

SPRING 2011

# Wellness Matters



HOWARD COUNTY  
GENERAL HOSPITAL

JOHNS HOPKINS MEDICINE

## On the Road Again

HCGH gets stroke patient  
back in the driver's seat

## Bye, Bye Back Pain

## Preventing Prostate Cancer

YOU'RE IN THE RIGHT NEIGHBORHOOD FOR EXCELLENT HEALTH CARE

# President's Message

Dear Friends,

As spring approaches, we have an excellent opportunity to take stock in our health. Throughout this *Wellness Matters*, we highlight various HCGH-sponsored programs, classes and events to help jump-start your efforts to improve your well-being and reap the rewards of healthy living.

We, at HCGH, are also being rewarded in a variety of ways for the outstanding efforts of our physicians, caregivers, support staff and volunteers. For the third consecutive year, HealthGrades has recognized HCGH as the recipient of the Distinguished Hospital for Clinical Excellence Award™. Also, HCGH has received designation as an acute cardiac intervention center by the Maryland Institute for Emergency Medical Services Systems. This same organization designated HCGH as a primary stroke center. To read more about our lifesaving stroke care, turn to the story on page 9.

Another testament to our hard work is the recent article in "The Journal of Nursing Care Quality," written by Judy Brown, HCGH senior vice president of Outcomes Management, and Nancy Smith, HCGH senior director of Patient Care Services. This article details how HCGH used specific practices and technology to increase patient safety and comfort. We are leading the way in implementing practices and technology to improve care for our patients; please read about our success in eliminating bloodstream infections in our Intensive Care Unit on page 15.

The high-quality medical care we provide to our patients would not be possible without the talent and dedication of our physicians. I want to extend a warm welcome to our new Professional Staff leadership team—Dr. Francis S. Chuidian, president; Dr. Clarita G. Frazier, vice president; and Dr. Nicholas W. Koutrelakos, secretary/treasurer. We thank them for the impact they have made on the hospital and for their commitment to our patients and their fellow physicians. Additionally, I congratulate Dr. David Glasser, newly elected president of the Cornea Society, an international academic society of cornea transplant surgeons and external ocular disease specialists.

In acknowledging the amazing people who make HCGH a wonderful community resource, I am also grateful for our state-of-the-art facility. We are quickly closing in on the end of our Campus Development Plan, which helped us grow and modernize to meet our community's ever-expanding needs. Thank you for your patience and support during the past four years of construction and renovation; these improvements would not be possible without you.

Sincerely,



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



*Wellness Matters* is published by Howard County General Hospital, a private, not-for-profit, health care provider, and a member of Johns Hopkins Medicine. Your physician should be consulted in regard to matters concerning the medical condition, treatment and needs of your family.

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Please direct questions, suggestions and comments regarding *Wellness Matters* to the Public Relations Department at 5755 Cedar Lane, Columbia, MD 21044-2912  
Telephone Number: 410-740-7810, Hospital Information: 410-740-7890, TDD: 410-740-7990, Web site: www.hcgh.org.

# Wellness Matters

Volume 15, No. 1 Spring 2011

HOWARD COUNTY  
GENERAL HOSPITAL  
JOHNS HOPKINS MEDICINE

## Back Behind the Wheel

How HCGH's stroke center designation makes a difference for patients

9



### CONTENTS:

## 3 Silencing Back Pain

Should you consider disc replacement surgery?

## 5 Wellness Classes

## 12 Giving Matters

Highlighting the ways in which Howard Hospital Foundation and the community are working together to support HCGH and its mission

## 14 Prostate Cancer

What you need to know—from symptoms and risk factors to screenings and treatment

## 15 Hospital News

## 16 Mark Your Calendars

Pictured on front cover: Ann and Ken Rubsam

# New Procedure Helps

## *Silence* Back Pain



Everyday tasks like picking up the telephone and holding a computer mouse had Sharon Peniza cringing in pain. It was August 2010, and the pain was getting worse. “I use the computer and phone for my job, and the pain was shooting down my arm into my hand and causing my hand to go numb every time I would reach for the mouse,” says Sharon.

According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases, back pain affects eight out of 10 people at some point in their lives—making it one of the most common medical problems. “While most back and neck pain goes away on its own, if your pain is severe or you have weakness or numbness in your arms or legs, you should contact your doctor,” says Dr. David Jackson, an orthopaedic surgeon on staff at Howard County General Hospital.

“While most back and neck pain goes away on its own, if your pain is severe or if you have weakness or numbness in your arms or legs, you should contact your doctor.”

Sharon sought the help of Dr. Jackson. Following a series of tests, Sharon was diagnosed with degenerative disc disease. “Degenerative disc disease is a natural part of aging that resulted in Sharon’s discs being worn out; this caused pressure on a nerve going down her neck and the formation of bone spurs in reaction to the worn-out discs,” notes Dr. Jackson. ▶

### Understanding Neck and Back Pain

March 9/ 7–8:30 p.m. Free. HCGH Wellness Center.

Back pain affects everything you do. Learn ways to prevent back injury, causes of pain and when to call your doctor. Various non-surgical and surgical treatment options will be discussed. Presented by **David M. Jackson, M.D.** Call 410-740-7601 to register.

# When a Heating Pad and Pain Relievers No Longer Cut It

Back pain can result from an injury, the aging process, improper body mechanics, and normal wear and tear. One source of back pain is the discs located between the bones, or vertebrae, in your spine. These soft, cushioning discs are supposed to maintain appropriate space in order to support motion and enable nerves to pass through your spine to various parts of your body. If you have symptomatic cervical disc disease (also referred to as a herniated disc, spondylosis or radiculopathy), these discs no longer function normally, causing the vertebrae to compress and possibly press on your nerves or spinal cord.

If conservative measures to remove or relieve your back pain have failed, your physician may order a CT scan, an MRI and/or X-rays to confirm the source of your pain and help determine if you are a candidate for surgery. One surgical option is disc replacement, an alternative to spinal fusion surgery.

“After traction therapy and trying to manage the pain with medications, the pain had continued to progress, and I was having problems even holding a pen in my hand. I realized I could only take so many pain killers, and the time had come to have surgery,” says Sharon.

Sharon had the option of traditional spinal fusion surgery or disc replacement surgery.

“During both spinal fusion and disc replacement surgery, the unhealthy disc is removed, and the disk height is restored to relieve pressure on your nerves or spinal cord,” says Dr. Jackson. “However, in spinal fusion surgery, once the unhealthy disc is removed, two or more of your vertebrae are permanently connected using a bone graft, which can come from your hip in a separate incision, or donor bone. After surgery, the bones grow together to create one solid piece of bone, eliminating motion at that level of your spine.”

“In spinal fusion surgery, once the unhealthy disc is removed, two or more of your vertebrae are permanently connected using a bone graft...After surgery, the bones are supposed to grow together to create one solid piece of bone, eliminating motion at that level of your spine.”

According to Dr. Jackson, the disc replacement procedure involves the insertion of a device that restores the height at the level of your spine that is affected, while potentially allowing some motion; it also does not require a bone graft. “This surgical option relieves pressure on the exiting nerves and the spinal cord, reducing or eliminating pain without having to rely on fusion,” says Dr. Jackson. “While there are benefits to having a disc replacement procedure, it is major surgery and there are risks involved. Talk to your doctor about all your options—surgical and non-surgical—in order to make

the most appropriate decision for you based on your health, medical history and symptoms.”

“Today, I am 100 percent better!...I was up and moving shortly after my surgery and can write and use my computer mouse again—pain free.”



In late 2010, Sharon had Dr. Jackson perform disc replacement surgery at HCGH. “Today, I am 100 percent better!” says Sharon. “I was up and moving shortly after my surgery and can write and use my computer mouse again—pain free. It was a great experience, and how many people can say that after surgery?”

For a referral to an orthopaedist on staff at HCGH, visit [www.hcgh.org](http://www.hcgh.org) or call 410-740-7750.



**Dr. David Jackson** is an orthopaedic surgeon with Potomac Valley Orthopaedic Associates in Columbia. He specializes in operative and non-operative treatment of degenerative, traumatic and sports-related conditions of the cervical, thoracic and lumbar spine.

## special Events:

### Heart Matters

**February 24/** 8:30 a.m.–2 p.m. \$25. Activities include cholesterol test with specific information regarding HDL, LDL, and triglyceride levels; blood pressure screening; and height and weight measurements. Registration is required.

### Understanding Neck and Back Pain

**March 9/** 7–8:30 p.m. Free. Back pain affects everything you do. Learn ways to prevent back injury, causes of pain and when to call your doctor. Various non-surgical and surgical treatment options will be discussed. Presented by **David M. Jackson, M.D.**

### Solutions for Your Droopy Eyelids

**March 23/** 7–8:30 p.m. Free. When you look in the mirror, droopy eyelids can indicate a condition known as eyebrow ptosis. This results in a decrease in your field of vision due to aging or a medical condition. Join us for this free presentation and discover treatment options that can help you see better again. Presented by **Dan Georgescu, M.D.**

### Addiction and Your Family

**March 30/** 7–8:30 p.m. Free. When a family member abuses drugs, everyone in the family is affected. Knowledge about addiction, why people abuse drugs, and signs and symptoms of drug abuse can aid families in both prevention and intervention. Learn strategies to prevent drug abuse and healthy strategies to implement when drug abuse invades your family. Presented by **Joseph Gagliardi, M.D.**

### Topic of Cancer

**April 14/** 4–7 p.m. \$15. HCGH Wellness Center. Prostate cancer screening including PSA blood test. *Colorectal kits will be available at the screening and April 11–15, noon–5 p.m. \$7 for kits.*

### Restoring Your Silhouette After Breast Cancer Treatment

**April 20/** 7–8 p.m. Free. Women undergoing treatment for breast cancer—and even those who were treated years ago—have more options to consider than ever, from inserting implants to building new breasts from existing tissue.

*(continued)*

## IMPROVING WITH AGE

### Be Seated

Seated fitness program geared to adults age 50 and older. Increase range of motion and build muscle strength. Cosponsored with Howard County Dept. of Parks and Rec. \$36.

### Fitness Fun for Seniors

Exercise to music at your own pace for flexibility and fun. For age 60 and older. Cosponsored with Howard County Dept. of Parks and Rec. \$32.

### AgeWell

Ongoing exercise program for people 60 and older. Cosponsored with the Howard County Office on Aging. Call 410-313-7213.

### AARP Driver Safety

Classroom refresher for drivers age 50 and older. Discount on auto insurance may be available. \$12 for AARP members, \$14 for others.

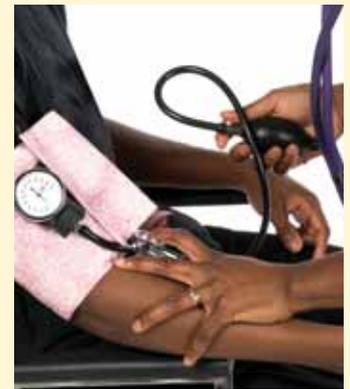
A panel of experts, including Johns Hopkins' plastic and reconstructive surgeons—**Dr. Gedde Rosson**, **Dr. Michele Manahan** and **Dr. Ariel Rad**—and Columbia plastic surgeon **Dr. Sarah Mess** will discuss the most advanced, microsurgical techniques for breast reconstruction. For more information or to register, call 1-866-546-1009 or visit [www.hopkinsmedicine.org/healthseminars](http://www.hopkinsmedicine.org/healthseminars).

### What You Need to Know about Prostate Health

**April 28/** 7–8:30 p.m. Free. What can you do to have a healthier prostate? What are the symptoms you should not ignore? Learn the answers to these questions, the newest treatment options and more. Presented by **Kevin Blumenthal, M.D.**

### CPR Across Howard County

**April 30/** 9 a.m.–noon. Free. HCGH Wellness Center. American Heart Association Family & Friends CPR for the adult and child victim. This course is for the community and is not a certification course.



### THE MALL IN COLUMBIA: Cardiovascular Clinic

**February 12/** 11 a.m.–3 p.m. Free. Upper Level outside J. Crew in The Mall in Columbia. Registration not required. Visit our booths and speak with our physician experts. Participate in screenings including height and weight measurements, total cholesterol, glucose, blood pressure and body mass index. Visit our children's play area.

### Fitness and Sports Medicine Clinic

**May 21/** 11 a.m.–3 p.m. Free. Upper Level outside J. Crew in The Mall in Columbia. Talk with our physician experts; participate in our screenings including feet, ankles/knees, spine and shoulders, pain, and osteoporosis; visit our booths; and learn fitness tips and ways to incorporate more movement into your life.

## Wellness Classes Registration

### Register online for HCGH's Wellness Classes

Advance registration is required for all classes and programs. Make checks payable to HCGH. A \$25 processing fee will be charged for refunds and returned checks. Classes may be cancelled due to low enrollment.

**410-740-7601 – information & registration**

**410-740-7990 – (TDD)**

**800-850-3137 – long distance only, please**

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

**410-740-7750 – physician referral**

**HCGH Wellness Center**

**10710 Charter Drive, Suite 100, Columbia, MD 21044**

## HEALTHY FAMILIES

### Maybe Baby? Health Issues to Consider Before Pregnancy

Learn about important choices to consider when starting your family. Topics include lifestyle, parent wellness and health care matters. Presented by **Maureen Muoneke, M.D.** April 19, 7–8:30 p.m. Free.

### Maybe Baby? Financial Planning Issues for Prospective Parents

Whether you are thinking about starting a family or already pregnant, learn about the financial aspects of being a parent: what to expect and what you need to do. The cost of raising a child, employer benefits, taxes, saving for college, and how to make confident decisions will be discussed. April 7, 7–9 p.m. Free.

### Childbirth Essentials

This one-day course is a condensed version of our Prepared Childbirth Program. Go to [www.hcgh.org](http://www.hcgh.org) for more information.

### Childbirth Weekend

Expectant couples will learn about childbirth preparation in this weekend class. Go to [www.hcgh.org](http://www.hcgh.org) for more information.

### Prenatal Class for Early Pregnancy

For parents-to-be in the first three months of pregnancy. Learn about the early stages of pregnancy and understand the physical changes, your baby's growth, and easy ways to support your pregnancy. April 13, 7–9 p.m. Free.

### Breastfeeding

Learn advantages, preparation techniques, and ways to prevent and manage feeding problems. A nurse lactation consultant will teach practical tips for successfully combining career and breastfeeding. Go to [www.hcgh.org](http://www.hcgh.org) for more information.

### Prepared Childbirth Program

Five-part program to prepare for the birth of your baby. Go to [www.hcgh.org](http://www.hcgh.org) for more information.

### Baby Signing

Parents, grandparents and caregivers of babies up to 12 months old will learn 100 basic signs to help your baby communicate. February 26, 9–11:30 a.m. \$40 per person or \$75 per couple (includes review DVD).

### Positive Parenting

In this two-week program, learn skills needed to raise a healthy, productive child including communication, disciplining your child, managing your child's behavior, self-esteem and more. For parents of newborns through 4 years old. April 19 & 26, 6:30–8 p.m. \$25 per person/\$40 per couple.

### Sibling Preparation Tour

Help siblings-to-be, ages 4 to 12, prepare for baby's arrival by touring the hospital. **Call eight weeks prior to due date to schedule tour.** Free.

### Choose Your Pediatrician and Promote Your Newborn's Health

Preparing for your new baby should include finding a pediatrician before you deliver. Learn factors to consider and ways to promote the health of your newborn. Presented by **Shanthi Thomas-King, M.D.** March 23, 7–8:30 p.m. Free.

### Birthing Center Tour

A preview of maternal-child services available for expectant couples. **Call at least eight weeks prior to due date to schedule a tour.** Free.

Maternal Child Class brochures with registration forms are available online at [www.hcgh.org](http://www.hcgh.org) or by calling **410-740-7601**.

### Happiest Baby on the Block

Endorsed by the American Academy of Pediatrics, this class will teach parents-to-be and parents of babies up to 3 months old successful techniques that can quickly soothe your crying newborn baby. April 12, 7–9 p.m. \$50 per couple (includes parent kits).

### Infant Care

Lecture, group discussion and hands-on practice are used to enhance learning about the care of an infant. Go to [www.hcgh.org](http://www.hcgh.org) for more information.

### Prenatal Exercise

Gentle stretching and light exercise condition birth muscles and enhance well-being. Taught by a certified instructor. Physician permission required. Thursdays, March 24–May 13, 6:30–7:30 p.m. \$88/eight sessions.



## HEALTHY LIFESTYLES

### 3 Keys to Mastering Stress

Gain a greater understanding of your perception of stress. Learn to take control; build support systems; and incorporate physical activity, time management and relaxation techniques. April 6, 7–9 p.m. Free.

### Mental Health First Aid

How can you help loved ones who may be having mental health issues? This nationally recognized certification course will familiarize you with the signs and symptoms of the most common mental health problems. Learn steps to follow that can promote and enhance their recovery while allowing you to maintain control of various situations. Attendance at all classes is required for certification. April 13, 20, 27 and May 4, 6–9 p.m. \$50.

### Couples Massage

Learn simple, yet effective techniques to reduce stress and promote well-being. Wear loose, comfortable clothing and bring a thick blanket, quilt or 2 pillows to class. Upper body massage: April 29, 7–9 p.m. Lower body massage: May 6, 7–9 p.m. Register by couple. \$50 for one class or \$90 for both classes.

### Moving through Anger

Controlling your anger can be hard, but you don't have to let anger control you. This three-week interactive class will teach you to channel your anger into a positive force, help to identify what triggers your anger, and provide you with techniques to manage those triggers. March 15, 22 and 29, 6:30–8 p.m. \$40 per person.

### Enhance Your Brain Power

New research confirms you can expand your brain reserve through easy, proactive practices and overcome challenges of medication and aging. In this interactive class, learn easy techniques and activities for thinking your way to improved brain health. March 14 & 15, 7–9 p.m. \$30.

### Advance Directives Seminar

Learn about Advance Directives and how to appoint or be appointed a health care agent. At the completion of the seminar, you will leave with an Advance Directives document. Beneficial to all ages. Presented by Leslie Rogers, MSW, LCSW-C, OSW-C. March 10, April 14 or May 12, 6–7 p.m. Free.

### Women's Self-Defense

Women age 16 and up will learn and practice highly effective and easy-to-learn techniques designed for adult situations. March 26, 9 a.m.–noon. \$50.

### Adult/Child/Infant CPR

Earn a two-year American Heart Association completion card. This is not a health care provider course. March 15, March 31, April 11, April 27 or May 12, 5:30–9 p.m. \$48.

Information & Registration: 410-740-7601 • Online Registration: [www.hcgh.org](http://www.hcgh.org) • Please Pre-register for all Programs

## IMPROVING YOUR HEALTH

### Weight Loss through Bariatric Surgery

Learn about weight loss surgery for the morbidly obese patient presented by the Johns Hopkins Center for Bariatric Surgery. To register, call 410-550-0409 or register online at [www.hopkinsbayview.org/bariatrics](http://www.hopkinsbayview.org/bariatrics). March 29, 4–6:30 p.m. Free.

### Individualized Weight-Loss and Dietary Counseling

Nutritional counseling with a registered dietitian to discuss your dietary concerns and goals including weight loss, healthier bones, high blood pressure, elevated cholesterol, or for those wanting to maintain a vegetarian diet. For adults and children. Day and evening appointments available. \$35 for a half-hour visit.

### Pulmonary Rehabilitation

A program lasting up to 10 weeks that is designed to decrease the debilitating symptoms of Chronic Obstructive Pulmonary Disease through exercise therapy, education and emotional support. HCGH Rehabilitation Services Dept. Call 443-718-3000 for information and an appointment.

### External Enhanced Counterpulsation Therapy

A non-invasive alternative treatment for patients with stage III or IV angina. For information, call 443-718-3000.

### The Mall Milers

Walking for health program at The Mall in Columbia. Cosponsored by HCGH, area agencies and local businesses. Blood pressure screenings available the second Tuesday of each month. Call 410-730-3300 for details. Free.

### HCGH Pulmonary Rehabilitation Maintenance Program

An exercise maintenance program for pulmonary rehab program graduates to continue exercising in a medically supervised setting. Tuesday and Friday afternoons/ \$60 per month. For information, call 443-718-3000.

### Nutrition and Cancer

Individualized, three-session counseling with a registered dietitian. For those who wish to lower their risks of certain cancers and those who are undergoing treatment for cancer. Call for dates and times. \$90.

### Pre-Diabetes: What Is It and What Can You Do About It?

Understand what pre-diabetes is and how to make changes to prevent or delay actual diabetes. March 9, 7–9 p.m. \$15.

### Individualized Diabetes Management

Learn from a certified diabetes nurse educator how to manage your diabetes. For information or an appointment, call 443-718-3000.

### Dietary Counseling for People with Diabetes

Presented by a registered dietitian, this individualized counseling program focuses on the dietary requirements of diabetes. Call 443-718-3000 for information.

### Living with Diabetes

Johns Hopkins education at HCGH and recognized by the American Diabetes Association. Learn how you can be an expert at managing your own diabetes from presentations by an endocrinologist, podiatrist, psychologist, diabetes nurse educator, and dietitian. February 11 & 15, March 25 & 29, or April 15 & 19, 8:30 a.m.–3 p.m. The Bolduc Family Outpatient Center. For information, call 443-718-3000.

### Living with Diabetes: Executive Summary

This evening class is the condensed version of our popular daytime class designed for the working professional. February 22 & 23, March 29 & 30, April 26 & 27, or May 24 & 25, 6–9 p.m.

### Smoke-Free Lungs

Learn tips for quitting your tobacco habit and mastering long-term success. This program provides support and education for those wanting to quit as well as those who have quit. Come to one or all sessions. February 17, March 17 or April 19, 7–9 p.m. Free.

### Phase II Cardiac Rehabilitation Program

A four- to 12-week program to assist cardiac patients in the early recovery phase following a heart attack, angioplasty or cardiac surgery. Provides exercise, education and emotional support. Call 443-718-3000 for information and an appointment.

### HCGH Cardiac Rehabilitation Maintenance Program

An exercise maintenance program for cardiac rehab program graduates to continue exercising in a medically supervised setting. Tuesday and Friday mornings, 8 a.m. and 9:30 a.m. \$60 per month. For information, call 443-718-3000.

### Blood Pressure Screening & Monitoring

*HCGH Wellness Center:* Wednesdays, 3–6 p.m. *Ellicott City Senior Center:* Tuesdays, 9:30 a.m.–12:30 p.m. *Kiwanis-Wallas Recreation Center:* first Wednesday and third Friday of each month, 9:15–10:45 a.m. *The Mall in Columbia:* second Tuesday of each month, 8–10 a.m. *Western Howard County Senior Center:* second and fourth Tuesday of each month, 9–11 a.m. *Glenwood Library:* first and third Monday of the month, 3:30–5:30 p.m. *The Bain Center:* first and third Thursday of each month, 10 a.m.–noon. *Savage Library:* second Monday of each month, noon–3 p.m. Free.

## FOR CHILDREN AND TEENS

### Essentials in Babysitting

Learn how to effectively manage children, create a safe environment and apply emergency techniques. March 12, April 16 or May 14, 9 a.m.–1 p.m. \$46 (includes lunch and certificate of attendance).

### Home Sweet Home

Children ages 8 to 12 and their parents will learn safe and fun ways for children to stay at home alone. May 7, 9–11 a.m. Free.

### Self-Defense for Young Women

Age-appropriate self-defense for young women ages 12–15. Learn physical and psychological strategies. Also discusses concepts of self-image, self-esteem and assertive behavior. March 12, 9–11 a.m. \$35.

### CPR for Teens

This American Heart Association course prepares teens, ages 11 to 17, to perform CPR on an adult, child and infant. Other topics include choking, how to call 911 and answer dispatcher questions, and brief overview of an AED. March 26, 9 a.m.–noon. \$30.

### Kids Self-Defense

Children ages 8 to 12 will learn basic principles of safety awareness and age-appropriate self-defense techniques. Program includes discussion, role-playing and practice. April 16, 9–11 a.m. \$27.

## FREE HEALTH SCREENINGS

### Vision & Hearing

March 30, 9–11 a.m.

### Diabetes

April 12, 9–11 a.m.

### Stroke Screening

May 5, 10 a.m.–noon. Includes blood pressure measurement and *written* stroke risk assessment *only*.

### Skin Cancer

May 17 and 19, 5–7 p.m. Dermatologist will examine one or two areas of concern.

All health screenings are now held in the HCGH Wellness Center. Registration is required.

## CANCER SUPPORT PROGRAMS

### Living with Breast Cancer

Designed to meet the needs of breast cancer patients with metastatic disease. A safe and welcoming place providing encouragement, support and education. Fourth Thursday of the month, 7–8:30 p.m. No fee; registration requested. 410-964-9100 x5. Underwritten by a grant from the Maryland Affiliate of Susan G. Komen for the Cure.

### Caregiver's Support Group

Designed for people who are caring for a loved one with cancer. A safe place to air concerns and receive support and advice. Facilitated by Mary M. Dowling, LCSW-C. Second Wednesday of the month, 7–8:30 p.m. No fee, but registration requested at 410-964-9100 x5.

### Hand-Stitching and Quilting Group

Learn new methods of hand piecing, including Dresden plate and yo-yo in upcoming months. Second and fourth Tuesdays of each month, 1–3 p.m. Free.

### Breast Cancer Support Group

Support group for patients and survivors of breast cancer. An opportunity to meet people on a similar journey, share feelings and receive support and advice. Facilitated by Mary M. Dowling, LCSW-C. Third Wednesday of each month, 7–8:30 p.m. No fee, but registration requested at 410-964-9100 x5.

### Knitting and Crocheting Group

Instruction, fellowship, and good times assured for the beginner or the advanced needler. Knit or crochet your own projects or create chemo caps, lap blankets, or preemie hats to donate. Every Wednesday, 10 a.m.–noon. Free.

### Transition to Wellness

Women at or near the conclusion of breast cancer treatment receive coping tools and information as you enter the wellness phase of your journey as a breast cancer survivor. March 21, 6–8 p.m. Registration requested; call 410-884-4574.

### Teens Together Support Workshop

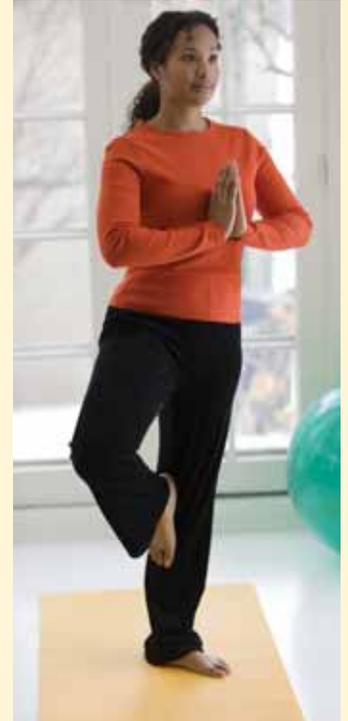
A student-led and initiated group connecting teens that have a family member or close friend with a cancer diagnosis. Adult facilitators and teen peers provide support and encouragement. Will meet February 20 and March 20, 2–4 p.m. No fee, but registration required. 410-740-5858.

### Hand and Foot Massage

Join massage therapist Wendy Letow and learn how to reduce the symptoms of chemotherapy and/or diabetes-induced peripheral neuropathy. Bring a partner or caregiver and learn how to perform specific massage on the affected areas to help reduce numbness, burning, tingling and other uncomfortable sensations. February 28, 7 p.m. No fee, but registration is required; call 301-252-4403.

### Yoga

Yoga for patients, caregivers and survivors. Learn basic yoga movements under the leadership of an experienced and clinically trained instructor. For information or registration, call 410-964-9100. Fridays, 9–10 a.m., and Tuesdays, 6:30–7:30 p.m.



CANCER SUPPORT PROGRAMS are held at the Claudia Mayer Cancer Resource Center unless otherwise noted. Call 410-740-5858 or visit [www.hcgh.org](http://www.hcgh.org) for details. Registration required.

## ONGOING SUPPORT GROUPS

Cosponsored by HCGH

### Adult Type 1 Diabetes Support Group

301-490-0029

### Alcoholics Anonymous

410-663-1922

### Al-Anon

410-832-7094

### Alateen

1-888-4AL-ANON

### Alzheimer's Caregivers Support Groups

410-313-9744

### Aneurysm Support Group

410-442-4045

### Bereavement Support Group

410-740-7898

### Better Breathing Club

443-718-3000

### Breast Cancer Support Group

410-964-9100 x5

### Caregiver's Support Group

410-964-9100 x5

### Chronic Pain Support Group

301-873-3959

### Crohn's and Colitis Foundation of America Support Group

443-253-3806

### Depression and Bipolar Support Alliance of Howard County

443-995-8351

### Gilchrist Hospice Care

410-730-5072

### Howard County Diabetes Education and Support Group

443-718-3007

### Look Good Feel Better

1-888-535-4555

### Lupus Mid-Atlantic

410-363-3560

### Man-to-Man Prostate Cancer Support Group

410-313-4255

### Narcotics Anonymous

1-800-317-3222

### Nicotine Anonymous

410-964-2180

### Overeaters Anonymous

410-963-2102

### Parkinson's Support Group

443-718-3135

### Rising Hope Support Group

410-740-7845

### Stroke Support Group

410-740-7601

### Teens Together Support Group

410-740-5858

### WomenHeart, the National Coalition of Women with Heart Disease

443-854-8333

Support group information is subject to change. Before attending a meeting, verify information and location by calling the contact number listed.

Additional information about the support groups listed above can be found by visiting [www.hcgh.org/community](http://www.hcgh.org/community).

Information & Registration: 410-740-7601 • Online Registration: [www.hcgh.org](http://www.hcgh.org) • Please Pre-register for all Programs

An elderly man with white hair, wearing a dark leather jacket over a dark ribbed sweater, leans against the hood of a dark-colored car. He is smiling slightly and looking towards the camera. The background shows a house with white-trimmed windows and snow-covered evergreen trees, suggesting a winter setting. The car's hood, headlight, and grille are visible in the foreground.

## On the Road Again After a Stroke

Ann Rubsam clearly remembers the day she found her husband slumped on the floor of his home office. “Ken had fallen off his chair, and I knew right away I needed to call 911,” says Ann. It was a good thing Ann wasted no time making the call; her husband of eight years was having a severe left brain stroke, and getting him to Howard County General Hospital, a primary stroke center, for treatment quickly would be critical. ▶

# F.A.S.T. Action Makes All the Difference

## What is a Stroke?

A stroke occurs when either a blood vessel to the brain is blocked by a clot, resulting in part of the brain not getting the oxygen and nutrients it needs and starting to die, or a blood vessel ruptures, causing bleeding in the brain. Patients also can experience a transient ischemic attack (TIA), often called a mini-stroke. While TIAs are caused by a clot, the blockage is temporary and thus symptoms rapidly resolve. “Even though TIAs do not result in permanent brain injury, they are frequently a precursor or warning sign of a major stroke,” says Susan Groman, R.N., stroke program coordinator at HCGH.

“Patients having a stroke frequently experience weakness or numbness on one side,” explains **Dr. Merrill Ansher**, a neurologist on staff at HCGH. “Symptoms of a stroke occur suddenly and can include trouble speaking, sensations of dizziness or spinning, difficulty with speech including finding words, double vision, loss of vision in one eye, loss of vision to the side, and difficulty with balance.” Should you experience stroke or TIA symptoms, call 911 immediately.

Ken’s stroke was quickly diagnosed, and the Brain Attack Team, comprised of Howard County and Johns Hopkins’ neurologists, emergency department physicians and nurses, was contacted to determine if he was a candidate to receive the clot-busting drug called tPA. This FDA-approved medication can significantly reduce both the effects of a stroke and permanent disability if given within three hours from the initial onset of stroke symptoms. “At HCGH, we are equipped to administer tPA, which basically dissolves the clot,” explains Dr. Ansher. “The earlier you get this medication, the better.”

Because of Ann’s quick call to 911, Ken was found to be eligible to receive tPA. After receiving the drug, Ken was moved to the Critical Care Unit, where he would begin recovering and be closely monitored. The stroke had significantly impacted Ken’s speech and the right side of his body. As he improved, he was transferred to a private room where his rehabilitation therapy began. Outpatient therapy would continue for months following Ken’s discharge.

“Our doctors and nurses have received specific education and training to recognize stroke symptoms and implement the steps needed to provide patients with timely treatment. Studies also have shown that patient outcomes are better at stroke centers because there are protocols in place that prevent stroke-associated complications.”

## The Stroke Team at HCGH

According to Dr. Ansher, stroke patients benefit by coming to HCGH for treatment because, as a designated stroke center, the hospital has a system in place to provide stroke patients with rapid and complete evaluation and treatment. “When a patient arrives in the Emergency Department, the physician evaluates the patient, orders a CAT scan, and performs tests to correctly identify the type of stroke. Our doctors and nurses have received specific education and training to recognize stroke symptoms and implement the steps needed to provide patients with timely treatment. Studies also have shown that patient outcomes are better at stroke centers because there are protocols in place that prevent stroke-associated complications.”



**Dr. Merrill Ansher** is director of the HCGH stroke program and a practicing neurologist with Neurology Physicians in Columbia.



**Dr. Victor Urrutia** is a Johns Hopkins vascular neurologist specializing in stroke.



“Living in Ellicott City, having all of Ken’s therapy at Howard County without having to go into the city was much easier for us,” says Ann. “In the beginning, Ken had physical, occupational and speech therapy three times a week.” As time went by, Ken was walking well and re-learning many of the skills he had lost.

“I never realized how many aspects of our daily life are covered by occupational therapy,” says Ann. “For Ken, not having his independence was frustrating. As Ken’s therapy progressed, he worked with therapists at HCGH on special equipment to help him strengthen the muscles he would need to drive again.” Ken’s big day came when he passed his driving test and was able to get his license back.

“Today, Ken’s speech continues to be the remaining lingering problem but there is always room for improvement; you can re-learn. Your life doesn’t have to come to a full stop if you have a stroke,” says Ann. “Ken was terribly lucky.”

## HCGH Recognized for Excellence in Stroke Care

Howard County General Hospital has, for the second year, received recognition from the American Heart Association for excellence in stroke care. HCGH received the Gold Plus Award and was recently listed in “U.S. News & World Report” magazine.

HCGH’s stroke support group meets in the Wellness Center on the fourth Wednesday of the month. Call 410-740-7601 for more information.

## Are You at Risk for Stroke?

According to Dr. Victor Urrutia, a vascular neurologist on staff at HCGH, risk factors include:

### Age:

Your risk roughly doubles for each decade after age 55.

### Family History:

Your risk is greater if a parent, grandparent, sister or brother had a stroke before the age of 55.

### Prior Stroke, TIA or Heart Attack:

You are at greater risk if you have had a stroke, a transient ischemic attack (TIA), or a heart attack.

### Race and Gender:

African Americans and men have a higher risk of stroke.

“In addition to these risk factors, there are steps you can take to lessen your chances of having a stroke,” says Dr. Urrutia. “Monitor your blood pressure; high blood pressure raises your risk by 40 percent. Quit smoking; smoking doubles your risk of stroke. Engage in moderate exercise at least 30 minutes a day, and maintain a healthy weight. Controlling your diabetes is also key.”

## Stroke is an emergency, every minute counts.

## Act F.A.S.T.

### Face:

Ask the person to smile to see if one side of the face droops.

### Arms:

Ask the person to raise both arms to see if one arm drifts downward. Ask if one arm is weak or numb.

### Speech:

Ask the person to repeat a simple sentence to see if speech is slurred.

### Time:

Call 911 immediately if the person shows any of these symptoms.

# Foundation Chair's Message

Dear Friends,

On the following page, you will read about new lifesaving equipment that the Howard Hospital Foundation has purchased for the hospital to better serve heart attack patients in Howard County. I am very proud to share that 100 percent of this system was funded directly by you, the members of our community.

Your generous contributions continue to provide equipment, services and capital that the hospital needs to function. In fiscal year 2010, your support for the major expansion at HCGH enabled Howard Hospital Foundation to make a more than \$1.6 million payment to the hospital's Campus Development Campaign. This philanthropic support is critical for HCGH to remain a cutting-edge health care facility serving all in our community.

It has been a very rewarding experience for me to witness the tremendous generosity of so many of our neighbors who persist in giving to the hospital, despite the tough economic climate.

John, a hospital supporter for 18 consecutive years, explains, "I believe strongly that it's very important for a community to have a state-of-the-art

medical facility in its midst for the health and welfare of its residents." He gives to Howard Hospital Foundation because, "it is only possible for such a valuable resource to maintain its excellence with continued support from members of the community."

I am confident that community members like John—and like you—will be as generous in the future as you were last year. Please continue to give as you are able to the Howard Hospital Foundation. Whether it is a financial or in-kind donation, or the gift of time or talent, anyone who shares our goal of fostering world-class medical care is a valued member of the HCGH team. We can't do it without you.

With thanks,



David Powell, Chair, Howard Hospital Foundation



## Pink Pride at Manor Woods Elementary School Fundraiser benefited the Claudia Mayer Cancer Resource Center

Ellicott City just got a little pinker. During October's Breast Cancer Awareness Month, students, parents and faculty of Manor Woods Elementary School in Ellicott City raised more than \$6,000—enough to purchase 13 new Blossoms of Hope cherry trees to plant at the school and to make an additional \$3,000 contribution to the Claudia Mayer Cancer Resource Center (CMCRC). The purchase of the trees through Howard County Tourism and Promotion's cherry tree project helps support the CMCRC and contributes to the ongoing, countywide beautification project that began more than seven years ago.

Students raised money by paying for the privilege of wearing caps to school, with Principal Jim Weisner sweetening the pot by throwing in a homework pass as an incentive. Teachers raised money by paying for the opportunity to wear jeans to school. Special Manor Woods Blossoms of Hope T-shirts were also designed and sold to raise funds, with assistance from individuals and businesses throughout the community.

"I am so proud of the overwhelming efforts of the Manor Woods students, staff, parents and community for the Blossoms of Hope project," Principal Weisner stated. "It shows how the many character values that we teach, integrate and uphold in the daily education of our students can work to better our community."

Victoria Goodman, executive director of Blossoms of Hope, remarked, "Each spring Manor Woods Elementary can blossom with pink pride as these 13 trees serve as a reminder of what can be accomplished when



Front row (left to right): Students: Abeku Abercombie, Natalie Dryja, Kennedy Manley; Back row (left to right): Roberta Breslow, Marion Miller, Md. State Senator Jim Robey, Principal Jim Weisner

we work together. Our organization is very grateful for the school's effort on behalf of the cherry tree project and the CMCRC."

Blossoms of Hope is a nonprofit 501(c)(3) project that operates via the Howard County Office of Tourism and Promotion. Since its inception, Blossoms of Hope has raised more than \$110,000 for the CMCRC. More than 1,600 kwanzan cherry trees have been planted through the project to beautify Howard County and benefit the CMCRC. The blossoming of the trees is celebrated each year during Howard County's April Cherrybration Days. More information about Blossoms of Hope and Cherrybration Days activities can be found at [www.blossomsofhope.org](http://www.blossomsofhope.org).



**When Every  
Second Counts...**

*left to right:* Howard County Executive Ken Ulman; Vic Broccolino, president and CEO of Howard County General Hospital; David Powell, chair of Howard Hospital Foundation; and Mike Freeman, firefighter

## **HHF purchased new LIFENET<sup>®</sup> system to benefit heart attack patients in Howard County**

When a patient has a heart attack, there isn't a second to waste. Heart attack victims in Howard County now have a valuable tool in fighting the clock, thanks to the Howard Hospital Foundation. Howard County ambulances and fire trucks are now equipped with LIFENET, a foundation-funded system that sends important information about heart attack patients to hospitals while the patients are still in transit.

The \$50,000 system, consisting of 21 machines, was funded entirely by community support, making this state-of-the-art system a tangible example of how the Howard Hospital Foundation puts your donations to work.

"This is a great illustration of how the Howard Hospital Foundation, Howard County General Hospital, Howard County Department of Fire & Rescue Services and our neighbors in Howard County can work together to bring the latest innovations to our area," says David Powell, Howard Hospital Foundation chair. "We already have excellent health care. This just takes it up one level."

En route to the hospital, heart attack patients will have an electrocardiogram (EKG) reading of their heartbeat done. Before LIFENET was

installed, hospital staff would have to wait for a printout of that EKG reading to be handed to them. But now, modems send a digital copy of those readings to the hospital, and even to the cardiologist's cell phone.

"Time is muscle," explains Dr. Kevin Seaman, Howard County Fire & Rescue medical director. "The goal here is opening that blocked artery as rapidly as possible to treat and help prevent damage to the heart." Emergency responders aim for a "door-to-balloon time" of less than 90 minutes. Studies show that when patients receive treatment in 90 minutes or less, patient outcomes significantly improve, and hospital stays are shorter.

"The cardiologist and the team are mobilized to be there and save precious minutes as the patient starts transport to the hospital," Seaman elaborates. When there isn't a second to waste, LIFENET gives heart attack patients a fighting chance.

On Monday, November 8, 2010, a dedication ceremony was held at the HCGH Emergency Department to celebrate the launch of LIFENET. Speaking at the event was Howard County Executive Ken Ulman; Vic Broccolino, president and CEO of HCGH; Dr. Kevin Seaman; and David Powell.

# Prostate Cancer: When Your Life is on the Line

**“My snowblower saved my life,” says Tom Messick.**

When Tom Messick required stitches after a snowblowing accident during last year’s blizzard, his doctor noted that Tom, 56, was due for a physical. After a blood test revealed Tom’s prostate-specific antigen (PSA) was high, he was referred to **Dr. Kevin Blumenthal**, a urologist on staff at Howard County General Hospital, for further testing and a biopsy of his prostate.

Tom’s biopsy confirmed prostate cancer. “Any time they mention the ‘C word,’ it’s devastating,” Tom recalls. “I had no symptoms and no family history; I was counting on the test coming back negative.”

According to Dr. Blumenthal, about one man in six will be diagnosed with prostate cancer, the most commonly diagnosed cancer among men in this country excluding skin cancers.

*Tom Messick zip lining on a recent trip to Antigua.*

## Symptoms

Like Tom, a man with prostate cancer typically does not experience any symptoms. If someone were to have symptoms, however, they could possibly include:

- Urinary problems: weak flow, or painful or frequent urination
- Blood in urine or semen
- Chronic pain in your lower back, hips or upper thighs

Often these symptoms do not indicate cancer; instead, they typically indicate other urologic conditions such as enlargement or infection of the prostate. If you experience any of these symptoms, you should tell your doctor.

## Risk Factors

The causes of prostate cancer are unknown, though research has shown men with certain risk factors are more likely to develop prostate cancer:

- Age older than 65
- Family history: If men in your family had prostate cancer, risk is increased.
- Race: African-American men have the highest incidence rate, followed consecutively by Caucasians, Hispanics, Asians, Pacific Islanders and American Indians.

## Screening

**Dr. Ike Mbonu**, an internist on staff at HCGH, recommends that men undergo a baseline digital rectal exam (DRE) and PSA blood test at age 40. The tests should be repeated periodically throughout your forties and should be taken yearly after age 50.

“Prostate cancer is a significant disease that is curable if found early enough,” says Dr. Blumenthal. “Screening is an important part of early detection.”

## Treatment

Men with prostate cancer have many treatment options, including active surveillance (following closely), surgery, radiation therapy, cryotherapy (freezing of the prostate), or sometimes a combination of these treatments. If the cancer has spread outside the prostate, hormone therapy or chemotherapy may be needed.

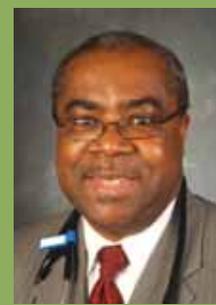
One of the forms of radiation treatments is “brachytherapy, or radioactive seed implantation, which has increased in popularity because of its effectiveness and relative convenience,” explains Dr. Blumenthal. “It requires no surgical incision, is an effective treatment for localized prostate cancer and offers a short recovery time.”

Following Tom’s treatment with Dr. Blumenthal, his PSA is undetectable, and he has no symptoms. “I got lucky and got a great doctor,” says Tom. “I celebrate being cancer free every day.”

For a referral to a urologist on staff at HCGH, call 410-740-7750 or visit [www.hcgh.org](http://www.hcgh.org).



**Dr. Kevin Blumenthal** practices with Central Maryland Urology in Columbia and specializes in prostate cancer, kidney stones and BPH (prostate enlargement).



**Dr. Ike Mbonu** practices in Columbia and specializes in internal medicine.

**These HCGH physicians have recently relocated or established new offices in Howard County.**

**CARDIOVASCULAR DISEASE**

Michael Carlos, M.D.  
14201 Laurel Park Drive #223  
Laurel, MD 20707  
301-604-0110

**INTERNAL MEDICINE**

Sandeep Bansal, M.D.  
Pulmonary Disease &  
Critical Care Associates  
10710 Charter Drive #310  
Columbia, MD 21044  
410-997-5944

Kevin Carlson, M.D.  
10700 Charter Drive #200  
Columbia, MD 21044  
410-910-7444

Saba Sheikh, M.D.  
Columbia Medical Practice  
5450 Knoll North Drive #260  
Columbia, MD 20145  
410-964-5300

**ORTHOPAEDIC SURGERY**

David M. Jackson, M.D.  
Potomac Valley Orthopaedic Associates  
10700 Charter Drive #100  
Columbia, MD 21044  
410-992-7800

**PEDIATRICS**

Manjula Kari, M.D.  
Columbia Medical Plan  
5450 Knoll North Drive #300  
Columbia, MD 21045  
410-964-6300

Patricia A. Liszewski, M.D.  
Parnes, May, McKay, Lee &  
Associates, M.D., LLC  
9501 Old Annapolis Road #101  
Ellicott City, MD 21042  
410-992-9339

**PSYCHIATRY**

Diane Stabler, M.D.  
St. Johns Station  
3355 St. Johns Lane, Suite F  
Ellicott City, MD 21042  
410-970-7279

**New Location for Center for Maternal Fetal Medicine**

The Center for Maternal Fetal Medicine at Howard County General Hospital moved to a new, more spacious office in January. The new location is at 11065 Little Patuxent Parkway, Suite 100, Columbia, MD 21044, and the center's phone number will remain the same at 410-740-7903. The new location is in the building adjacent to HCGH that formerly housed the Central Maryland Oncology Center—recently renamed Little Patuxent Specialty Care Center.



(left to right): Center for Maternal Fetal Medicine perinatologist Abimbola Aina-Mumuney, M.D., and Donna Neale, M.D., chief of Perinatal Medicine, director of Obstetrics.

**Improving Patient Safety by Preventing Bloodstream Infections**

The Maryland Health Care Commission recognized Howard County General Hospital in a recent report for successfully preventing central line-associated bloodstream infections (CLABSI), the leading cause of health care-associated infections in acute care hospitals.

After applying evidence-based practices developed by Johns Hopkins Medicine researchers to the intensive care unit (ICU), the HCGH ICU has not experienced a CLABSI since January 3, 2009. Bolstered by this success, these practices were implemented hospitalwide; this illustrates HCGH's commitment to quality care and patient safety, which includes preventing infections.



**Dr. Francis S. Chuidian**



**Dr. Clarita G. Frazier**



**Dr. Nicholas W. Koutrelakos**

**New Professional Staff Officers Named for 2011**

The HCGH Professional Staff has elected **Francis S. Chuidian, M.D.**, as president of the professional staff for 2011. A member of the professional staff since 1996, Dr. Chuidian is a pulmonologist with Pulmonary Disease and Critical Care Associates, P.A. He received his medical degree from the University of the Philippines. Serving with Dr. Chuidian will be anesthesiologist **Clarita G. Frazier, M.D.**, as vice-president and oncologist **Nicholas W. Koutrelakos, M.D.**, as secretary/treasurer.

# calendar 2011 of Events:

## February

### Cardiovascular Clinic

**Saturday, February 12/11** a.m.–3 p.m. Free.

Upper Level outside J. Crew in The Mall in Columbia

Registration not required. Visit our booths and speak with our physician experts. Participate in screenings including height and weight measurements, total cholesterol, glucose, blood pressure and body mass index.

## April

### Blossoms of Hope, Cherrybration Days “Pink” Plate Specials All month

Local restaurateurs think pink by adding “Pink” Plate Specials to their menus, helping to raise breast cancer awareness and benefiting the Claudia Mayer Cancer Resource Center. For a list of restaurants, visit [www.blossomsofhope.org](http://www.blossomsofhope.org).

### 15th Annual KICKS Against Breast Cancer

**Saturday, April 9**

Maryland SoccerPlex in Germantown, MD

This weekend enables some of the country’s best college soccer programs to compete while also making a difference in the lives of people affected by cancer. Proceeds benefit the Claudia Mayer Cancer Resource Center. For details, visit [www.kicksagainstabreastcancer.org](http://www.kicksagainstabreastcancer.org).

### Cherrybration Days “Lanterns of Hope”

**Friday, April 29/Parade** starts at sunset

Luminary parade through Historic Ellicott City at sunset to celebrate spring and pay tribute to those with cancer. Grab a pre-made lantern or make your own at free workshops hosted by Howard County Library and Howard County Tourism in March and April. Visit [www.blossomsofhope.org](http://www.blossomsofhope.org) for more information or e-mail [abroccolino@hcgh.org](mailto:abroccolino@hcgh.org).



Leave a lasting mark  
on your community...

## Only three sections remain!

Whether to show your support for the hospital, honor a relative or friend, or memorialize someone special, an engraved paving stone is a wonderful way to preserve a lasting legacy.

**A limited number of these special 16"x 8" pavers are available for sale for \$1,000.**

Proceeds go toward the creation of the hospital’s new Entry Plaza, where your elegant paving stone will be displayed.

To purchase, visit  
[www.hcgh.org/content/entryplazacampaign.htm](http://www.hcgh.org/content/entryplazacampaign.htm)  
or call 410-740-7840.



**HOWARD HOSPITAL  
FOUNDATION**  
HOWARD COUNTY  
GENERAL HOSPITAL

## April *(continued)*

### Cherrybration Days–Hills of Milltown 5K Challenge

**Saturday, April 30/8:30** a.m.

Ellicott City, MD

Mark the start of the festivities as Ellicott City kick-offs its Cherrybration Celebration, in support of Blossoms of Hope and Howard County’s Claudia Mayer Cancer Resource Center. Visit [www.blossomsofhope.org](http://www.blossomsofhope.org) for more information.

### CPR Across Howard County

**Saturday, April 30/9–noon.** Free.

HCGH Wellness Center

American Heart Association Family & Friends CPR for the adult and child victim. This course is for the community and is not a certification course.

## May

### CUTS Against Cancer Cut-a-thon – New Date & Location!

**Sunday, May 15/11** a.m.–4 p.m. Free.

Medical Pavilion at Howard County

Haircuts, manicures, seated massages, raffles, auction items and more to benefit the Claudia Mayer Cancer Resource Center. For details, contact 410-381-2440 or [abroccolino@hcgh.org](mailto:abroccolino@hcgh.org) or visit [www.hcgh.org/cmcr](http://www.hcgh.org/cmcr).

### Fitness and Sports Medicine Clinic

**Saturday, May 21/11** a.m.–3 p.m. Free.

Upper Level outside J. Crew in The Mall in Columbia

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

### 21st Annual Benefit Golf Classic

**Monday, May 23/10:30** a.m.

Turf Valley Resort, Ellicott City

Registration: 10:30 a.m., Lunch: 11 a.m., Tee time: noon

All proceeds from our Annual Benefit Golf Classic will benefit HCGH. Register now to secure your tee time by calling the Howard Hospital Foundation at 410-740-7840.

For a complete listing of all the Howard County General Hospital events, please visit [www.hcgh.org](http://www.hcgh.org).