Get The Scoop:
HCGH's New Campus Development Plan
Planning for the Bird Flu
Breast Cancer Update
Dear Friends,

This is a very special issue of Wellness Matters as we discuss our future and explain the plans for our upcoming Campus Development Project. As we get ready to kick off our Capital Campaign to help fund this project, I would like to acknowledge the early individual, corporate, state, and county support we have received. Our goal for the campaign is $20 million, and we need the support of all the residents of Howard County to achieve that goal.

Our Campus Development Plan, complete with a new, all-private-room patient tower, will allow us to provide you with the high level of care you deserve in a safer, more efficient environment. I invite you to read more about our Campus Development Plans and catch a glimpse of what our new patient tower will look like on pages four through seven. The first part of this project begins in August as we begin construction of our new Behavioral Emergency Unit.

On another note, the article on page 12 on bird flu pandemic planning is significant to all Howard County residents as this work will create a baseline model for handling other disasters, such as terrorist, biological, or natural disasters. Our county lends itself to this type of preparedness because of its size, strategic location, community resources, and, most importantly, its community spirit of involvement. The hospital is pleased to be working with such groups as Howard County Health Department, The Horizon Foundation, the Howard County Medical Reserve Corps, the Critical Event Preparedness and Response Office of Johns Hopkins (CEPAR), and the Community Emergency Response Network (CERN).

I would also like to welcome Chase Brexton, a federally qualified health center, to Howard County. Chase Brexton will be providing health care to those previously served by the Health Alliance, which was a totally volunteer-driven organization. The new Chase Brexton Center will be able to offer a more comprehensive scope of services to those residents of our community. Special thanks must be given to the Health Alliance founder Dr. Gary Milles and more than 300 dedicated individuals—volunteer physicians, nurses, and health care professionals—for their many years of service to people in our county who did not have a physician or health care provider. The Health Alliance represented a great volunteer effort and a true community asset.

In closing, kudos to Evelyn Bolduc and the Howard Hospital Foundation staff, the sponsors, volunteers, golfers, and the Golf Committee headed by Gary Rosenbaum for all their efforts in making our 2006 golf tournament such a success.

As always, your partnership with, and support of, the hospital are what make Howard County General a special community resource that continues to grow to meet your needs.

Victor A. Broccolino
President and CEO
Howard County General Hospital
FOCUS THIS ISSUE

New Campus Development Plan

Get the scoop on HCGH’s future building plans and take a peek at what your hospital will look like.

8 Wellness Classes
Classes to prepare for parenting, improve your well-being, and develop a more healthy lifestyle.

12 The Bird Flu
Just what is the Bird Flu? Discover how Howard County General Hospital is working with the county to keep you safe.

14 Breast Cancer Update
Learn what breast reconstruction options you have following breast cancer treatment. Read how our survivors are reaching out to others.

16 On the Board
Meet our board members — an important resource to us and our community.

17 Giving Matters
Make your mark by donating to the Howard Hospital Foundation. The new Campus Development Plan will offer many giving opportunities.

18 Hospital News
Learn what’s new at HCGH and Johns Hopkins Medicine.

20 Mark Your Calendars
Events to keep you healthy and help others.

Wellness Matters • Volume 10, No. 3

Wellness Matters is published quarterly 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. Please direct questions and comments regarding Wellness Matters to the Public Relations Department at 5755 Cedar Lane, Columbia, MD 21044-2912, 410-740-7810. Hospital Information: 410-740-7890; TDD: 410-740-7990; www.hcgh.org.

Public Relations
Mary Patton, director

Writing/Editing
Bonnie Heneson Communications

Design
Fredlund & Company

Custom Photography
Carl Caruso

Special Thank You To
RLO Contractors for use of their construction vehicles and location site for cover photo.

BOARD OF TRUSTEES
Beverly J. White-Seals, Chair
W. Brian McGowan, Vice Chair;
Interim Treasurer
Ann B. Mech, JD, RN, Secretary
Vivian C. Bailey,**
Evelyn T. Bolduc
Victor A. Broccolino*
Adinarayana Divakaruni, M.D.
George L. Doetsch, Jr.
Miniam F. Dubin
H. Elizabeth Horowitz
Harry L. Lundy
Michael G. Macon, M.D.*
Robert T. Manfuso
Ronald R. Peterson *
Alton J. Scavo
G. Daniel Shealer, Esq.
Henry M. Seidel, M.D.
Michael E. Silverman, M.D. *
Howard County General Hospital, Inc.
Victor A. Broccolino, president/CEO
Howard Hospital Foundation
Evelyn T. Bolduc, chair
Howard County General Hospital Professional Staff
Michael G. Macon, M.D., president
Volunteer Auxiliary
Barry M. Hart, president

*Ex-Officio Trustee **Trustee Emeritus
Supporting the Future Face of Howard County General Hospital

Howard County General Hospital is embarking on a new 233,656-square-foot construction/renovation project in the following pages. With the support of community members like those noted in the following pages, the hospital will be able to continue its effort to meet the health care needs of the growing community.

The Campus Development Plan will include a new four-story, five-level tower that will house three inpatient floors as well as space for outpatient services and support departments. Renovation of 122,970 square feet of existing hospital space will involve nearly every level of the existing hospital building.

Promoting Patient Safety and Better Outcomes
Patient safety and improved quality of care are the driving forces behind the design of the new inpatient units of the Campus Development Plan. In addition to 90 new private rooms, nearly all of the existing semi-private rooms will be converted through renovation to fully private rooms, adding a total of 42 new inpatient beds.

“Howard County General Hospital, with its affiliation to Johns Hopkins, has done an outstanding job of meeting the health care needs of our citizens since it opened its doors in 1973. The hospital’s ability to do so has been challenged as our population has grown and our residents have aged. County Government understands the need to prepare for increasing health care demands, and our pledge of $3 million to support the hospital’s expansion represents our commitment to the health and well-being of all our citizens.” — Jim Robey, Howard County Executive
**Expanding Capacity**
With the addition of these 42 beds, the hospital will be better able to accommodate a larger volume of patients. About half of hospital inpatient admissions come through the Emergency Department (ED). The additional rooms should reduce ED wait times, increasing patient satisfaction, patient safety, and emergency department capacity.

**Dedicated Critical Care Floor**
Upon completion of the new patient tower, the entire third floor will be dedicated to providing a continuum of care for the sickest patients, with the current Intensive Care Unit (ICU), a new Progressive Care Unit and a new Cardiac/Telemetry Unit.

**State-of-the-Art Operating Rooms**
The project includes the renovation and upgrade of two existing operating rooms. Each of the new 600-square-foot operating rooms can accommodate the equipment and staffing necessary for complex orthopedic, vascular and general surgery cases.

**Giving from the Heart**

Bruce Pfeufer, a 50-year resident of Baltimore County, feels that it is important to recognize the positive in life. When his Howard County General Hospital physician, Dr. Warren Ross, discovered a looming, life-threatening problem with Bruce’s heart, Bruce underwent surgery at Johns Hopkins. Because of Dr. Ross’ proactive approach, Bruce is alive today and eternally grateful to Dr. Ross.

To show his appreciation, Bruce has recognized Dr. Ross through his donations to the Howard Hospital Foundation. In the last 2001-2002 capital campaign, Bruce had a room named in Dr. Ross’ honor as well as a room named in memory of his parents and an additional Radiology Room named to honor a friend.

“I have enjoyed being able to help the hospital. They have been wonderful to me and have treated me with kindness and respect,” notes Bruce. “I look forward to once again supporting the hospital in their upcoming campaign.”

Bruce’s support of HCGH extends beyond his monetary contributions to the donation of his time. Last year alone, he volunteered close to 500 hours working in various capacities at HCGH.

Bruce Pfeufer pictured with Dr. Warren Ross and his wife Arlene at a recent dinner held to honor Dr. Ross.
In Matthew’s Memory

In 1999, Anne and Jay Jang were expecting their first child. Matthew was born two months premature and spent nine days in the Howard County General Hospital Neonatal Intensive Care Unit (NICU) before he passed away from an infection.

“At that time, the NICU was very, very small and located in the hospital’s basement,” says Jay. “Families were huddled around the incubators with very little privacy. After Matthew passed away, we grieved, and then decided we wanted to be of help to others who were in our place.”

The Jangs began participating in the hospital’s Annual Giving Program, earmarking their donations to the NICU in honor of Matthew. “Little did we realize that the expansion of the ‘basement NICU’ would grow into the wing it is today,” says Jay. “It is obvious that the hospital is committed to the community as it continues to grow.

“As a resident of Howard County, we are fortunate to have a hospital like Howard County General Hospital in our community. Our daughter, Sarah, was born there in 2000. The service the hospital has provided to my family has consistently been top notch. I hope that our community will support the hospital in its efforts to care for all of us.”

“W. R. Grace & Co. has approximately 500 employees in Columbia, with a large majority residing in Howard County with their families. Our support of the hospital’s expansion contributes, not only to the health and well-being of our employees and their families, but also to the community in which they live and work.”

— W. Brian McGowan, Sr. Vice President, W. R. Grace & Co.

Parking Structure

A 660-space parking structure will be erected on the hospital campus and is expected to house employee vehicles, increasing access to surface parking closer to the hospital for patients and visitors.

New Outpatient Center

A new, centralized Outpatient Center will be located on the first floor of the new tower. The state-of-the-art area will centralize Outpatient Services, including Physical Therapy, Occupational Therapy and Speech-Language Pathology as well as Cardiac and Pulmonary Rehabilitation, the Diabetes Management Program, and the Anticoagulation Clinic.
This is My Hospital and Giving Starts at Home

Since joining Howard County General Hospital in 1992, Sree Murthy has worked in numerous departments, but her one career goal has remained steadfast—to care for others. Currently, Sree is enjoying her work at HCGH as an admitting counselor.

Speak with Sree and you cannot help but notice that she feels passionate about Howard County General Hospital. “And I ask you, how can anyone not support this hospital?” says Sree. “I live in Howard County. Howard County General Hospital is MY hospital. I have been a patient here 10 times myself. I have had a code blue and lived. But truly, the hospital is not just for the patients—it is about maintaining the whole community’s health.”

To support HCGH, Sree has regular donations deducted from her paycheck and sent to the Howard Hospital Foundation. “I know I am not giving millions,” says Sree. “But every object they buy is so costly. The hospital needs every bit of help. As an employee, when we tell the community we care, we must realize that it always starts at home. By supporting the Foundation, I am supporting the community. Even at retirement, I plan to volunteer here. And, upon my death, I intend on leaving a donation to the hospital.”

Sree Murthy, HCGH Admitting employee, supports the hospital in so many ways.

“This is a HUGE commitment that Howard County General Hospital is making to the community. It is not just a commitment to the residents. It is a commitment to companies who are here and to those which will come. The hospital is a tangible asset to businesses whose employees will work and live here.

I cannot imagine this community without Howard County General Hospital. It grew up with us, and as we mature, to serve us, the hospital has needs. Without question, The Rouse Foundation felt very strongly this gift would directly benefit the hospital’s effort to continue to meet the needs of the people it serves.”

— Alton Scavo, Board Member, The Rouse Foundation

Welcoming Amenities
Renovations of the main lobby will feature a new, roomy and well-appointed space, which will include the Information Desk, Admitting Department, Café and expanded gift shop.

New Space for Support Services
The Laboratory, Pharmacy and Information Technology Services will be expanded significantly to incorporate the latest in state-of-the-art technology.

Campus Development Plan Construction Facts:
◆ 110,686 square feet of new construction
◆ New four-story, five-level patient tower
◆ Construction of a 660-car parking structure
◆ Estimated completion date: 2009

Major Renovations:
◆ Renovation of 122,970 square feet of current space
◆ Renovate main lobby and expand ancillary care support areas
◆ Convert existing Medical/Surgical Units to all-private room units
◆ Estimated completion date: 2010
Wellness classes  fall 2006

**Improving Your Health**

- **PRE-DIABETES: WHAT IS IT AND WHAT CAN YOU DO ABOUT IT?**
  If you have been told you have pre-diabetes or abnormal blood sugar, you are at risk for developing diabetes. This class will help you to understand what pre-diabetes is and how to make changes to prevent or delay developing actual diabetes. September 13, 7-9 p.m. Ambulatory Care Center. $15.

- **LIVING WITH DIABETES**
  Johns Hopkins Education at Howard County General Hospital. A two-day program recognized by the American Diabetes Association and designed for people of all ages with diabetes. Learn how you can be an expert at managing your own diabetes from presentations by an endocrinologist, podiatrist, psychologist, diabetes nurse educator, and diettian. May be covered by your medical insurance. September 6-7, September 29-30, October 20-21, 8:30 a.m.-3 p.m. Ambulatory Care Center. Call 410-740-7695 for information.

- **INDIVIDUALIZED DIABETES MANAGEMENT**
  Learn from a certified diabetes nurse educator how to manage your diabetes. For information or an appointment, call 410-740-7695.

**Dietary Counseling**

Nutritional counseling with a registered dietitian to discuss your dietary concerns and goals including dietary requirements for healthier bones, high blood pressure, elevated cholesterol, or for those wanting to maintain a vegetarian diet. $25 for a half-hour visit. Appointments are scheduled on Tuesdays and Thursdays between 9:30 a.m. and 2 p.m.

**Individualized Weight Loss Counseling**

For school-age children and adults, this program offers the participant and cook in the family individualized nutritional counseling with a registered dietitian. $25 for a half-hour visit. Appointments are scheduled on Tuesdays and Thursdays between 9:30 a.m. and 2 p.m.

**Special Events**

- **FOCUS ON WOMEN’S HEALTH**
  **September 28**
  8:30 a.m.-5:30 p.m.
  HCGH Wellness Center
  Includes Women’s Health Check and Free Activities

- **The Women’s Health Check**
  This test measures 18 body chemicals, cholesterol (HDL, LDL, and triglycerides), blood cell count, and thyroid stimulating hormone levels to check thyroid function. By appointment only. $50.

- **Free Activities**
  Participants receive body fat analysis, learn breast self-exam techniques, visit healthy snack display, have blood pressure tested, and height and weight measured. Activities are on a walk-in, first-come, first-serve basis.

- **MAMMOGRAMS**
  Howard County General Hospital will provide $50 screening mammograms in October for women without symptoms of breast disease. Remember, early detection saves lives. Availability is limited. Call 410-740-7900 to schedule an appointment. In addition, HCGH works in conjunction with the Howard County Health Department to provide free mammograms to qualifying women. To determine eligibility and schedule an appointment, call the Howard County Health Department at 410-313-2333.

- **Nutrition and Cancer**
  Individualized, three-session counseling program with a registered dietitian. Examines diet as part of wellness. For those who wish to modify their diets to help lower their risks of certain cancers and those who are undergoing treatment for cancer. $90. Call for dates and times.

- **Pulmonary Rehabilitation**
  An eight- to 12-week program designed to decrease the debilitating symptoms of Chronic Obstructive Pulmonary Disease through exercise therapy, education, and emotional support. HCGH Rehabilitation Services Dept. Call 410-740-7869 for information and appointment.

- **Cardiac Rehabilitation Phase III/IV**
  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. HCGH Rehabilitation Services Dept. Call 410-740-7869 for information and appointment.

- **Yoga**
  Eight-week class concentrating on basic yoga postures to improve muscular strength, tone, balance, and flexibility. Participants will experience breathing techniques, increased concentration, relaxation to promote self-awareness, and an increased sense of well-being. Taught by Anne Pogue, BS, CMT. Yoga I: September 26-November 14. Yoga II: September 27-November 15, 7-8 p.m. $80 per session.

---

410-740-7601 (general information & registration)  •  www.hcgh.org (online pre-registration)  •  800-850-3137 (long distance only, please)
**Improving Your Health**

**THE MALL MILERS**
Walking for health program at The Mall in Columbia. Cosponsored by Howard County General Hospital, area agencies, and local businesses. Blood pressure screenings available the second Tuesday of each month. Free. Call 410-730-3300 for details.

**PRESSURE SCREENING AND MONITORING**
Howard County General Hospital 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, 1125 St. Michael’s Road, Mt. Airy: 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. Florence Bain Senior Center: Every other Thursday of each month, 10:30 a.m.-noon. Call 410-313-7213 for dates. Free.

**COMPLEMENTARY THERAPY AND FITNESS PROGRAMS**
Exercise in a comfortable, relaxed atmosphere with friendly, knowledgeable exercise physiologists who also can provide personal training. Take advantage of one-on-one sessions with our golf physical therapists to improve your golf body making your game more powerful, efficient, consistent, and eliminating injuries with our “wHole-In-One” Golf Body Enhancement Program. Also, enjoy the many benefits of massage therapy and acupuncture. For program details contact Central Maryland Rehabilitation Center at 410-312-9000.

**MayBe Baby?**
Health Issues to Consider Before Pregnancy
Learn about the health-related issues involved in preparing to start a family. September 21, 7-8:30 p.m. Presented by Ob/Gyn Christine Richards, M.D. Free.

**MAYBE BABY?**
Financial Issues to Consider Before Pregnancy
November 16, 7-8:30 p.m. HCGH Wellness Center. Free.

**PREPARED CHILDBIRTH PROGRAM**
Five-part program to prepare for the birth of your baby. Call or go to www.hcgh.org for more information.

**REFRESHER CHILDBIRTH PROGRAM**
For couples who have attended a previous childbirth program. Breathing and relaxation exercises are practiced. HCGH Wellness Center. Call or go to www.hcgh.org for more information.

**CHILDBIRTH WEEKEND**
Expectant couples will learn about childbirth preparation over a two-day period during this weekend program. Call or go to www.hcgh.org for more information.

**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.

**POSITIVE PARENTING**
This four-week workshop for parents covers a variety of techniques and educational how-tos regarding stress and anger management, discipline, communication, nurturing, child safety, and school success. Cosponsored by The Family Tree. Thursdays September 7-28, 7-9 p.m. HCGH Wellness Center. Free.

**INFANT CARE**
Two-part course designed to prepare parents, grandparents, and caregivers for the care of an infant. Lecture, group discussion, and hands-on practice are used to enhance learning. Topics include newborn appearance, feeding, sleeping, crying, signs of illness, care of the newborn, and parenting roles. Newborns welcome. For prenatal and postnatal couples. HCGH Wellness Center. Call or go to www.hcgh.org for more information.

**LACTATION CLINIC**
Prenatal breast assessment and lactation clinic visits after discharge are available by appointment with a certified lactation consultant. Call 410-740-7830 for information.

**BREASTFEEDING**
Learn advantages, preparation techniques, and ways to prevent and manage feeding problems. Practical tips for successfully combining career and breastfeeding will be discussed. Taught by a nurse lactation consultant. Newborns welcome. For prenatal and postnatal couples. HCGH Wellness Center. Call or go to www.hcgh.org for more information.

**INFANT MASSAGE**
For parents/caregivers and baby. Bring a pillow and towel. Massage oil provided. Recommended for babies age one month to 12 months. Taught by Mari K. Sullivan, RN, Certified Infant Massage Instructor. HCGH Wellness Center. Saturday, September 23, 10-11 a.m. $20.

---

**Healthy Families**

**MAYBE BABY?**
Health Issues to Consider Before Pregnancy
Learn about the health-related issues involved in preparing to start a family. September 21, 7-8:30 p.m. Presented by Ob/Gyn Christine Richards, M.D. Free.

**MAYBE BABY?**
Financial Issues to Consider Before Pregnancy
November 16, 7-8:30 p.m. HCGH Wellness Center. Free.

**PREPARED CHILDBIRTH PROGRAM**
Five-part program to prepare for the birth of your baby. Call or go to www.hcgh.org for more information.

**REFRESHER CHILDBIRTH PROGRAM**
For couples who have attended a previous childbirth program. Breathing and relaxation exercises are practiced. HCGH Wellness Center. Call or go to www.hcgh.org for more information.

**CHILDBIRTH WEEKEND**
Expectant couples will learn about childbirth preparation over a two-day period during this weekend program. Call or go to www.hcgh.org for more information.

**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.

**POSITIVE PARENTING**
This four-week workshop for parents covers a variety of techniques and educational how-tos regarding stress and anger management, discipline, communication, nurturing, child safety, and school success. Cosponsored by The Family Tree. Thursdays September 7-28, 7-9 p.m. HCGH Wellness Center. Free.

**INFANT CARE**
Two-part course designed to prepare parents, grandparents, and caregivers for the care of an infant. Lecture, group discussion, and hands-on practice are used to enhance learning. Topics include newborn appearance, feeding, sleeping, crying, signs of illness, care of the newborn, and parenting roles. Newborns welcome. For prenatal and postnatal couples. HCGH Wellness Center. Call or go to www.hcgh.org for more information.

**LACTATION CLINIC**
Prenatal breast assessment and lactation clinic visits after discharge are available by appointment with a certified lactation consultant. Call 410-740-7830 for information.

**BREASTFEEDING**
Learn advantages, preparation techniques, and ways to prevent and manage feeding problems. Practical tips for successfully combining career and breastfeeding will be discussed. Taught by a nurse lactation consultant. Newborns welcome. For prenatal and postnatal couples. HCGH Wellness Center. Call or go to www.hcgh.org for more information.

**INFANT MASSAGE**
For parents/caregivers and baby. Bring a pillow and towel. Massage oil provided. Recommended for babies age one month to 12 months. Taught by Mari K. Sullivan, RN, Certified Infant Massage Instructor. HCGH Wellness Center. Saturday, September 23, 10-11 a.m. $20.

---

**MATERNAL-CHILD**
class information and registration forms are available by calling 410-740-7601 or online at www.hcgh.org.

---

**Coping for Our Community**

**Wellness Matters • Fall 2006**
Improving With Age

BE SEATED
Ongoing seated fitness program geared to adults age 50 and older. Through gentle movements, increase your range of motion and build muscle strength. Cosponsored with the Howard County Department of Recreation and Parks. Tuesdays and Thursdays, 10-10:45 a.m. Roger Carter Recreation Center. $24 (16 classes). Call 410-313-7275 for information.

AGEWELL
Ongoing senior exercise program for people age 60 and older. Cosponsored with Howard County Office on Aging. Available in five locations throughout Howard County. Call Barbara Miller at 410-313-7213 for class dates, times, and locations.

AARP DRIVER SAFETY PROGRAM
American Association of Retired Persons’ (AARP) Driver Safety Program is a classroom refresher program designed to meet the needs of older drivers. Participants must be age 50 or older. Some insurance companies give a discounted rate for completing this course. Call for dates and times. HCGH Wellness Center. $10.

FITNESS FUN FOR SENIORS
Exercise to music at your own pace for flexibility and fun. For age 60 and older. Cosponsored with Howard County Department of Recreation and Parks. Nine-week session (18 classes) starting September 11. $36. Call 410-313-7275 for class dates and times.

FREE Health Screenings

To register, call
410-740-7601
or online at www.hcgh.org.

DEPRESSION
Includes lecture, video, self-assessment, and an individual evaluation with a mental health practitioner. October 5, 3-5 p.m.

FAMILY VISION AND HEARING
Basic vision and hearing screening. Glaucoma screening for adults. October 26, 4-6 p.m.

PODIATRY
November 7, 5-7 p.m.

DIABETES
November 8, 9-11 a.m.

HEALTHY LIFESTYLES

FIRST AID
Learn to effectively assess and treat a wide range of ailments in emergencies. Lecture and hands-on training. Receive a three-year National Safety Council certification. September 16, 9 a.m.-3 p.m. HCGH Wellness Center. $60 (includes book).

FREEDOM FROM SMOKING
The best way to improve your health is to stop smoking. Our program offers support and strategies to assist you in achieving your goal. It is not necessary to quit smoking by the first class. Eight classes beginning September 5, 7-8:30 p.m. HCGH Wellness Center. $60.

WOMEN’S SELF DEFENSE
Women age 16 and up learn practical, easy self-defense techniques. Students will practice highly effective and easy to learn techniques designed for adult situations. Saturday, November 4, 9 a.m.-12 p.m. $45.

COMPUTERIZED BODY ANALYSIS
Includes lean body mass-to-fat ratio, estimated basal metabolism, exercise guidelines, calories burned while exercising and suggested weight loss. HCGH Wellness Center. Initial analysis, $15; repeat studies within six months, $10 each. October 21 8:30 a.m.-12 p.m.

DEPRESSION
Includes lecture, video, self-assessment, and an individual evaluation with a mental health practitioner. October 5, 3-5 p.m.

FAMILY VISION AND HEARING
Basic vision and hearing screening. Glaucoma screening for adults. October 26, 4-6 p.m.

PODIATRY
November 7, 5-7 p.m.

DIABETES
November 8, 9-11 a.m.

The Breast Cancer Journey:
An Evening of Hope, Inspiration, and Healing
October 11, 6:30-9:30 p.m.
Sheraton Columbia Hotel
Complimentary dinner will be served. Free.
Hear the touching stories of breast cancer survivor Stacey Keen, M.D. and other women who have inspired us with their strength and hope through their breast cancer journey.
Learn the latest news about breast health care in Howard County.
Registration is required.
SELF-DEFEENSE FOR YOUNG WOMEN
Learn physical and psychological strategies of self-defense. Also discusses concepts of self-image, self-esteem, and assertive behavior. For ages 12-14 years. October 21, 9-11 a.m. $30.

ESSENTIALS IN BABYSITTING
Learn how to effectively manage children, create a safe environment, and apply emergency techniques. Certificate of attendance provided. Cosponsored with Health Quest, Inc. August 26, September 9, October 7, 9 a.m.-2 p.m. HCGH Wellness Center. $46 (includes lunch).

KIDS SELF-DEFENSE
Children age eight to 12 will learn basic principles of safety awareness and age-appropriate self-defense techniques. Program includes discussion, role-playing, and practice. Saturday, September 30, 9-11 a.m. $25.

PEDICATRIC PREOPERATIVE TOUR
For children ages three to 12 and their parents. Visit the Children's Care Center and meet the staff. Space is limited; early registration is advised. Call 410-884-4848 for dates and times. Free.

SIBLING PREPARATION TOUR
Help siblings-to-be prepare for baby's arrival. Children ages four to 12 can tour the hospital. Early registration is advised. Howard County General Hospital. Free. Call for dates and times.

REGISTRATION ONLINE FOR YOUR PROGRAM NOW!
Howard County General Hospital • Wellness program registration fall 2006

Unless otherwise noted, classes will be held at HCGH Wellness Center. For more information about courses listed, call Howard County General Hospital Wellness Center unless another number is listed. Advance registration is required for all classes and programs. MasterCard and VISA are accepted for payment. Make checks payable to HCGH. If a refund is requested, a $25 processing fee will be charged. There is a $25 charge for all returned checks. Please note that classes may be cancelled due to low enrollment.

410-740-7601 (general information & registration) 800-850-3137 (long distance only, please)
410-740-7990 (TDD) www.hcgh.org (online registration)
What is Bird Flu?
Bird flu is caused by an avian influenza virus and occurs naturally among birds. While wild birds across the world can carry the virus in their intestines, the highly contagious nature of the current H5N1 strain of flu makes domestic birds, including chickens, ducks, and turkeys, susceptible to becoming very sick and dying.

How Can Humans Contract Bird Flu?
H5N1 is one of the few avian influenza viruses that have spread to humans and potentially is one of the most deadly of those that have crossed the species barrier. Most cases of H5N1 infection have occurred as a result of contact with either infected poultry—dead or alive—or surfaces contaminated with bodily fluids of infected birds. There is no evidence that properly cooked poultry or eggs can be a source of infection for bird flu. In addition, the spread of bird flu from person to person has been reported very rarely, and no H5N1 infection has yet (as of this printing) to occur within the United States in birds, animals or people.

How Does It Affect Humans?
The flu virus is usually passed by respiratory particles when one person sneezes or coughs within close proximity to another person. Human symptoms of bird flu range from those experienced with seasonal flu (fever, cough, sore throat, and muscle aches) to more severe respiratory complications, and other life-threatening conditions, such as pneumonia.

How is Bird Flu Treated?
Most H5N1 viruses that have caused human illness or death seem to be resistant to the two most common antiviral medications used to treat flu patients. However, there is evidence that newer antiviral drugs, such as Tamiflu (Oseltamivir), may help prevent or treat human infections. There is no vaccine currently available to protect humans from the virus, though research is underway to develop vaccines that will protect humans against the virus.

Will Bird Flu Turn into an Influenza Pandemic?
Scientists believe that most influenza pandemics develop from an avian influenza virus that has mutated into a form that can more easily infect humans and spread rapidly around the world. There is no way to know with certainty if the current avian influenza, causing limited cases among humans, will turn into a pandemic. It is possible that the current avian flu virus may mutate and gain the ability to spread efficiently from human-to-human. The virus may also mutate to become less or more deadly.
How is Howard County Preparing for a Pandemic Influenza?

Many of the efforts to prepare for pandemic flu are the same as those necessary to prepare for other emergencies, including acts of bioterrorism. The Howard County Health Department, working with other local and state agencies, has created plans to respond to such events, including ways to deliver large quantities of vaccine and medications to county residents and rapidly communicate useful health information and instructions. The Health Department also is working with Howard County General Hospital to increase capacity to handle the very large number of ill people that will likely require care during a pandemic or other emergency event. “Only by working together as a team can the Health Department, Howard County General Hospital, our many partners, and county residents reduce the potential damage of an influenza pandemic,” says Dr. Penny Borenstein, Howard County Health Department health officer.

What Can I Do to Reduce My Risk from Pandemic Flu?

✔ Get an annual flu shot. Though this may not protect against an avian or other pandemic flu virus, it may keep you from getting sick from the regular seasonal flu that circulates every year. This will allow medical care providers to focus on people sick with the pandemic flu virus.

✔ Avoid infection through frequent hand washing and avoiding people with active signs of respiratory disease (e.g., coughing, sneezing).

✔ Teach your children and others close to you to cover coughs and sneezes with a tissue or use of a shirtsleeve if tissues are unavailable.

✔ Stay home if you are sick. This will help you recover and prevent the spread of disease to others.

✔ Follow instructions that will be provided by your local Health Department in the event of a pandemic flu outbreak.

For more tips on planning for your family during a pandemic, visit www.pandemicflu.gov and click on “Individuals and Families.”

“IT is critically important to realize that there have not been any confirmed cases of avian influenza among birds and especially among humans in the United States. We need to use this opportunity to prepare for any future cases. Not only should healthcare providers be current on avian influenza, but public awareness of the disease and the available resources must also be appropriately emphasized.”

According to Dr. Kody Modjtabai, an infectious disease specialist on staff at Howard County General Hospital,
With cancer being detected earlier and treatment options improving, the number of those surviving breast cancer is on the rise. The American Cancer Society (ACS) estimates that there are currently more than two million women living in the United States who have been treated for breast cancer.

These survivors, who have had partial or full mastectomies or received radiation treatment, often are left with asymmetrical breasts. According to Dr. Ronald Luethke, a plastic surgeon of staff at HCGH, “With newer, less toxic, molecular-targeted treatment methods, women are living longer with significant improvements in quality of life. Likewise, women are interested in improving the comfort and appearance of their breasts after treatment. Now there are several techniques available to achieve the quality and symmetry of the remaining breasts. Even if you have had previous reconstruction, residual deformity or asymmetry can oftentimes be addressed with these methods. New technological advances currently provide breast cancer patients with a number of plastic surgery reconstruction options.”

**Tissue Expanders, Breast Implants and Tissue Transfers**

One reconstruction option is the use of a man-made device such as a tissue expander. It has increased the options and allowed fine tuning of the final result. “The majority of patients choose either a saline-filled or silicone-gel breast implant, which continues to work quite well,” notes Dr. Luethke. “Modern implants are safe and offer good long-term data on implant success. Advances in tissue engineering now provide additional materials. Nipple reconstruction has advanced to the point where most are performed as a same-day procedure under local anesthesia and patients can return to normal activity almost immediately.”

Another option is a tissue flap procedure, which involves taking a section of skin, fat and muscle from your stomach, back, chest, hip or buttocks. These flaps can be safely repositioned in selected patients to provide needed missing tissue which may be relocated and used to reconstruct the breast.

The unaffected breast can also be lifted, reshaped or reduced in size to create symmetry. The majority of these procedures can be safely performed on an outpatient basis by plastic surgeons specially trained in these methods. Some patients may benefit from a combination of well-established techniques.

According to Dr. Mitchel Kanter a plastic surgeon specializing in plastic surgery of the breast on staff at Howard County General Hospital, “Breast reconstruction can be performed during the same surgery when the cancer is removed or done in a second operation six to 12 months later. There is a natural tendency to do as much as possible...
within one operation, but with breast cancer treatment becoming more complex, it can affect reconstructive efforts. Thus, plastic surgeons are tending to recommend delayed reconstruction in certain cases.”

While there certainly are pros and cons with each of the surgical options as well as the timing of your reconstruction, only you and your doctor can determine which method is right for you.

For a referral to a plastic surgeon on staff at Howard County General Hospital, call 410-740-7750 or visit www.hcgh.org.

Survivors Offering Support

HCGH lends a hand to breast cancer patients

As a breast cancer survivor, you know firsthand how important it is to feel supported during this time. To further this cause, The Center for Breast Care at HCGH has recently launched a new support program for women with breast cancer. Funded in part by the Susan G. Komen Breast Cancer Foundation, Survivors Offering Support (SOS) is an all-volunteer network of breast cancer survivors who are matched with newly diagnosed women. The mentors share insights and provide emotional and informational support throughout the patient’s treatment. HCGH is currently recruiting breast cancer survivors to serve as SOS mentors. If you are a breast cancer survivor or know one who would like to volunteer for the Survivors Offering Support network, please contact Denise O’Neill at 410-884-4574 or e-mail doneill@hcgh.org.

The Breast Cancer Journey: An Evening of Hope, Inspiration, and Healing

October 11, 6:30-9:30 p.m.
Sheraton Columbia Hotel
Complimentary dinner will be served. Free.

Hear the touching stories of breast cancer survivor Stacey Keen, M.D. and other women who have inspired us with their strength and hope through their breast cancer journey.

Learn the latest news about breast health care in Howard County.

Registration is required.
From his vantage point as President of The Johns Hopkins Hospital and Health System, Ron Peterson has had a bird’s-eye view of the evolution of Howard County General Hospital since it partnered with Johns Hopkins Medicine in 1998.

“Howard County General Hospital’s growth is really quite significant,” says Mr. Peterson. “In addition to the physical facility, important operational changes have evolved, including improvements to patient safety and service excellence. We have also seen a nice balance in the interaction between Howard County General Hospital’s community-based physicians and Hopkins-based faculty. We have worked together to look for opportunities to offer complementary services in subspecialties and ways to collaborate with Howard County General Hospital to bring new services to the county.”

As far as HCGH’s plans for the upcoming campus development, Mr. Peterson looks forward to not only the addition of beds but also the reconfiguration of hospital space. “This is a very exciting time, and I am pleased that Howard County General Hospital is able to proceed with a definitive plan for campus redevelopment,” says Mr. Peterson.

Mr. Peterson serves on the boards of numerous not-for-profit organizations including the Maryland Mentoring Partnership, Maryland Business Roundtable for Education and the Central Maryland United Way.

Mr. Orndorff also serves on the Board of Sandy Spring Bank. He and his wife Joyce reside in Clarksville.
The Campus Development Plan includes the construction of a five level tower, one level below grade and four above grade, renovations and enhancements to many existing areas in the hospital as well as a parking deck. The five level tower will be the center piece of the project and will include seven new or upgraded operating rooms, a new entrance, lobby, and rehabilitative services area, and three new nursing units with 30 private patient rooms in each unit. Private rooms have proven to increase patient safety, decrease the rate of infection, be more family friendly and offer more privacy, and to make more efficient use of patient rooms when admitting new patients.

Following the completion of the patient tower, renovations to existing patient rooms in the hospital will begin. After existing semi-private rooms are converted to private rooms, the hospital will realize a net gain of 42 additional rooms. Considerable infrastructure upgrades are also a major part of this project. These areas of the hospital are very rarely seen by the community but are vital to the function and operation of the hospital in order to provide state-of-the-art care to our patients. Two such areas are the pharmacy and laboratory which have been operating in the same space since 1988 and are in great need of expansion and upgrading to better serve our patients.

The last phase of the Campus Development Plan will be the construction of a parking deck to accommodate the increased number of vehicles coming to the hospital generated by the expansion.

Funding for our $85,000,000 Campus Development Campaign will come from three major sources: $40,000,000 of debt; $25,000,000 will be funded from the hospital’s operating cash; and, $20,000,000 must be provided by community philanthropy through the Campus Development Campaign.

Your Role: Campus Development Plan Funding

This expansion and renovation project offers our donors a myriad of reasons to give to their community hospital. Community members who support the hospital’s capital campaign can elect to receive recognition for themselves or someone else whom they choose to honor or memorialize. The Campus Development Campaign presents donors with a broad range of naming opportunities from the entire new tower or parking garage to a patient room or a piece of new equipment.

Generally, our appeal for donations from the community to benefit Howard County General Hospital offers a wide range of giving options including long term plans such as annuities and trusts through estate planning. However, our need for philanthropic dollars to fund the Campus Development Plan is immediate as the hospital will begin construction in late 2006.

The following chart illustrates three options for outright gifts to Howard County General Hospital, ensuring a current tax deduction and allowing the hospital the use of the gift immediately for the Campus Development Plan:

<table>
<thead>
<tr>
<th>Type of Gift</th>
<th>Your Benefits</th>
<th>Our Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash</td>
<td>Tax deduction; Possible naming opportunity; Enhanced community hospital</td>
<td>Immediate use for our Campus Development Plan</td>
</tr>
<tr>
<td>Securities</td>
<td>Tax deduction; tax avoidance on gain; Possible naming opportunity; Enhanced community hospital;</td>
<td>Immediate use of income or sale proceeds for our Campus Development Plan</td>
</tr>
<tr>
<td>Real property</td>
<td>Tax deduction; tax avoidance on gain; Possible naming opportunity; Enhanced community hospital;</td>
<td>Immediate use of property or its income or sale proceeds for our Campus Development Plan</td>
</tr>
</tbody>
</table>

To make a gift to the Howard Hospital Foundation in support or the Campus Development Plan, contact 410-740-7840.
Volunteer Nurses Needed

Nurses are needed for Howard County General Hospital’s Volunteer Nurse Program. The Nurse Volunteer Program is staffed by retired nurses who donate their time in making patients’ hospital stays more comfortable. Although they do not provide patient care, they serve as emotional and moral support, using their nursing skills of bedside companionship and therapeutic listening to help patients. If you are interested in becoming a volunteer nurse, call 410-740-7980.

Howard County General Hospital Announces Aronson Memorial Award Recipients

Centennial High School senior Caitlin Burr and Atholton High School senior Robert Hart Jr. are the 2006 recipients of the Aronson Memorial Award. The recipients, who were chosen for maintaining the highest grade point average while participating in at least two varsity sports, will each receive a $1,000 scholarship. The Aronson Memorial Award, sponsored by the HCGH Professional Staff, is dedicated to the late Dr. Barry Aronson, a fellow member of the professional staff who was an enthusiastic supporter and coach of school athletics.

Columbia Mommies and Babies Group forms from Healthy Families Howard County

After giving birth at Howard County General Hospital in the summer of 2005, fifteen women joined a first-time mother’s support group through Healthy Families Howard County. For two months last fall, the support group met weekly, sharing stories, asking advice, hearing guest speakers on everything from child safety to infant massage, and even shedding a few tears.

When the official class ended, these women, now friends, continued to meet. Daily emails are now sent, and an official Web site is up and running.

“I can’t imagine what my life would be like if I hadn’t met these amazing women last summer,” says one of the new moms. “When my son was in the hospital for surgery this spring, the mommies sent him balloons and cookies, made us a care package for the hospital, and cooked us several dinners. I’ve lived in many places and I’ve never had a group of friends as special as the Columbia Mommies and Babies”.

For information on the first time mom’s support group through Healthy Families Howard County, please call Judy Templeton at 410-715-3716 ext. 236.
HCGH Baby Returns to Beautify Hospital

When Brendan Carter was born at HCGH more than 15 years ago, he was given a 50/50 chance at survival. His parents credit the fine care of the neonatologists at HCGH for saving his life. For that reason and others, Carter decided to return and beautify his birthplace.

“Not only was I born here,” said Carter, “our family has shared many emotional times at this hospital, both happy and sad, and I just wanted to give back.”

As a long time Boy Scout, Carter chose to pursue his Eagle Scout award with a project to benefit the hospital. He worked for almost two years with Barbra Swann, director of Volunteer Services, and Mike Miller, project manager in Plant Operations, to develop a project that would meet the needs of the hospital and benefit the patients. The result is a beautifully landscaped garden, complete with benches, just outside the emergency entrance. “I really hope people are happy with the garden,” said Carter. “I hope they use the area to come outside, get some fresh air, and relieve some of the stress of being at the hospital.”

The project involved a lot of hard work for the freshman from Glenelg High School. While taking classes in the Advanced Placement Scholars Program, he had to fit in planning and strategizing for the garden. To meet the Eagle Scout requirements, Carter had to document his detailed planning process and have it approved. He also had to design the garden himself and personally solicit contributions from local businesses and individuals. With all of the preliminary work done, Carter’s family, friends, and fellow scouts from Glenwood Troop 72 spent a weekend helping him complete the project. The garden is now finished and ready for individuals to enjoy. And, once Carter completes the documentation, he will proudly receive his hard-earned Eagle Scout award.

Skin Biopsy Reveals Neuropathy

For years, patients with burning, pins-and-needles, “electric shocks” and other painful sensations could undergo nerve-conduction studies only to be pronounced perfectly normal. The problem, says Johns Hopkins neurologist Michael Polydefkis, wasn’t that these people where whiners with imagined pain. At fault was the evaluation test, which only picks up damage to nerves with large fibers. Small-fiber nerves—the kind that congregate in droves near the skin’s surface—were being ignored. Yet it is symptoms involving these tiny nerves that frequently herald the onset of peripheral neuropathies.

“How to gauge what’s going on, though, proved to be a challenge until Neurology Director John Griffin and HIV neurology expert Justin McArthur developed an evaluation method based on skin punch biopsy. The technique, launched Hopkins’ Cutaneous Nerve Lab, the world’s first large-scale undertaking to quantify the loss of sensory fibers.

Since most neuropathies usually begin in patients’ feet, says Polydefkis, who co-direct the lab with McArthur, a biopsy of the sural nerve near the ankle was long deemed the gold standard for diagnosing small-fiber peripheral neuropathy. But, aside from the procedure’s invasiveness, the piece of nerve that’s required limits the number of times it can be performed, meaning it’s not useful for checking disease progression.

With punch biopsy, a three-millimeter plug of skin is removed without the need for stitches. The sample is stained to reveal nerve-fiber density—“there’s a healthy, normative range,” Polydefkis says—and the test can be repeated to monitor whether, and how quickly, innervating fibers are disappearing.

The procedure has generated surprising findings about diabetes and its milder precursor, impaired glucose tolerance (IGT). Neuropathy has been thought for decades to be a late occurrence in patients with diabetes. But Polydefkis and colleagues have found in studies of unexplained neuropathy evaluated by skin punch biopsy that loss of small sensory nerve fibers is associated with IGT. In separate studies, they’ve also shown that regeneration of these nerve fibers is slowed in people with diabetes, even when there are no other signs or symptoms of neuropathy.

What all this means, Polydefkis says, is that we now have a relatively non-invasive test to diagnose peripheral neuropathy as well as strategies to assess promising neuroregenerative and neuroprotective drugs.

According to HCGH neurologist Dr. Merrill Ansher, neuropathy is a nerve disorder with symptoms such as numbness and sometimes pain in the hands, feet, or legs. These new findings offer a method of evaluating people for small fiber neuropathies.
Cuts Against Cancer
Sunday, August 20
10 a.m.–4 p.m.
Rafet’s Hairmasters

Pamper yourself while supporting a good cause. Some of the best-known salons in Howard County are offering haircuts and manicures at discounted prices during this special fundraising event. Hosted this year by Rafet’s Hairmasters at the Mall in Columbia, the event benefits the Claudia Mayer and Cancer Resource & Image Center. For more information, call Howard Hospital Foundation at 410-740-7840.

Healing Laughter
September 14, 7–8:30 p.m.
HCGH Wellness Center

Laughter and wellness go together. Learn how to lower your blood pressure, promote emotional healing, and strengthen your immune system by participating in laughter exercises. Presented by Heather Wandell, B.A., CLL. Free. Registration is required.

Focus on Women’s Health
September 28
8:30 a.m.–5:30 p.m.
HCGH Wellness Center

Includes Women’s Health Check and Free Activities

The Women’s Health Check
This test measures 18 body chemicals, cholesterol (HDL, LDL, and triglycerides), blood cell count, and thyroid stimulating hormone levels to check thyroid function. By appointment only. $50.

Free Activities
Participants receive body fat analysis, learn breast self-exam techniques, visit healthy snack display, have blood pressure tested, and height and weight measured. Activities are on a walk-in, first-come, first-serve basis.

The Breast Cancer Journey:
An Evening of Hope, Inspiration, and Healing
October 11, 6:30–9:30 p.m.
Sheraton Columbia Hotel

Hear the touching stories of breast cancer survivor Stacey Keen, M.D. and other women who have inspired us with their strength and hope through their breast cancer journey. Learn the latest news about breast health care in Howard County. Complimentary dinner will be served. Free. Registration is required.