, breast plastic surgery techniques for women who have had breast cancer surgery will also be discussed. **June 13**, 7–8:30 p.m. Free.

### Bring a Sack, Get Answers Back

Bring your medications, vitamins, and herbals to our expert pharmacist and learn more about them. Offered in partnership with Johns Hopkins Outpatient Pharmacy. **June 19**, 10 a.m.–3 p.m. Free.

### Acid Reflux: Taking Control

Feeling the burn? Learn the causes and how you can manage this chronic medical condition and prevent other complications from reflux disease. Presented by **Kester Crosse, M.D.** **June 19**, 7–8:30 p.m. Free.

### Dry Eye and Ocular Surface Disease

Our Wilmer Institute expert will discuss the causes of dry eyes and the care and treatment of conditions affecting the ocular surface. Presented by **Mahsa Salehi, O.D.** **June 25**, 7–8:30 p.m. Free.

### Focus on Your Total Health:

**Your Seasonal Check-Up**  
Improve your health at this second of two annual health checkups. Appropriate for men and women.

**Health Check:** Measures 18 body chemicals; cholesterol including HDL, LDL and triglyceride levels; blood cell count; and thyroid-stimulating hormone. Registration is required. \$50.

**Health Check Plus:** Includes Health Check and Vitamin D test: \$80.

**FREE Activities:** Blood pressure screening; height/weight and BMI measurement; breast health information; and more. Walk-in, first-come first-serve, registration is not required for free activities.

**September 18**, 8:30 a.m.–2 p.m.

## HEALTHY FAMILIES

### Prenatal Class for Early Pregnancy

Parents-to-be learn about pregnancy's early stages. **July 18**, 7–9 p.m. Free.

To register for **Childbirth and New Parenting Classes**, as well as for **Sibling Tours and Birthing Center Tours**, go to [www.hcgh.org](http://www.hcgh.org).

### Happiest Baby on the Block

Parents and parents-to-be will learn techniques to quickly soothe baby. **July 11**, 7–9 p.m. \$50 per couple (includes parent kits).

### Maybe Baby: Financial Issues for New and Prospective Parents

Learn about financial-related issues involved in starting a family from a certified financial planner. **September 27**, 7–9 p.m. Free.

## HEALTHY LIFESTYLES

### Adult/Child/Infant CPR & AED

Earn a two-year American Heart Association completion card. This is not a health care provider course. **May 21; June 4, 14 or 26; July 5 or 23; and August 2**, 5:30–9 p.m. \$55.

### Smoke-Free Lungs

Education and support for those wanting to quit or have quit. Attend one or all sessions. **May 17, June 14 or July 19**, 7–9 p.m. Free.

### Couples Massage

Learn to reduce stress and promote well-being. Register by couple. **Upper Body: June 15**, 7–9 p.m. **Lower Body: June 22**, 7–9 p.m. \$50 per couple for one class; \$90 per couple for both.

### Healthy Weight, Healthy You

**Part 1 – Looking to Lose Weight This Year:** Plan meals that tantalize taste buds, provide balance in your diet and promote well-being. **June 4**, 7–8:30 p.m. Free.  
**Part 2 – Kitchen Wisdom:** Participate in cooking demonstrations. **June 6**, 7–8:30 p.m. Register for one or both parts. Free.

### Smart Snacks for Teens

Eating healthy and snacking are possible. Learning to choose sensible snacks requires awareness and choice. Parents and teens are encouraged to attend together. **October 2**, 6:30–7:30 p.m. Free.

Registration advised for all programs

## IMPROVING YOUR HEALTH

### Living Well... Take Charge of Your Health

Chronic disease management program for those living with chronic conditions and caregivers. Wednesdays, **August 10–September 14**, 10 a.m.–12:30 p.m. 410-313-5980. \$28.

### Individualized Weight Loss Counseling

Discuss dietary concerns/goals with a registered dietitian. Payment required when appointment is scheduled. \$35/half-hour visit.

### Weight Loss Through Bariatric Surgery

Learn about weight-loss surgery from Johns Hopkins Center for Bariatric Surgery. **May 29, June 26, July 31** or **August 28**, 5–6:30 p.m. 410-550-0409 or [www.hopkinsbayview.org/bariatrics](http://www.hopkinsbayview.org/bariatrics). Free.

### Nutrition and Cancer

Individualized counseling for those wanting to lower certain cancer risks or undergoing cancer treatment. \$90.

### The Mall Milers

Walking for health program at The Mall in Columbia. Blood pressure screenings on the second Tuesday of the month. 410-730-3300. Free.

### Phase II Cardiac Rehabilitation Program

Assists cardiac patients in the recovery phase following a heart attack, angioplasty or cardiac surgery. 443-718-3000.

### Cardiac Rehabilitation Maintenance Program

Exercise maintenance for cardiac rehab program graduates. Tuesdays and Fridays, 8 a.m. or 9:30 a.m. 443-718-3000. \$60 per month.

### External Enhanced Counterpulsation Therapy

Non-invasive alternative treatment for patients with stage III or IV angina. 443-718-3000.

### Blood Pressure Screening & Monitoring

For times and locations, go to [www.hcgh.org](http://www.hcgh.org) or call 410-740-7601.

### Phase II Pulmonary Rehabilitation Program

Exercise and education to assist pulmonary patients with various forms of lung disease. 443-718-3000.

### Pulmonary Rehabilitation Maintenance Program

Exercise maintenance for pulmonary rehab program graduates. Tuesday and Friday afternoons. 443-718-3000. \$60 per month.

### What Is Pre-Diabetes?

Understand what pre-diabetes is and how to prevent/delay actual diabetes. **June 27**, 7–9 p.m. \$15.

**Diabetes programs have convenient day and evening hours and are recognized by the American Diabetes Association.**

### Individualized Diabetes Management

Learn from a certified diabetes nurse educator how to manage diabetes. 443-718-3000.

### Living with Diabetes

Learn from an endocrinologist, podiatrist, psychologist, diabetes nurse educator and dietitian. 443-718-3000.

### Living with Diabetes: Executive Summary

Condensed version of Living with Diabetes offered in the evening. 443-718-3000.

## FOR CHILDREN AND TEENS

### Kids Self-Defense

Children (8–12) learn basic safety awareness and age-appropriate self-defense techniques. **June 23**, 9–11 a.m. \$27.

### Self-Defense for Young Women

Teens (12–15) learn physical and psychological strategies of self-defense. **July 28**, 9–11 a.m. \$35.

### Home Sweet Home

Children (8–12) and their parents learn safe, fun ways for children to stay at home alone. **July 21**, 9–11 a.m. Free.

### Essentials in Babysitting

Learn to manage children, create a safe environment, and apply basic emergency techniques. **June 9** or **August 25**, 9 a.m.–1 p.m. \$50 includes lunch.

## IMPROVING WITH AGE

### AARP Driver Safety

Classroom refresher for 50+ years. \$12/AARP members, \$14/others.

### Be Seated

Seated fitness program for adults 50+. \$36.

### AgeWell

Ongoing exercise program for ages 60+. 410-313-7213.

### Fitness Fun for Seniors

Exercise to music at your own pace for ages 60+. \$32.

## FREE SCREENINGS

### Stroke

**May 29**, 10 a.m.–noon. Includes blood pressure measurement and stroke risk questionnaire *only*.

### Skin Cancer

**May 22** and **24**, 5–7 p.m. Dermatologist will examine one or two areas of concern.

### Diabetes

**August 20**, 9–11 a.m.

**Ongoing Support Groups:** For a list of support group contact information, go to [www.hcgh.org](http://www.hcgh.org) or call **410-740-7601**.

**Cancer Support Groups:** For information, call **410-740-5858**.

## Wellness Classes Registration

### Register for HCGH's Wellness Classes at [www.hcgh.org](http://www.hcgh.org)

Advanced registration is advised for all programs at [www.hcgh.org](http://www.hcgh.org), unless otherwise noted. Payment is due at time of registration. A \$25 cancellation fee will be applied for cancellations made less than a week before the class. Refunds will not be given less than 24 hours before a class starts. For cancellations due to low enrollment, a full refund will be issued.

**[www.hcgh.org](http://www.hcgh.org)** – online  
registration  
and to find  
a physician

**410-740-7601** – information

**410-740-7750** – physician  
referral

**410-740-7990** – (TDD)

All classes are held at the  
**HCGH Wellness Center**  
10710 Charter Drive, Suite 100,  
Columbia, MD 21044  
unless otherwise noted

Registration advised for all programs

## Hospital Receives Honors

HCGH is proud to announce we recently received two awards: the Pat Hatch Award from Foreign Information Referral Network (FIRN) and the 2012 Diversity Recognition Award from Johns Hopkins Institutions Diversity Leadership Council. The hospital received the Pat Hatch Award for demonstrating a keen awareness and interest in bridging cultures and building community to make a difference in the lives of the foreign born in Howard County. The 2012 Diversity Recognition Award acknowledges demonstrable efforts to foster greater appreciation, advancement, and celebration of diversity and inclusiveness in the Johns Hopkins culture and environment. In addition, Vic Broccolino, president and CEO of HCGH, recently received The Senator James Clark Jr. Medal from Howard Community College. Created to honor the legacy of the late Senator James Clark Jr., this award is given to individuals whose character and accomplishments meet the high standards set by Senator Clark during his life of service.



Leslie Rogers (center) and the Claudia Mayer Cancer Resource Center were recognized by Home Instead Senior Care's Nick Konstant and Pam Urnowey for outstanding service to seniors in our county.

## COMING SOON! New 2012 Physicians Directory

The new 2012 HCGH Physicians Directory is being prepared for distribution. This year's directory lists the more than 900 physicians that practice at HCGH in more than 80 specialties and subspecialties. Copies will be mailed to the community in June. To request a copy, please call 410-740-7810.

## CMCRC and its Director Receive Recognition from Home Instead Senior Care

Congratulations to the Claudia Mayer Cancer Resource Center (CMCRC) and its director, Leslie Rogers, who were recognized recently by Home Instead Senior Care for providing outstanding service to seniors in Howard County. CMCRC received a \$1,000 donation, and Leslie was presented with a plaque honoring her outstanding service to so many, especially seniors, in the Howard County community.



Susan Case



Kathy Lewis

## WELCOME...

HCGH is pleased to welcome two new staff members: Susan Case and Kathy Lewis. Ms. Case is the new director of Marketing and Communications (formerly Public Relations). She comes to HCGH from Johns Hopkins Medicine, where she served as senior marketing manager for surgical services. Ms. Lewis is the new manager of Volunteer Services, and joins the HCGH team after six years as volunteer director at Laurel Regional Hospital.

## HCGH doctors serving you

These HCGH physicians have recently relocated or established new offices in Howard County and surrounding areas.

### INTERNAL MEDICINE

Vladimir M. Rakhmanin, M.D.  
Patuxent Hospitalists, LLC  
10710 Charter Drive #310  
Columbia, MD 21044  
443-718-2036

### NEUROLOGY

Sheetal H. Wagle, M.D.  
Neurology Clinic of  
Maryland, Inc.  
10770 Hickory Ridge Road  
Columbia, MD 21044  
410-988-4013

### OPHTHALMOLOGY

**New Location**  
Wilmer Eye Institute  
at Columbia  
10700 Charter Drive  
Suite 205  
Columbia, MD 21044  
410-910-2330

### PSYCHIATRY

Anissa M. Maroof, M.D.  
Nicholas G. Scotto, M.D.  
Humanim  
6355 Woodside Court  
Columbia, MD 21046  
410-381-7171

### UROLOGY

Richard Levin, M.D.  
Armine Smith, M.D.  
Chesapeake Urology Associates  
7625 Maple Lawn #210  
Fulton, MD 20759  
301-725-0134

# Don't Let Shoulder Pain Put You on the Sidelines

“Best of all, I am back on the courts.”

– Richard Sherry

There isn't a sport that Richard Sherry, 58, doesn't like. Coming from an athletic family and having been an athlete his whole life, the idea of shoulder pain putting him on the sidelines was not part of the game plan, especially when it impacted playing tennis and the hustle and bustle of life with his two young daughters. From lifting strollers in and out of the car to carrying a child in his arms, Richard started struggling with shoulder pain in early 2011.

“Having had both hips replaced, my shoulder was the third limb that required repair to address the wear and tear of my active life,” says Richard, whose physician ordered an MRI that indicated that Richard had a rotator cuff tear.

## Shoulder Wear and Tear: Options for Treatment

May 31/ 7–9 p.m. Free.  
HCGH Wellness Center

Learn about “wear and tear” conditions that commonly affect the shoulder such as rotator cuff disease and arthritis. Review symptoms and both surgical and nonsurgical treatment options.

Presented by Johns Hopkins orthopaedic specialist **Dr. Uma Srikumaran**.

Register online at [www.hcgh.org](http://www.hcgh.org).



**Dr. Uma Srikumaran** is a Johns Hopkins orthopaedic surgeon specializing in shoulder surgery. He was fellowship trained at Harvard University. Dr. Srikumaran has offices in Columbia and operates at HCGH. **Appointments: 443-546-1550**



**Dr. Khurram Pervaiz** is an orthopaedic surgeon with Orthopaedic Associates of Central Maryland in Columbia who operates at HCGH. He specializes in shoulder, elbow and hand surgery, and trained in upper extremity surgery at the Cleveland Clinic. **Appointments: 410-644-1880**



# Back in the Game with Rotator Cuff Surgery

## What is the Rotator Cuff?

“Your shoulder is a ball-and-socket joint in which the head, or ball, of the humerus fits into a socket in your shoulder blade,” explains **Dr. Khurram Pervaiz**, an orthopaedic surgeon on staff at HCGH. “The rotator cuff is made up of a network of muscles that form tendons, which cover the ball of the humerus and attach it to the socket in your shoulder blade. Movement of this ball inside the socket helps to lift and rotate your arm. When one or more of the tendons are torn, the ball doesn’t sit properly inside the socket and limits movement of the arm.”

## What Causes a Rotator Cuff Tear?

According to Dr. Pervaiz, injury and degeneration are the two main causes of rotator cuff tears. “If you fall down on an outstretched arm or lift something heavy with a jerking motion, you can cause an acute tear,” says Dr. Pervaiz. “However, most tears are degenerative—these occur because the tendon thins and wears down slowly over time as we age.”

### Risk Factors for Degenerative Rotator Cuff Tears

- **Older than 60**
- **Trauma to the shoulder through sports like baseball, tennis, rowing and weight lifting or jobs requiring overhead work such as painters and carpenters**
- **Lack of good blood supply to the rotator cuff tendons**

“Rotator cuff tears are more common in your dominant arm,” says Dr. Pervaiz. “However, if you have a degenerative tear in one shoulder, there is a greater chance that you will develop a tear in the opposite shoulder—even if you are not experiencing pain in that shoulder.”

According to Dr. Pervaiz, patients suffering from a rotator cuff tear typically experience pain or weakness in the shoulder, especially when they lift overhead or when laying on their shoulder at night.

## What are the Treatment Options?

The American Academy of Orthopaedic Surgeons states that roughly 50 percent of patients can experience pain relief and improved function with nonsurgical treatment. “Patients can rest and limit or avoid activities that cause shoulder pain,” explains **Dr. Uma Srikumaran**, a Johns Hopkins orthopaedic surgeon on staff at HCGH. “Your doctor may also suggest taking non-steroidal anti-inflammatory medication like ibuprofen to reduce pain and swelling. There are specific physical therapy strengthening exercises and stretches that can improve range of motion and reduce pain. If these options do not address the pain, your physician may recommend a cortisone injection. However, surgery is the only method that will repair the tear and place the tendon back on the bone.”

“I tried to wait to have surgery, but, in November 2011, I couldn’t even lift my arm to change the radio station in my car without pain running down the back of my bicep,” recalls Richard. “I couldn’t take it anymore, and I underwent rotator cuff surgery in December at another Johns Hopkins facility with Dr. Srikumaran.”

According to Dr. Srikumaran, rotator cuff surgery is done arthroscopically in a roughly two-hour, outpatient procedure. “The surgery involves making three or four small incisions that are usually a half-centimeter in length to allow your surgeon to insert a small camera, called an arthroscope, into your shoulder joint,” explains Dr. Srikumaran. “The camera is connected to a television screen, which displays images that the surgeon uses to guide thin surgical instruments to perform the procedure. This arthroscopic surgery is the least invasive method for repairing torn rotator cuffs, minimizing pain and speeding up recovery time for patients.”

The new specialized equipment Dr. Srikumaran used at Johns Hopkins during Richard’s surgery is now available at HCGH, allowing for a minimally invasive approach. “There are several ways to perform arthroscopic rotator cuff surgery,” he explains. “The traditional way is to place anchors in the bone that are connected to threads, which reattach the torn tendon. Another new option is to create bone tunnels through which the threads can reattach the torn rotator cuff. This method has the same recovery but offers some distinct advantages over the traditional approach. It does not require the use of anchors that are made out of metal or other foreign material, preserving more of your normal bone. It is also ideal for patients with recurrent tears as you can run out of places to put anchors because there may not be enough bone left.”

Following arthroscopic rotator cuff surgery, patients wear a brace to protect the shoulder and have physical therapy to restore their range of motion and strength. “The tendon needs to heal to the bone and become strong again; this can take up to three months. Each individual may recover differently based on several factors such as the size of the tear, the quality of the tendon tissue and how long you have had the tear. Most people can return to their pre-injury activities around six months, but some people will continue to see improvements during the course of a year, making rehabilitation an important part of recovery,” explains Dr. Srikumaran.

Four months post-surgery, Richard is well on his way to recovery and still doing physical therapy to improve his range of motion. “I don’t think I could throw out at home base yet, but I could throw out at second. Best of all, I am back on the courts,” says Richard.



## Foundation Chair's Message

Dear Friends,

Lately, a number of studies have focused on what it takes for people to enjoy sustained happiness. So much more than things like money, success and power, these studies have shown that long-term happiness is achieved from being a part of something bigger than you. And, from listening to the stories of Howard County General Hospital's (HCGH) donors, it is clear that their support—however big or small—was part of a larger commitment to foster something bigger. They wanted to ensure the continued health and well-being of current and future residents of Howard County.

It's hard to imagine an 8 year old understanding such a powerful concept, let alone acting on it, but that is exactly what Brendon Riley (pictured right) did when he recently donated \$32 to HCGH. When Brendon's mom remarried in December, he helped the caterer serve the cake, earning roughly \$20 in tips for his efforts. This sparked something in him, who in turn scraped together additional money he earned doing chores and selling a game to make a donation to HCGH. According to Brendon, this donation is not the end of his support of the hospital, telling the foundation: "I am going to sell more of my things, and I will be back."



For Michelle Kupiec, her passion to make a difference sprung out of a personal struggle. When her twin daughters were born with breathing issues, they immediately went to the HCGH Neonatal Intensive Care Unit. For daughter Amanda, this marked the start of a series of health issues that would plague the first six years of her life. "Amanda had pneumonia 15 times and 65 X-rays by the time she was 6, going in and out of the hospital," recalls Michelle. Following spinal fusion surgery to treat her scoliosis, Amanda was told to focus on things she wanted to do.



An avid fan of the Food Network, Amanda resorted to baking. Her passion turned what started as a family pastime into a full-fledged business—Kupcakes & Co., which opened in June 2011 in Elkrige. Despite a successful business and two healthy teenage daughters, the family has not lost sight of its early struggles. They remain committed to paying it forward by donating leftover cupcakes to shelters every Friday. And, in the effort to give back, the company recently held a fundraiser that raised \$2,500 for HCGH's Pediatric Emergency Department. "We love what we do," says Michelle. "We are always thinking of ways to give back."

These examples of giving back illustrate that you, like Brendon and the Kupiec family, can be a part of something bigger by supporting the hospital. I encourage you to find a way that makes sense for you and your family, whatever it may be. I also urge you to talk to your tax advisor or financial planner to find out how you can ensure your good work continues for years to come through planned giving to HCGH. Your contributions, no matter what size, help support the hospital, its services and programs—all of which help improve the health and well-being of Howard County.

With many thanks,

Paul G. Skalny, Chair, Howard Hospital Foundation

## Generous Contributions

Howard Hospital Foundation recognizes the generous support of individuals, organizations, and corporations who have given to the hospital between January 1, 2011, and December 31, 2011. HCGH is grateful for each and every contribution; but, due to space restrictions, only those who have given \$250 or more are listed here. Donor lists are checked carefully each year; in the unfortunate event of an error, please notify us at 410-740-7840.



“Giving to the hospital was an emotional decision for us. We gave because we have good relationships with our doctors and like the environment the hospital has created. There is no other place that we felt we would like to give.”

—Dr. Sanford A. Berman and Dr. Kay A. Ota-Berman

- \$1,000,000+**  
Dr. Sanford A. Berman and Dr. Kay A. Ota-Berman\*  
Marlene and Glenn Haslam\*  
Howard County Anesthesia Associates, P.A.\*
- \$250,000 – \$499,999**  
Horizon Foundation of Howard County, Inc.\*  
Varsha and Mukesh Majmudar\*  
Sandra Isbister, M.D., and John Isbister, Esq.\*  
LG-TEK\*  
Dorothy E. and W. Brian McGowan\*  
Judy and Bill Munn and the Munn Family Foundation\*
- \$100,000 – \$249,999**  
Evelyn and J.P. Bolduc\*  
The Lundy Family\*  
The Rouse Company Foundation\*  
Sodexo, Inc.\*  
Vivian C. "Millie" Bailey\*  
Patricia and Thomas Buescher\*  
Harkins Builders, Inc.\*  
Norma and Tom Hoff\*  
JJAM Enterprises, Inc.\*  
Kolker-Saxon-Hallock Family Foundation\*  
M&T Bank\*
- \$50,000 – \$99,999**  
Anonymus\*  
The Dancel Family Foundation\*  
W.R. Grace Foundation, Inc.\*  
Linda Krichten and Donald Miller  
Grace Payne and John C. Payne, M.D.\*  
Eileen and David Powell\*
- \$25,000 – \$49,999**  
Blossoms of Hope/The Howard County Cherry Tree Project  
Central Maryland Urology Associates, P.A.\*

**Correction:** In the Spring 2012 issue of Foundation News, the photo captions in the lasting legacy article were inadvertently switched. Naver and Rama Majmudar are pictured in the top photo, and Govind and Sharda Parikh are pictured in the bottom photo.

“We have been given opportunities in life for which we feel blessed, and we want to give back to the community in which we live and work. The hospital is the centerpiece of our community, and we want to support their needs.”

— Dianna and Wayne Wilhelm/Wilhelm Commercial Builders, Inc.

**\$10,000 – \$14,999**

Cardiovascular Specialists of Central Maryland\*  
Dawn and J.P. Blase Cooke  
PNC Bank\*  
Leslie and Alan Rifkin/Rifkin, Livingston, Levitan & Silver, LLC\*  
Wilmot Sanz Architects\*

**\$5,000 – \$9,999**

ALLCARE of Maryland, LLC/  
Margaret Kim and Victor Kim, M.D.\*  
American Radiology Services, Inc.\*  
Attman Family of Acme Paper & Supply Company, Inc.\*  
Biegel & Waller, LLC  
Doria and Paul Capodanno\*  
The Columbia Bank\*  
Columbia Medical Practice\*  
Crossroads Medical Associates, LLC\*  
Warren M. Ross, M.D.  
Alan G. Stahl, M.D.  
Cheryl Leonardi, M.D.  
Steven H. Eversley, M.D.  
Parry A. Moore, M.D.

Mim and Steve Dubin\*  
ENTAA Care\*  
Farida Guzdar  
H. Elizabeth Horowitz\*  
Bach-Tuyet Jeffrey, D.D.S., and Robert Jeffrey  
Leach Wallace Associates, Inc.\*  
Melissa A. Leffler\*  
Richard M. Lombardo\*  
Sung Kil Lee, Sang Ja Lee,  
Christine Eunsook Lee,  
Sung Tae Kim\*  
Mary and E. Randolph Marriner  
Maryland Oncology Hematology, P.A.\*  
Maryland Primary Care Physicians, LLC\*  
Drs. Flowers, Levine, Prada, Diener,  
Jackson, Conger, Poblete, Price  
Microsoft Matching Gifts Program\*  
Dessie and James Moxley\*\*  
Jena and Sean Peay\*  
Donna and Lowell Pidel\*  
Migsi and Gar Richlin\*  
Sandy Spring Bank\*  
Speizman Horowitz Family Fund  
at The Columbia Foundation\*  
The Tombros Foundation  
Emmy Lou and William Volenick\*

**\$2,500 – \$4,999**

Advantage Industries, Inc.  
Anonymous Member of the HCGH Medical Executive Committee\*  
Schantz and Nasser Basir  
Audrey Benford\*  
Judy and Terry Brown\*  
Suzanne and Paul Gleichauf\*  
Howard County General Hospital Professional Staff\*  
J.I. Foundation, Inc.  
Maryland Spine & Sports Medicine/  
Clark Brill, M.D.;  
John Collins, D.O.;  
Aaron Twigg, M.D.\*  
Elaine Ritchey\*  
Anne and Peter Rogers\*  
Dianna and Wayne Wilhelm/  
Wilhelm Commercial Builders, Inc.\*  
Mary Ann and W. Gill Wylie\*  
Julie and James Young\*  
Michelle Zalucki and  
James Zalucki, M.D.\*

**\$1,500 – \$2,499**

Absolute Tattoo & Body Piercing  
George and Anne Barker and the Barker Family Fund at The Columbia Foundation\*  
Dorothy and John Brillantes\*  
Davis, Agnor, Rapaport & Skalny, LLC\*  
Fasig-Tipton Company, Inc.\*  
Glenelg High School  
Dorothy and H. Thomas Grimes at the Fidelity Charitable Gift Fund  
Harper's Choice Swim Team  
Howard Bank/The Scully Family\*  
Priscilla Trubin and Richard Lewis  
Georgia Lovette  
Charles H. Miller  
Orthopaedic Associates of Central Maryland, P.A.\*  
Beverly White-Seals, Esq., and Jerry Seals, M.D.\*  
Dr. and Mrs. Michael E. Silverman\*  
Richard and Lois Talkin Fund at The Columbia Foundation\*  
Barbara and Lawrence Rowe

**\$1,000 – \$1,499**

Eric M. Aldrich, M.D., Ph.D., and the Aldrich Family  
Allen & Shariff Corporation\*  
Tuvia Blechman, M.D.\*\*  
Martin Bloom  
Peter Boycan  
Dianne Braun\*  
Suzanne and John Brinkley\*  
Ciena Corporation\*  
Catherine and Edward Cochran  
Columbia Benefits Consultants, Inc.  
Erin and Christopher Connors  
Data Computer Corporation of America  
Maribel Davis and Marvin Davis, M.D.\*  
Peggy and Charles Ecker  
ExxonMobil Foundation  
Betty Anne and Fred Frederick  
Ruth Harritt  
Merrilyn and Lawrence Hill\*  
Ellen and Padraic Kennedy  
Moir Mattingly and Jeffrey Leco\*  
Mary Agnes and Fred T. Lewis, D.V.M.  
Beverly and James Mann  
Lisa O'Brien  
Shane and Bill Pendergrass  
Pettit Family Charitable Foundation  
Bruce Pfeufer  
Susan Swiztek and  
Stanley Podlasek, M.D.\*  
Kathryn and Richard Radmer  
Riedy Family Foundation  
Linda and Charles Rishell  
Mary Ruth Seidel and  
Henry Seidel, M.D.\*  
Arlene Sheff and Robert Sheff, M.D.\*  
Sibley Memorial Hospital  
Rita and Maurice Simpkins\*  
Sue Song, Ph.D., APRN-PMH\*  
Diane Tortolani and  
Edmund Tortolani, M.D.\*

**\$500 – \$999**

Kathleen and Kyle Becraft  
Lynn and Bill Benton  
Lucille and Jay Blackman\*  
Erin and Christopher Connors  
Jody and Glen Davis\*  
Nuala and Stephen Duffy  
Kelly Fadrowski\*  
Barbara Grisso  
Kathy Ann Harris\*  
Kathleen Herman\*  
Janet Hines\*  
Kiwanis Club of Ellicott City Foundation  
Paul Maison  
Rev. Stephen Mann\*  
Marriotts Ridge High School  
Monica May and Michael May, M.D.  
Ann Baldwin Mech, J.D., R.N.\*  
Toby and Harold Orenstein  
Mary Patton\*

Margaret and Paul Rappaport  
Pramud Rawat  
Sheldon S. Kramer & Associates\*  
A. Carl Segal, M.D.\*  
Susan and Melvyn Wahlberg

**\$250 – \$499**

Andersen-Becker Inc.  
Anonymous  
Julia Baylor\*  
Gary Becker\*  
Joan Becker\*  
Lynda Ann Bell\*  
Branch Banking & Trust Company  
Katherine Williams and Darin Brinkman  
Tracy and Victor Broccolino  
Cornelia and Robert Brown  
Michael Carter\*  
William Dean  
Andrea and Rolando del Rosario\*  
Jean and Anthony Dignazio  
John Dunn\*  
Rick Edwards\*  
Linda Eitel\*  
Allison Finkernagel\*  
Eileen and David Harrity\*  
Lorraine Hayleck  
Marjorie and William Herbert  
Bruce Howard  
Hector Howard\*  
Kimberley Humphrey\*  
Roslyn and Russell Katz\*  
Susan Kinsley\*  
Edith Kozma  
Paul Latta  
Carla and Douglas Leach\*  
Frederick Ludwig  
Donna and Scott Maher  
Merck Partnership for Giving\*  
Cynthia Miller\*  
Valerie and Paul Miller  
James Mobley  
Stephanie and Frank Persico  
Robin and Albert Poirier\*  
Marianne and Stephan Pulio\*  
Deborah Robinson\*  
Viviane Rozane  
Linda and John Sayre\*  
Susan Shermock\*  
So & So Hospitality DBA  
Michael's Deli Cafe  
Sharon and Gregory Sopp\*  
Laura and Lawrence Sorkin, M.D.  
Judith B. and William Storey\*  
T. Rowe Price Associates Foundation, Inc.  
Cynthia Tatar and Barry Tatar, M.D.  
William Taylor\*  
Judith and David Tripp  
Gloria West  
Ginny and Rick White  
Susan Wright

“I want to do what I can do to make changes in the community, and I don't know another way except to contribute. The hospital has such a presence, and the collaboration and partnerships they have impact the health of our community. I know I am just one person, but it makes me feel good to see changes in the community as a result of the hospital and know I am part of making that difference.”

— Sue Song, Ph.D., APRN-PMH

\* Includes Campus Development Plan pledge or payment on prior year pledge.

\*\* Includes Master Facility Plan pledge payment.

“I have been donating to Howard County General Hospital since 1992. I believe that it is important to support the community from which you receive revenue by giving back, and the hospital is an incredible institution that has taken care of me and my community.”

— George L. Doetsch Jr.  
Chairman, Apple Ford Lincoln



**Members of the Leadership Council have contributed \$100,000 and above to HHF:**

- |   |   |
|---|---|
| Anonymous   | Cynthia and E. Wayne Jackson                      |
| Apple Ford Lincoln  | JJAM Enterprises, Inc.                            |
| Vivian C. “Millie” Bailey † †                                   | Johns Hopkins Emergency Medical Services          |
| Bank of America   | Kicks Against Breast Cancer                       |
| Bare Bones Grill and Brewery                                    | Mary Agnes Lewis and Fred T. Lewis, D.V.M.        |
| Dr. Sanford A. Berman and Dr. Kay A. Ota-Berman †               | The Lundy Family                                  |
| Blossoms of Hope/The Howard County Cherry Tree Project          | M&T Bank  |
| Evelyn and J.P. Bolduc  | Varsha and Mukesh Majmudar †                      |
| Shirley Bossom † †  | Dorothy E. and W. Brian McGowan                   |
| Cardiovascular Specialists of Central Maryland                  | Charles H. Miller                                 |
| Chanceland Farm   | Dessie and James Moxley                           |
| The Columbia Bank   | Judy and Bill Munn and the Munn Family Foundation |
| Constellation Energy Group, Inc.                                | David Paul, M.D.                                  |
| The Dancel Family Foundation                                    | Grace Payne and John C. Payne, M.D.               |
| Mim and Steve Dubin   | Christina and Don Pistorio                        |
| Esmond Saturday Soiree  | PNC Bank  |
| Fretz Event to benefit the Claudia Mayer Cancer Resource Center | Eileen and David Powell                           |
| Mary Gould and Kingdon Gould Jr.                                | Quest Diagnostics, Inc.                           |
| Harkins Builders, Inc.  | Joan Reisfeld † †                                 |
| HCGH Annual Benefit Golf Classic                                | The Rouse Company Foundation                      |
| HCGH Professional Staff   | The Ryland Group, Inc.                            |
| HCGH Symphony of Lights   | Hillery and Alton J. Scavo                        |
| HCGH Volunteer Auxiliary  | Shade Construction Company, Inc.                  |
| Margaret and Wilson Hoerichs                                    | Sodexo, Inc. †                                    |
| Norma and Tom Hoff  | U.S. Foodservice                                  |
| Horizon Foundation of Howard County, Inc.                       | Emmy Lou and William Volenick † †                 |
| H. Elizabeth and Peter Horowitz                                 | F. Jean Warthen † †                               |
| Howard County Anesthesia Associates, P.A.                       | Wells Fargo Bank                                  |
|   | Karen and John Whiteside † †                      |
|   | Whiting Turner Contracting Co.                    |
|   | W.R. Grace Foundation, Inc.                       |

**Legacy Society is charter members who have named HCGH in their will, trust, life insurance or retirement account and have notified HHF of their intent:**

- |                           |                               |
|---------------------------|-------------------------------|
| Vivian C. “Millie” Bailey | Joan Reisfeld                 |
| Shirley Bossom            | Emmy Lou and William Volenick |
| Jean Hartman              | F. Jean Warthen               |
| James and Clare Openshaw  | Karen and John Whiteside      |
| Eileen and David Powell   | Eugene “Pebble” Willis, M.D.  |

**Fundraising Events offer additional opportunities for the community to support our hospital. We are proud to recognize the following events that raised more than \$850,000 to benefit HCGH:**

- |                                  |                             |
|----------------------------------|-----------------------------|
| Cuts Against Cancer              | Kicks Against Breast Cancer |
| Fretz Autumn Extravaganza        | Midnight at 7               |
| HCGH Annual Benefit Golf Classic | Symphony of Lights          |

**Memorial Gifts were received by HHF to remember the following people:**

- |                      |                     |                       |
|----------------------|---------------------|-----------------------|
| Melody Agnes         | Angelina Girzaitis  | Evelyn R. Moxley      |
| Hilda Anderson       | Genevieve Grau      | Norman Moxley         |
| Lorraine Arbromaitir | Margaret E. Grisso  | Norman E. Moxley      |
| Maureen G. Barnes    | Parvez Guzdar       | Charles O’Donnell     |
| Richard Barnes       | Bette N. Hardy      | James O’Donnell       |
| Mary Bladen          | Henry Hollingsworth | Mary J. O’Neill       |
| Kirk Breeden         | Audrey Holst        | Patricia Paris        |
| Susan Brooks         | John W. Karr        | Eunice Palmer         |
| William Brunstetter  | Timothy P. Kelly    | Elizabeth K. Ramsburg |
| Kathleen A. Dent     | Louise F. Koontz    | Kusum Rawat           |
| Christopher J. Dolan | Julius J. Kozma     | Christopher J. Sharpe |
| Bob Fitzpatrick      | Belva M. Krauss     | Lily Shepard          |
| John Flatley         | Clifford Mauton     | Loretta Sutcliffe     |
| Merrill Freeman      | Jeu Ming            | Jadon J. Uhrich       |
| Shannon Geppi        |                     |                       |

**Birthday Club is a unique way to honor your child.**

**Below are our newest members:**

- |                  |              |
|------------------|--------------|
| Carter J. Altman | Camden Shown |
|------------------|--------------|

**Gifts in Kind were received from the following individuals and organizations to support HCGH:**

- |   |  |
|---|--|
| AJ Ali  | Greenskeeper Landscaping and Lawn Management, Inc. |
| Atholton Elementary School                      | Peggy Hansen                                       |
| Baha’is of Howard County                        | Howard County Reading Council                      |
| Barnes and Noble                                | Howard County Woodworkers Guild                    |
| Pushpa Batra                                    | Howard High School Future Educators                |
| Bonnie Henson Communications                    | Ilchester Elementary School                        |
| Borders   | Kneebouncers                                       |
| Casey Cares Foundation – Kami’s Jammies         | Paul and Kathleen Latta                            |
| Centennial Lane Elementary School PTA           | Leadership U Howard County                         |
| Chapel Valley Landscape Company                 | Nina Maluyutina                                    |
| Charlestown Knitters & Crocheters               | Milltown Quilters,                                 |
| Community Knitting & Crocheting                 | First Presbyterian Church                          |
| Countryside Fellowship Church                   | Glenda Milner                                      |
| Jeanneane Culiffe                               | Mary Jayne Neubauer                                |
| Daisy Troop #1067                               | Open Door Care                                     |
| Daisy Troop Manor Woods Elementary School #2134 | Mr. and Mrs. Charlie Pawling                       |
| Delta Kappa Gamma                               | Project Linus                                      |
| Jacob Deutch                                    | Ross and Sondra Rappaport                          |
| Faithful Circle Quilters                        | The Roos Family                                    |
| Marianne Faulstich                              | Saini Orthodontics                                 |
| First Baptist Church of Laurel                  | Savage Methodist Church                            |
| Forest Knolls Friday Afternoon Knitting Club    | Suchandra Sinha                                    |
| Joan Foster                                     | David and Diane Standeven                          |
| Linda Furiate                                   | Cathy Stefano                                      |
| Charles Gilbert                                 | Stevon Sutton                                      |
| Girl Scout Troop #1094                          | Thomas and Rebecca Taylor                          |
| Glenwood Middle School                          | Charlotte Temerario                                |
| Elaine Godwin                                   | Touching Lives with Comfort Foundation, Inc.       |

“It is our passion and mission to have the hospital succeed and thrive. With the community’s support, the Volunteer Auxiliary raises our money a nickel and a dollar at a time from the \$1 donation for wrapping gifts at the mall or the \$5 elf hat purchase at Dazzle Dash, every dollar added up to our \$300,000 donation.”

— Alicia Slahetka, president of the Volunteer Auxiliary Board

# Transforming How We Care for You

## Gifts/Pledges to the Campus Development Plan Capital Campaign (2004 - 2011)

In 2007, HCGH broke ground on the \$105 million Campus Development Plan – the largest construction and expansion project in the hospital's history. The project is being funded in part through public and private gifts. We thank the following donors and contributors who contributed more than \$24 million dollars toward the \$30 million capital campaign goal.

### \$7,000,000

Howard County Government

### \$4,200,000

Horizon Foundation of  
Howard County, Inc.

### \$2,000,000

The Rouse Company Foundation

### \$1,000,000

Dr. Sanford A. Berman  
and Dr. Kay A. Ota-Berman†  
Evelyn and J.P. Bolduc  
The Lundy Family

### \$500,000 – \$999,999

Anonymous  
Chanceland Farm  
W.R. Grace Foundation, Inc.

### \$250,000 – \$499,999

The Dancel Family Foundation  
Mary Gould and Kingdon Gould Jr.  
Howard County General Hospital  
"Pitch In To Win"  
Employee Campaign  
Howard County General Hospital  
Volunteer Auxiliary  
Johns Hopkins Emergency  
Medical Services  
Varsha and Mukesh Majumdar†  
"The Painted Veil" Movie Premiere  
U.S. Foodservice

### \$100,000 – \$249,999

HCGH Benefit Golf Classic 2007  
HCGH Benefit Golf Classic 2008  
Norma and Tom Hoff  
Howard County Anesthesia Associates, P.A.  
Howard County General Hospital  
Professional Staff  
Cynthia and E. Wayne Jackson  
JJAM Enterprises, Inc.  
Mary Agnes Lewis and Fred T. Lewis, D.V.M.  
M&T Bank  
Dorothy E. and W. Brian McGowan  
Charles H. Miller  
Judy and Bill Munn and the  
Munn Family Foundation  
Grace Payne and John C. Payne, M.D.  
Eileen and David Powell  
Sodexo, Inc.†  
Whiting-Turner Contracting Co.

### \$50,000 – \$99,999

Anonymous  
Autobody Images  
Patty and Tom Buescher  
Cardiovascular Specialists  
of Central Maryland  
Digestive Disease Associates, P.A.  
Harkins Builders, Inc.  
Kolker-Saxon-Hallock Family Foundation  
Martek Biosciences Corporation  
Maryland Surgeons, P.A.  
Nyanjom Family  
PNC Bank  
Thomas H. Price III, P.A.  
Leslie and Alan Rifkin/Rifkin,  
Livingston, Levitan & Silver, LLC  
Shade Construction Company, Inc.  
Dawn and Bradley Smith

### \$25,000 – \$49,999

Lynn and David Abramson  
ALLCARE of Maryland, LLC/  
Margaret Kim and Victor Kim, M.D.  
Attman Family of Acme Paper  
& Supply Company, Inc.  
Vivian C. "Millie" Bailey  
Lucille and Jay Blackman  
Doria and Paul Capodanno  
Central Maryland Urology Associates, P.A.†  
The Columbia Bank  
Columbia Medical Practice  
Crossroads Medical Associates, LLC  
Warren M. Ross, M.D.  
Alan G. Stahl, M.D.  
Cheryl Leonardi, M.D.  
Steven H. Eversley, M.D.  
Parry A. Moore, M.D.

Mim and Steve Dubin  
Dynamed Solutions, LLC  
ENTAA Care  
Fred Frederick Family Foundation  
Suzanne and Paul Gleichauf  
Greenberg Gibbons Commercial  
Corporation  
Hamel Builders, Inc.  
Marlene and Glenn Haslam†  
H. Elizabeth Horowitz  
Howard Bank/The Scully Family  
Sandra Isbister, M.D., and  
John B. Isbister, Esq.  
Bach-Tuyet Jeffrey, D.D.S., and  
Robert Jeffrey

Johns Hopkins Medical Laboratories  
Johns Hopkins Pathology  
Leach Wallace Associates, Inc.  
Sung Kil Lee, Sang Ja Lee, Christine  
Eunsook Lee, Sung Tae Kim  
Moira Mattingly and Jeff Leco  
Melissa A. Leffler  
LG-TEK†  
Richard M. Lombardo  
Maryland Digestive Disease Center,  
division of Capital Digestive Care  
Jeffrey Bernstein, M.D.  
Richard M. Chasen, M.D.  
Jeffrey S. Garbis, M.D.  
Sean M. Karp, M.D.  
Theodore H. Kim, M.D.  
Marvin E. Lawrence II, M.D.  
Christopher E. Shih, M.D.

Maryland Oncology Hematology, P.A.  
Margaret and Paul Norris  
Jena and Sean Peay  
Donna and Lowell Pidel  
Migsi and Gar Richlin  
Rotary Club of Clarksville at Maple Lawn  
Samantha and Steven Sachs  
Speizman Horowitz Family Fund  
at The Columbia Foundation  
Richard and Lois Talkin Fund  
at The Columbia Foundation†  
Trails, Inc.  
Bev and Lee Wilhide  
Eugene "Pebble" Willis, M.D.  
Wilmot Sanz Architects  
Julie and James Young

### \$10,000 – \$24,999

Anonymous (2)  
American Radiology Services, Inc.  
Mary and L. Earl Armiger  
Anne and George Barker  
Audrey Benford  
Berman, Goldman & Ribakow, LLP  
Biegel & Waller, LLC  
BP Solar  
Dorothy and John Brillantes  
Judy and Terry Brown  
Capital Women's Care of Howard  
County/Drs. Marvin P. Davis,  
Christina R. Richards,  
Daniella Meshkat  
Dawn Cooke  
J.P. Blase Cooke Family Fund  
at the Associated Catholic Charities  
Susan and Robert Fischell  
Betty Anne and Fred Frederick  
Suzanne and Paul Gleichauf  
Fern and J. Edward Hamel  
Koren Family Foundation Fund  
at The Columbia Foundation  
Patricia Lancelotta and  
Charles J. Lancelotta, M.D.  
Mary and E. Randolph Marriner  
Maryland Endocrine, P.A.  
Maryland Primary Care Physicians, LLC  
Drs. Flowers, Levine, Prada, Diener,  
Jackson, Conger, Poblete, Price  
Maryland Spine & Sports Medicine/  
Clark Brill, M.D.; John Collins, D.O.;  
Aaron Twigg, M.D.  
Ann Baldwin Mech, J.D., R.N.  
Microsoft Matching Gifts Program  
O'Donovan & Associates, Inc.  
Orthopaedic Associates  
of Central Maryland, P.A.  
Elizabeth and Ronald Peterson  
Louis Rehak  
Anne and Peter Rogers  
Sandy Spring Bank  
Beverly White-Seals, Esq., and  
Jerry Seals, M.D.  
Dr. and Mrs. Michael E. Silverman  
Emmy Lou and William Volenick  
Dianna and Wayne Wilhelm/  
Wilhelm Commercial Builders, Inc.  
Diana and Glenn Wilson  
Shirley Yang, M.D.  
Michelle Zalucki and James Zalucki, M.D.

### \$5,000-\$9,999

Allen & Shariff Corporation  
Anonymous Member of the HCGH  
Medical Executive Committee  
Dianne Braun  
Suzanne and John Brinkley  
Broken N. Stable  
Maribel Davis and Marvin Davis, M.D.  
Davis, Agnor, Rapaport & Skalny, LLC  
Mona and Marten Duncan  
EMS Management, LLC  
The Endeavor Agency, LLC  
Mary Lynn and Fred Festa  
General Growth Properties

Mohammed R. Gheba, M.D.  
Sharon P. Hadsell  
Merrilyn and Lawrence Hill  
Holland Construction Corporation  
Peter and Beth Horowitz Fund  
at The Columbia Foundation  
Joseph K. Jamaris, M.D.  
Offit Kurman, P.A.  
Susan Switzek and Stanley Podlasek, M.D.  
Bharti Razdan and Hari Razdan, M.D.  
Mary Aichelman-Reidy and J. Miles Reidy  
River Hill Garden Center  
Samuel Rose  
Karen and Robert Rynarzewski  
Sandy Spring Bank  
May Ruth Seidel and Henry Seidel, M.D.  
Rita and Maurice Simpkins  
Nancy and Michael Smith  
Sue Song, Ph.D., APRN-PMH  
Holly and George Stone, M.D.  
Diane Tortolani and Edmund Tortolani, M.D.  
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“Howard County General Hospital is more than a job for me. Patient care is my passion and in my position as chief nurse executive here, I have found a place where I can fulfill that passion. Donating to the hospital is a way of expressing my personal commitment to what we do here.”

— Sharon P. Hadsell, RN, MSN, NE-BC

† Denotes new pledge to the Campus Development Plan

# When it is More Than Just

**If you find yourself reaching for an antacid two to three times a day, for weeks at a time to relieve heartburn and indigestion, you may be using a quick fix to mask a larger health concern: gastroesophageal reflux disease or GERD.**

“Patients can experience a range of symptoms—some of which can be mistaken for asthma; chronic cough; and other ear, nose and throat ailments,” explains **Dr. Kester Crosse**, a gastroenterologist on staff at Howard County General Hospital.

Typical symptoms include: nausea; heartburn; chest pain; shortness of breath; belching; wheezing; coughing; black bowel movements; or vocal symptoms including hoarseness, excessive mucus or phlegm, throat clearing, ulcers on the larynx, or vocal fold scarring. According to Dr. Crosse, red flag symptoms include food getting stuck in your throat when swallowing, persistent vomiting or weight loss.

For 71-year-old Burtonsville-resident Fred Shultz, his GERD symptoms started mildly nearly 20 years ago. “My health history has been pretty good,” says Fred, who experienced heart burn and throat irritation at night for more than 15 years. “I started taking medicine for the nightly reflux I was having that improved my symptoms.” While on the medication, Fred thought it was working fine—attributing his rare instances of reflux to eating too much or too late at night.

“Patients mistakenly rely on antacids and assume that when the symptoms go away, it’s okay,” says Dr. Crosse. “However if you are experiencing these symptoms frequently or have had symptoms for a long time like Fred, you need to see a doctor. When GERD is not treated, serious medical complications can occur, including narrowing of the esophagus, ulcers or Barrett’s esophagus—which can develop into esophageal cancer.”

## What Treatment Options are Available?

“In addition to weight loss and adjusting their approach to food, some patients require medications such as proton pump inhibitors (PPIs) like Nexium or Prevacid to combat GERD,” explains Dr. Crosse.

If lifestyle changes and medications fail to relieve symptoms or complications occur, further testing can be done. “Through a 15-minute, outpatient endoscopy procedure, during which patients are asleep, we can biopsy the esophagus and stomach to determine the extent of the damage GERD may have caused,” says Dr. Crosse.

## Testing Provides Answers

“In September 2011, I asked my physician about information I was hearing that patients who have taken PPIs for a long time should see a doctor,” recalls Fred. “My doctor suggested I get a colonoscopy and endoscopy.” **Dr. Marcia Canto**, a Johns Hopkins gastroenterologist on staff at HCGH, biopsied areas of concern in Fred’s esophagus that returned a diagnosis of Barrett’s esophagus with high grade precancerous changes.

“Barrett’s esophagus is a condition in which the tissue lining the esophagus is replaced by tissue similar to the lining of the intestine,” explains

Dr. Canto. “The acid damages the cells, which grow back as abnormal ‘dysplasia’ cells. Patients can no longer feel the burn, becoming numb to the nerve damage occurring in their body. So, for the 20 years Fred was experiencing mild GERD symptoms and taking over-the-counter medication to combat them, he was unaware of the damage being done.”

Fred’s GERD had in fact caused significant damage. During Fred’s endoscopy, Dr. Canto also found a polyp in his esophagus. “I was able to remove the polyp by endoscopic mucosal resection (EMR), which is an alternative procedure to removal of the esophagus,” explains Dr. Canto. “The polyp was an invasive early esophageal cancer.”

As scary as it is for patients to receive a cancer diagnosis, Fred found the silver lining. “The results showed that the cancer was completely removed. It had not deeply invaded my esophagus,” says Fred. “If I had waited, the cancer could have spread into my lymph nodes. Fortunately, I caught it early.”

“I have been treating Fred’s Barrett’s esophagus with an endoscopic technique called radiofrequency ablation, or RFA,” says Dr. Canto. “The RFA technique superficially destroys the abnormal esophageal tissue by delivering precise heat energy to the affected area. The abnormal cells are destroyed by the heat, and the new cells that regenerate in the following weeks are healthy. The combination of EMR and RFA, two specialized techniques I perform at HCGH, enabled us treat his condition without surgery. It is this combination treatment approach that has provided Fred with a very high chance of having a long-term cure of his esophageal cancer.”

“After my first RFA treatment in January, Dr. Canto told me I was a very lucky man,” recalls Fred. “I had another ablation treatment in March and will need regular monitoring. My philosophy is that whatever Dr. Canto says I need to do—I am doing it.”

“Fred has an excellent prognosis,” says Dr. Canto. “It isn’t very often you get to cure esophageal cancer. But, because Fred’s cancer was found early and not in an advanced state, he has the best outcome for a GERD cancer patient.”

### What is GERD?

**GERD occurs when the muscle valve at the lower end of the esophagus allows a backward flow of stomach acid to move up into the esophagus.**



**Dr. Kester Crosse** is a gastroenterologist specializing in gastrointestinal disorders including reflux and inflammatory bowel disease. He practices with Digestive Disease Associates in Columbia.  
**Appointments:**  
**410-247-7500**



**Dr. Marcia Canto** is a gastroenterologist and professor of medicine and oncology with Johns Hopkins who also practices at HCGH. She specializes in Barrett’s esophagus and advanced gastrointestinal endoscopic treatments. **Consultation:**  
**410-933-7495**  
**Endoscopy Test:**  
**410-715-0350**

# Heartburn... Understanding GERD

*Fred Shultz, an avid gardener, pictured with his prized weeping blue atlas cedar.*

## ARE YOU AT RISK FOR GERD?

*According to Dr. Crosse, there are lifestyle risk factors or clues for GERD:*

- Smoking
- Hiatal hernia
- Pregnancy
- Diabetes and delayed stomach emptying
- Acid reflux for six months or longer, two to three times a week
- Overeating
- Being overweight, particularly in the abdomen
- Having sleep apnea
- Excessive consumption of caffeine, alcohol, fatty food, chocolate or mint

*If you have any of the risk factors above, Dr. Crosse suggests taking the following steps:*

- If you are a smoker, stop smoking.
- Don't overeat as the more you eat the more acid you create.
- If you have sleep apnea, make sure to wear your CPAP mask at night.
- Finish your meals at least two hours before you lay down.
- If you are overweight, try to gradually reduce your weight (no more than 1-2 pounds per week) to your ideal weight.
- Elevate the head of your bed with a mattress wedge to raise your body from the waist up.
- Avoid foods and drinks that trigger heartburn such as alcohol, caffeine, fatty food, chocolates, mint, garlic and onion.

## Acid Reflux: Taking Control

**June 19/ 7-8:30 p.m. Free.**  
HCGH Wellness Center

Feeling the burn? Learn the causes and how you can manage this chronic medical condition and prevent other complications from reflux disease.

Presented by **Kester Crosse, M.D.**

Register online at  
[www.hcgh.org](http://www.hcgh.org).

*"Often GERD patients have become accustomed to having an unhappy stomach, and their sense of normal is abnormal. If you think you have symptoms of GERD, see your doctor," stresses Dr. Crosse.*

*To find a gastroenterologist on staff at HCGH, visit [www.hcgh.org](http://www.hcgh.org).*

# calendar 2012 of Events:

## Howard County General Hospital Farmers' Market 2012

Every Friday, now through October 26/2-6 p.m.

In the rear of Visitor Lot C.

Fill up your market bags with delicious and local fresh fruits, vegetables and other farm products. Give your family healthy food while you help support Howard County agriculture!

## June

### Howard County Relay for Life

Saturday, June 1/6:30 p.m.

Long Reach High School.

For more information, call 410-781-4316 or visit [www.howardrfl.com](http://www.howardrfl.com).

### Fitness and Sports Medicine Clinic

Saturday, June 2/11 a.m.-3 p.m. Free.

Center Court of The Mall in Columbia.

Talk with our physician experts; participate in our screenings including feet, ankles/knees, spine and shoulders, and pain; visit our booths; learn fitness tips and ways to incorporate more movement into your life.

### Howard County Family Wellness Day

Sunday, June 3/10 a.m.-3 p.m.

Centennial Park.

Previously known as Healthy Howard Day, Howard County Family Wellness Day promotes physical activity and a healthy lifestyle while highlighting the many activities and programs available that support wellness efforts in our schools, workplaces and community. Visit [www.wepromotehealth.org](http://www.wepromotehealth.org) for more information.

For a complete listing of hospital events, visit [www.hcgh.org](http://www.hcgh.org).

Worried about  
paying for  
*Your Child's college?*

Join us...  
*we'll help pay for it!*

Up to \$10,000 of college tuition  
for your child(ren) per year.

IMMEDIATE OPENINGS

- Cardiovascular Lab Manager
- Nurse Managers
- Patient Care Techs
- Registered Nurses
- Medical Social Worker
- Surgical Techs



**HOWARD COUNTY  
GENERAL HOSPITAL**  
JOHNS HOPKINS MEDICINE



For a complete list of open  
positions visit [www.hcgh.org](http://www.hcgh.org)

## Howard County Men's Health Fair

Saturday, June 9/10 a.m.-2 p.m.

Howard High School Cafeteria.

Call 410-313-3105 for more information.

## WomenFest

Saturday, June 16/9 a.m.-3 p.m.

Gary J. Arthur Community Center.



An interactive health and wellness event for women presented by the Howard County Office on Aging. HCGH physicians will present on the following topics: at 9:30 a.m., "All the Best for Your Breasts," presented by Lisa K. Jacobs, M.D., F.A.C.S.; at 10:30 a.m., "Cool Tips for Hot Flashes," presented by William M. Mayer, M.D., F.A.C.O.G.; and at 12:30 p.m., "Keep Your Spine Feeling Fine," presented by Oren G. Blam, M.D. New this year is a free concert by nationally known blues musician and Howard County resident Deanna Bogart. For more information, call 410-313-5440.

## American Red Cross

### Dr. Charles R. Drew Community Blood Drive

Saturday, June 16/10 a.m.-3:30 p.m.

HCGH Wellness Center.

In partnership with Omega Psi Phi Fraternity Inc., Tau Pi Chapter.