Wellness matters

CARING FOR OUR COMMUNITY

Joint Replacement Surgery

Bullying Warning Signs

HOVARD COUNTY WELCOMES Cancer Survivor Lance Armstrong
Dear Friends,

This is an exciting time of growth for your community hospital. Our Campus Development Plan construction has begun, and, if you have visited our campus recently, you have seen the flurry of construction activity to revise traffic flow as we make preparations to break ground for our new patient tower and 550-car parking garage. For your convenience, we now offer complimentary valet parking to help ease your parking concerns.

Another exciting development for us, and the community, is the completion of our construction to expand our Perinatology Services. The Center for Maternal and Fetal Medicine at Howard County General Hospital offers women with high-risk pregnancies a broad spectrum of services including genetic counseling, fetal assessment, and 4D, state-of-the-art imaging under the care of our team of full-time perinatalogists. The newly expanded services, in combination with our level IIIb Neonatal Intensive Care Unit, provide our obstetrical patients with comprehensive care for high-risk deliveries close to home.

In support of our efforts to address emergency psychiatric needs, enhance the services we provide to the elderly and assess our ability to expand those services as well as improve access to care for lower income county residents, the Horizon Foundation recently pledged $950,000 to Howard County General Hospital over the next four years. This funding supports The Community Health Partnership, a joint initiative of the Horizon Foundation and Howard County General Hospital. The hospital has committed $2.1 million to the partnership, for a total commitment of approximately $3 million from the two organizations. More than $2 million of partnership funding will address the needs of older adults in Howard County, our community's fastest growing population segment. Other initiatives to benefit from the partnership are community primary care access and emergency psychiatric services.

Howard County General Hospital is proud to be a sponsor of the Ulman Cancer Fund's “10: THE EVENT – A Weekend to Celebrate a Decade of Helping Young Adults Fight Cancer,” featuring seven-time Tour de France champion and cancer survivor, Lance Armstrong. The event will be held October 26 and 27. In this issue, you will read about Lance's battle with cancer and the support he lends to the efforts to find a cure and provide resources to cancer patients and their families through his foundation's Livestrong Campaign.

In closing, I wanted to remind you that our 2007 Directory of Physicians, which provides a listing of the more than 700 physicians on our staff, was recently published. If you did not receive a copy, call 410-740-7810 or visit us at our booth at the Howard County Fair August 4–11.

I hope you and your family have a safe and healthy summer.

Sincerely,

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

Lance Armstrong on Cancer

Hear what Lance Armstrong has to say about his battle with cancer and his upcoming visit to Howard County.

6  Is Your Child Being Bullied?
What parents should know about the signs of bullying.

7  Wellness Classes
Classes from Maybe Baby to Aging Well and everything in between to keep you healthy.

11  Joint Replacement Surgery
Learn what you need to do before surgery and what to expect as you recover.

13  Hospital News
Discover what is new at HCGH.

14  Giving Matters
Read how members of your community have made a difference.

16  Mark Your Calendars

On the front cover: Lance Armstrong competing for the Discovery Cycling Team.
Photo compliments of the Lance Armstrong Foundation and the Ulman Cancer Fund for Young Adults.

Wellness Matters • Volume 11, 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.

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CARING FOR OUR COMMUNITY

contents  fall 2007
“I was a young adult with cancer, and I understand the unique challenges a young adult faces when battling cancer early in life. The Ulman Cancer Fund is dedicated to helping young adults across the country live beyond cancer to experience the possibilities and reach for the potential that is the promise of a young adult’s life.”

—Lance Armstrong

Howard County General Hospital and Lance Armstrong share a deep commitment to helping cancer patients LIVESTRONG. Through our association with the Ulman Cancer Fund for Young Adults, we recently had the opportunity to talk with Lance about his experiences with cancer and the Lance Armstrong Foundation (LAF).

Q. You speak passionately about “survivorship.” How does the LAF reach out to survivors who have endured treatment but are unsure about how to begin living again?

A. Being diagnosed with cancer changes a person forever. It is an overwhelming and confusing thing – particularly since there are so many types of cancer and so many outcomes. We know so much more now about the effects of cancer treatment on a person’s life. From infertility to depression to fear of recurrence and late-effects, like cardiac or cognitive problems, not to mention financial burdens – survivors often face many of these consequences in the wake of a cancer diagnosis.

While it is great that more people are surviving cancer, we know that the treatment often doesn’t leave people in great shape. It is one of the goals of the Lance Armstrong Foundation to provide information to people about the physical, practical and emotional consequences of cancer. It’s a big job and this information is in demand, and my Foundation and our partners are fully dedicated to it. We want to inspire and empower people with cancer.

Q. HCGH and the Ulman Cancer Fund for Young Adults believe that providing “navigators” for cancer patients is an effective tool for helping patients find their way successfully through the maze of treatment options and resources. What are some of the LAF programs available to help patients become more educated about their diagnosis and treatment?

A. The Lance Armstrong Foundation helps cancer survivors face the challenges and changes that come with cancer. We help you understand what to expect from your cancer experiences and know the right questions to ask, and we provide support along the way.

Through the LAF’s online education resource on LIVESTRONG.org, cancer survivors can learn about their cancer-related concerns, such as the physical and emotional effects of cancer and its treatment and managing day-to-day matters. In addition, survivors can download worksheets to organize and guide them and hear stories shared by other cancer survivors.

LIVESTRONG SurvivorCare is a one-on-one support program through which cancer survivors can get counseling and referrals to local resources, address financial, insurance and employment issues and connect to new treatments in development. To speak to a case manager, call LIVESTRONG SurvivorCare toll-free at 866.235.7205, or visit www.livestrong.org/survivorcare to submit a request for help online.

Q. Howard County is fortunate to have some of the top oncology physicians in Maryland right here in our community. In the past you have spoken candidly about choosing a doctor and ultimately a course of treatment. What suggestions do you have for patients to help them become better advocates for themselves?

A. When I was diagnosed, I spent countless hours reading information and asking questions. It’s really important to advocate for yourself and
be sure that the treatment you are getting is the best treatment for you.

I got a second opinion, which can be tough to do. We are inclined to not question our doctors and to trust them implicitly. But the second opinion I got was the right one for me. So I would encourage people to seek more opinions.

I think that a person with cancer needs to seek out support from friends and family. I had a group of people there to listen to me, cheer me on and remind me I wasn’t alone. I always felt that other people were invested in my survival. You can’t overestimate the benefit of that kind of support and friendship.

Q. What is the best advice you can give a young adult recently diagnosed with cancer?

A. I think that hope is the greatest weapon to have. There can be – and should be – life after cancer for more people, and I want people to know that. Ask the tough questions, get a second opinion, take good care of yourself, surround yourself with family and friends, and do whatever it takes to keep hope alive.

Q. Doug Ulman, the founder of the Ulman Cancer Fund for Young Adults, located here in Howard County, is now the president of the Lance Armstrong Foundation. Besides your attendance at their 10th anniversary event in Howard County, are you helping the Ulman Cancer Fund in other ways?

A. The Ulman Cancer Fund for Young Adults is an example of an organization doing phenomenal work in helping many young people empower themselves when faced with cancer.

My Foundation has been a long-time supporter of the Ulman Cancer Fund for Young Adults through our community program grants, and the Ulman Cancer Fund was instrumental in working with the LAF to establish the LIVESTRONG Young Adult Alliance.

Over the years, I have personally committed to supporting the mission of the Ulman Cancer Fund by working closely with the Ulman family and UCF staff to enhance the reach of their services and programs. I recently made a personal commitment of $100,000 over four years to support the work of the Ulman Cancer Fund.

For a listing of HCGH’s Cancer Support Programs, see page 9. For more information on the cancer services offered at Howard County General Hospital, visit www.hcgh.org.

For more information on the Ulman Cancer Fund’s 10th anniversary event with Lance Armstrong, see page 16 or visit www.10TheEvent.com.

The Ulman Cancer Fund
For Young Adults

Ten years ago, Doug Ulman, a 19-year-old, Howard County resident, was diagnosed with cancer. Frustrated by the lack of support programs or literature focused on the needs of young adults affected by cancer, Doug and his family created the Ulman Cancer Fund for Young Adults. The organization enhances lives by supporting, educating and connecting young adults and their loved ones.

An estimated 65,000 young adults between the ages of 15 and 39 are diagnosed with cancer each year; this age group faces unique challenges and concerns. Today, there are more than 400 cancer organizations in the United States, but few focus solely on the needs of this demographic, leaving young adults one of the most underserved populations of people living with cancer.

The Ulman Cancer Fund is now a leading voice in the fight against young adult cancer. In 2007, the Ulman Cancer Fund for Young Adults is celebrating its 10th year of service to the young adult cancer community. Together with its network of friends, survivors, and other support organizations in the cancer community, the Ulman Cancer Fund envisions a world in which all young adults affected by cancer will have the support and access to resources that they need to thrive.

www.ulmancancerfund.org
Is Your Child Being Bullied?

School seemed to be a place your child enjoyed being, but now your child doesn’t want to get out of bed in the morning. Complaints of mysterious illnesses and stomachaches have become frequent excuses to stay home. Something is wrong.

Is your child the victim of a bully?

According to Dr. Diane Stabler, a child psychiatrist on staff at Howard County General Hospital, parents may rationalize their child having an increase in headaches, stomachaches, sleeping problems or difficulty falling asleep, nightmares, or bedwetting without realizing there could be an underlying mental health concern. But, any of these types of changes should be addressed, especially if your child has a risk factor that may make them more prone to bullying.

Factors that may put your child at risk to be bullied include:

- a disability, even mild, that sets your child apart and makes him or her different
- physical attributes, including hairstyle and weight, and how your child dresses
- a problem socializing with other children
- a new school or new area

“If you notice that your child appears to be sad, is exhibiting psychosomatic or other physical symptoms, and they may have risk factors, it is important for you to talk to your child and determine if bullying is at the root of the problem,” says Dr. Stabler. “You also may notice your child’s school performance suffering as a result of bullying and depression.”

How You Can Help

There are a number of things you can do to help your child. Dr. Stabler recommends that parents:

- Become proactive with school faculty and making them aware that bullying is occurring.
- Engage your child in more social activities so they are more socially competent at making friends and less isolated and withdrawn.
- Help your child become more assertive in responding to bullying using the appropriate kinds of responses.

“Bullying can go on for years, and it needs to be adequately addressed,” warns Dr. Stabler. “Children can develop serious clinical depression if they are bullied over a significant period of time. If your child’s depression appears to be significant, you should have your child evaluated by a mental health professional.”

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

FREE DEPRESSION SCREENING

Includes lecture, video, self-assessment, and an individual evaluation with a mental health practitioner.

October 11, 3–5 p.m.
Howard County General Hospital Wellness Center.

To register, call 410-740-7601 or online at www.hcgh.org.
Focus on Women’s Health
September 26 • 8:30 a.m.–9:30 p.m.
Includes Women’s Health Check and Free Activities (see details below).

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.

Great American Smokeout
November 15, 11:30 a.m.–1 p.m. HCGH lobby. Registration is not required.

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 410-313-4255.

Flu and Pneumoccal Vaccine Program
This program runs October through December. $20 per injection by appointment, call the Howard County Health Department at 410-740-7900 to schedule an appointment. In addition, HCGH works in conjunction with the Howard County Health Department to provide free flu and pneumococcal vaccine to qualifying women. To determine eligibility and schedule an appointment, call 410-313-4255.

Living Well...Take Charge of Your Health
In this chronic disease self-management program, learn techniques to cope with feelings of frustration, fatigue, pain, and isolation; exercises for maintaining and improving strength, flexibility, endurance; and skills to communicate more effectively with family, friends, and health professionals. For people living with chronic conditions as well as caregivers of those with chronic conditions. Tuesdays, October 9–November 13, 10 a.m.–12:30 p.m. To register, call MAP of Maryland, 410-313-5980. $25.

Relaxation Massage
Enjoy the benefits of a relaxing, seated massage. Massage decreases muscle tension and discomfort as well as increases energy, tissue elasticity, and flexibility. September 13 or October 4. Appointments scheduled between 1–5 p.m. $35 per half-hour massage. To schedule an appointment, call 410-740-7601.

First Aid
Learn to effectively assess and treat a wide range of ailments in emergencies. Lecture and hands-on training. September 29, 9 a.m.–3:30 p.m. $60 (includes book).

Male Menopause and Healthy Living
September 6, 7–8 p.m. Free.
Learn about the changes that occur during this stage and your options to promote your optimum health. Presented by Raj Dua, M.D.

Transitioning Through Menopause
October 2, 7–9 p.m. Free.
Women experience a variety of changes during this time in their lives. Learn how to treat the symptoms as well as recommended best practices and ways to take charge of your life. Presented by Mary Hogan, M.D.

Attend one or both menopause lectures as a couple and receive up to a $10 discount toward our Well-being through Massage class. Limited offer.

Mental Health Management Program
October 19, 7–9 p.m. Free.
This program runs October through December. $20 per couple for one class or $90 per couple for both classes.

Well-being Through Massage
Learn how to use massage to promote a healthier life and a sense of well-being. Taught by Janet Constantino, C.M.T., N.M.T. Techniques for head, neck, and shoulders: October 12, 7–9 p.m. Techniques for lower back, lower extremities, and feet: October 19, 7–9 p.m. $50 per couple for one class or $90 per couple for both classes.

Healing Laughter
Learn how to lower your blood pressure, promote emotional healing, and strengthen your immune system by participating in laughter exercises. Presented by Heather Wandel, B.A., C.L.L. October 17, 7–8:30 p.m. Free.

Improving With Age

AgeWell
Ongoing senior exercise program for people age 60 and older. Cosponsored with Howard County Office on Aging. 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 drivers age 50 and older. Call for dates and times. $10.

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, 10:10–10:55 a.m. Roger Carter Recreation Center. (16 classes beginning September 11–November 1). To register, call 410-740-7601. $24.

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. Call 410-313-7275 for class dates and time. $36.

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STRENGTHENING FAMILIES BY MOVING THROUGH ANGER
Don’t let anger control you. Learn to identify what triggers your anger and the techniques to manage it. September 5–October 10, 7–8:30 p.m. $25.

RECONNECTING TO YOUR WELL-BEING
Learn new ways to make conscious choices to bring more balance into your life and promote well-being. October 25, 7–9 p.m. Free.

FREEDOM FROM SMOKING
Offers support and strategies to assist in achieving your goal. Not necessary to quit smoking by the first class. Eight-class session begins September 5, 7–8:30 p.m. $60.

WOMEN’S SELF DEFENSE
Women age 16 and up will learn and practice highly effective and easy-to-learn techniques designed for adult situations. October 5, 6–9 p.m. $45.

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. Understand what pre-diabetes is and how to make changes to prevent or delay developing actual diabetes. September 5, 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 dietitian. May be covered by your medical insurance. September 7 & 8, September 28 & 29, October 19 & 20, November 16 & 17, 8:30 a.m.–3 p.m. Ambulatory Care Center. Call 410-740-7695 for information.

DIETARY COUNSELING FOR PEOPLE WITH DIABETES
Presented by a registered dietitian, this individualized counseling program focuses on the dietary requirements of diabetes. Call 410-740-7695 for information.

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

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

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

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 410-740-7970 for information and appointment.

CARDIAC REHABILITATION
Phase II
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.

Cardiac Rehabilitation Phase III/IV
For information, call 410-740-7601.

COMPLEMENTARY THERAPY AND FITNESS PROGRAMS
Exercise with knowledgeable exercise physiologists who can provide personal training. Take advantage of one-on-one sessions with our golf physical therapists making your game powerful, efficient, and consistent. Eliminate injuries with our “wHole-In-One” Golf Body Enhancement Program. Enjoy benefits of massage therapy and acupuncture. Contact Central Maryland Rehabilitation Center at 410-312-9000.

BLOOD 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: 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. Free.

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. Call 410-730-3300 for details. Free.
ESSENTIALS IN BABYSITTING
Learn how to effectively manage children, create a safe environment, and apply emergency techniques. Co-sponsored with Health Quest, Inc. August 18, September 15, October 6, or November 3, 9 a.m.–1 p.m. $46 (includes lunch).

CANCER SUPPORT PROGRAMS are held at the Claudia Mayer Cancer Resource Center. For more information, visit www.hcgh.org and click on Claudia Mayer Cancer Resource Center or call 410-740-5858.

FREE Health Screenings
To register, call 410-740-7601 or go online at www.hcgh.org.

DIABETES SCREENING
November 13, 9–11 a.m.

FAMILY VISION AND HEARING SCREENING
For those 7 years to adult. Does not include screening for glaucoma. September 12, 9:30–11:30 a.m.

DEPRESSION SCREENING
Includes lecture, video, self-assessment, and an individual evaluation with a mental health practitioner. October 11, 3–5 p.m.

PODIATRY SCREENING
October 30, 6–8 p.m.

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For Children and Teens
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Learn how to effectively manage children, create a safe environment, and apply emergency techniques. Co-sponsored with Health Quest, Inc. August 18, September 15, October 6, or November 3, 9 a.m.–1 p.m. $46 (includes lunch).

SELF-DEFENSE FOR YOUNG WOMEN
Age-appropriate self-defense for young women ages 12–15. Learn physical and psychological strategies of self-defense. Also discusses concepts of self-image, self-esteem, and assertive behavior. September 8, 9–11 a.m. $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. October 27, 9–11 a.m. $25.

CPR FOR TEENS
This American Heart Association course prepares teens, ages 11–17, to perform CPR on an adult, child, and infant in a safe, timely, and effective manner. Other topics include choking, how to call 911 and answer dispatcher questions, and brief overview of an AED. Co-sponsored with Health Quest, Inc. September 15 or November 3, 1:30–4 p.m. $30.

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Healthy Families

HAPPIEST BABY ON THE BLOCK
Learn techniques that can quickly soothe your crying newborn baby and promote a more restful sleep for your infant. Endorsed by the American Academy of Pediatrics. Parent kits are included. September 13 or November 1, 7–9 p.m. $50 per couple.

INFANT MASSAGE
For parents/caregivers and baby. Bring a pillow and towel. Recommended for babies age 1 month to 12 months. Taught by a certified infant massage instructor. Saturday, September 22, 10–11 a.m. $20.

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

CHILDBIRTH WEEKEND
Expectant couples will learn about childbirth preparation in 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.

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. Call or go to www.hcgh.org for more information.

INFANT CARE
Lecture, group discussion, and hands-on practice are used to enhance learning about the care of an infant. Topics include newborn appearance, feeding, sleeping, crying, signs of illness, care of the newborn, and parenting roles. Call or go to www.hcgh.org for more information.

Developing Child Awareness

PEdiATric PreOperative TOUr
For children scheduled for outpatient surgery and their families. Tours offered Monday–Friday, 4–6:30 p.m. and Saturdays, 9 a.m.–noon. Call 410-884-4500 for information. Free.

PEDIATRIC UNIT TOUR
For children ages 3 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 4 to 12 can tour the hospital. Free.

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

Ongoing Support Groups

Cosponsored by Howard County General Hospital

Alcoholics Anonymous
Sundays, 2 p.m. and 7 p.m. 410-663-1912.

Al-Anon
For families and friends of alcoholics. Sundays, 7 p.m. 410-832-7094.

Alateen
For the teenager who has an alcoholic friend or family member. Sundays, 7 p.m. 1-888-AL-ANON.

Alzheimer’s Caregivers Support Groups
For caregivers and spouse caregivers. Call 410-313-9744.

Better Breathing Club
In conjunction with the American Lung Association. Meets monthly. 410-740-7803.

Breast Cancer Support Group
Third Wednesday of each month, 7–9 p.m. and fourth Tuesday of each month, 10:30 a.m.–12:30 p.m. 410-884-4650.

Crohn’s and Colitis Foundation of America Support Group
For those with inflammatory bowel disease and their friends. Meets fourth Tuesday of each month, 7–8:30 p.m. 1-800-618-5583.

Hospice Services of Howard County
Support for the terminally ill, their families, and the bereaved. 410-730-5072.

Howard County Diabetes Education and Support Group
First Tuesday of each month, 7:30–9 p.m. Florence Bain Senior Center. For information, call 410-740-7695.

I Can Cope
For those with cancer and their families. 1-888-535-4555, x908.

Look Good Feel Better

Man-to-Man Prostate Cancer Support Group
Cosponsored with the American Cancer Society. Third Thursday of each month, 7–9:30 p.m. 410-461-3459.

Maryland Apraxia of Speech
Second Sunday of each month, 2–5 p.m. 410-480-0745.

Navigators Anonymous
1-800-317-3222.

Nicotine Anonymous
410-964-2180.

Overeaters Anonymous
Sundays, 10:30–11:30 a.m. 410-963-2102.

Rising Hope Support Group
For parents who have lost a baby to miscarriage, stillbirth, or newborn death. HCGH. First Monday of each month, 7:30 p.m. 410-740-7845.

WomenHeart, the National Coalition of Women with Heart Disease
Third Wednesday of each month, 7:30–9:30 p.m. 301-776-3057.

Support group information is subject to change. Before attending a meeting, verify information by calling the contact number listed.
“When your pain cannot be managed with medication or physical therapies alone, total joint replacement is an important treatment option that you shouldn’t overlook,” says Dr. Daniel Tang, an orthopaedic surgeon on staff at Howard County General Hospital. “A joint replacement can improve a person’s quality of life and health on par with cardiac bypass surgery.”

With total joint replacement surgery, your orthopaedic surgeon will remove the old, damaged pieces of your joint and replace it with a prosthetic or artificial joint. Joints that can be surgically replaced include hip and knee—the most common—as well as shoulder, ankle, elbow, and finger. New designs have been developed to improve a joint replacement’s longevity.

Total joint replacement patients should prepare for the procedure by educating themselves about joint replacement; designating a caregiver for their recovery; donating blood, if necessary; and making health and well-being a top priority. HCGH has a program to educate and inform patients about what to expect before they are hospitalized to make their stay at HCGH productive and beneficial toward their recovery.

“Though once considered unusual, joint replacement surgery is now usual and routine. It is a safe and effective treatment that allows you to feel enabled, not disabled.”

Dr. Richard Kinnard, orthopaedic surgeon

For people with chronic joint pain caused by arthritis or injury, the key to less pain and a more active lifestyle could hinge on surgery to replace the painful joint. If you suffer from severe joint pain, you may want to consider total joint replacement surgery as part of your treatment plan.
admission procedure, what to do about any medication you are on, and what to bring with you to the hospital. Prior to the start of your procedure, the surgical team will determine the most appropriate means of providing anesthesia to you. This will prevent you from having any pain during the procedure itself. The actual procedure will take approximately two hours,” says Dr. Kevin McGovern, an orthopaedic surgeon at HCGH. “However, individual circumstances, including prior surgery on your hip or knee, could cause the surgery to take longer.” Following the surgery, you will move to the post-anesthesia care unit, where you will stay until you are fully awake and stable. Following your hip or knee replacement surgery, you can expect to remain in the hospital from three to five days. The knee replacement surgery has a success rate of more than 90 percent, but there are risks that your doctor needs to monitor such as infection, blood clots, loosening or dislocation of the new joint, or nerve and blood vessel damage.

Once your joint replacement surgery is complete, the next step is postoperative care, during which the recovery process begins. “Postoperatively, the one thing you need to remember is that joint replacement is a pathway to feeling better not worse,” notes Dr. Richard Kinnard, an orthopaedic surgeon on staff at Howard County General Hospital. “There will be postoperative discomfort, but your physician and hospital physical therapists are there to make sure you stay comfortable and can participate in physical therapy.”

Howard County General Hospital physical therapists will guide you through your therapy to help you get used to your new joint and strengthen your muscles within the first day following your surgery. “Using the new joint as soon as possible, with the assistance of a physical therapist, is an important part of recovering and developing a greater range of motion in the joint,” notes Dr. Kinnard.

Consult your orthopaedic surgeon for the best course of action to treat your joint pain. For a referral to an orthopaedic surgeon on staff at Howard County General Hospital, call 410-740-7750 or visit www.hcgh.org.

A Look at Total Joint Replacement
November 7, 7-9 p.m.
HCGH Wellness Center
New advances in joint replacement have made surgery more appealing to many who want to continue living an active life. Our panel of experts will “walk” you through the option of joint replacement from pre-op to post-op. Presented by Drs. Daniel Tang, Kevin McGovern, and Richard Kinnard.

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

Close the Door on Severe Joint Pain
Expanded Center for Maternal and Fetal Medicine Now Open

The Center for Maternal and Fetal Medicine opened in expanded and renovated space in July. Services provided through this comprehensive program for women with a high-risk pregnancy include full-time coverage by board-certified maternal fetal specialists – 24 hours a day, seven days a week; full-time genetic counselors; fetal assessment testing (Doppler studies, amniotic fluid studies, and biophysical profiles); and 4D, state-of-the-art imaging. This specialized service, together with our Level IIIb Neonatal Intensive Care Unit, will provide high-level care for high-risk moms and their babies. To make an appointment at the center call, 410-740-7903.

Campus Development Plan Construction

Work continues on the Campus Development Plan and reconfiguration of the campus parking. The new five-story patient tower will offer all-private rooms, and the new 550-car garage will provide more convenient parking for patients and visitors.

Korean American Health Fair Held

On April 29, Howard County General Hospital held a Korean American Health Fair at Centennial High School. More than 350 people attended the event that offered free health screenings and health information to participants. The fair was co-sponsored by Ellicott City Horizon Council, Howard County Health Department and the Korean American Community Association.

(Left to right) HCGH President Vic Broccolino, Fair Organizers Dr. Victor Kim and his wife Margaret Kim with HCGH Sr. Vice President Paul Gleichauf.
A Family’s Commitment to Your Health

In 2005, Margaret Kim’s grandmother broke her hip and spent four days in Howard County General Hospital. “At 95 years of age, deaf and able to speak little English, it could have been the worst experience,” says Mrs. Kim. “Instead, it was the best experience. She received wonderful care, and, from that point forward, I became involved in supporting the hospital.”

Today, Mrs. Kim serves on the Howard Hospital Foundation Board of Trustees and her husband, Dr. Victor Kim, is a physician in the Howard County General Hospital Emergency Department. In addition to supporting the hospital with their service, the Kims have committed to supporting the hospital’s Campus Development Plan with a significant donation.

“God has blessed me, and I want to be able to give back and help the community from a wellness perspective,” says Mrs. Kim. “I want to do whatever I can to help take care of our community hospital and, in turn, our community.”

Dr. and Mrs. Kim furthered their vision for Howard County to be a healthy community when they opened AllCare of Maryland, a seven-day-a-week, walk-in, urgent care and wellness medical clinic in Columbia. “AllCare also provides free early detection services, including glucose monitoring and blood pressure screenings, because you don’t realize how important good health is until you don’t have it,” notes Mrs. Kim.

Recently, Mrs. Kim worked with Howard County General Hospital to organize the first Korean American Health Fair that provided free health screenings to participants. More than 350 people attended this event, a testament to the Kims’ efforts to reach out to all segments of the Howard County community. By providing generous financial support as well as donating their time and effort, the Kims are helping to ensure that area residents have the opportunity and know-how to access the health care resources in Howard County.

Harkins Builders and Howard County General Hospital: Partners in Health

2007 marked the fifth year that Harkins Builders and Howard County General Hospital have partnered together to keep Harkins employees healthy. Harkins Builders, which has been a significant supporter of Howard County General Hospital for the past 20 years, works with HCGH to bring wellness screenings to the Harkins employees in the form of a health fair each year. According to Harkins Builders Benefits Administrator Gladys Hyman, keeping their employees healthy and affording them the tools to be proactive to take control of their health is an important part of their work philosophy.

Out of the 250 people employed by Harkins, nearly 80 people attend the health fair each year. “It is a nice marriage between Harkins and Howard County General Hospital. We provide the location for the health fair and they help us by providing numerous health screenings,” notes Mrs. Hyman. “Over the years, we have had many employees discover significant health problems that otherwise might have gone undetected, such as high blood pressure and early onset osteoporosis.”

This year, Harkins Builders has also pledged philanthropic support for Howard County General Hospital’s Campus Development Plan. “It is important to have locally owned and operated businesses support our expansion campaign. We’re grateful that Harkins Builders recognizes the need for corporate citizenship supporting non-profits like HCGH that provide critical services to our community,” says Evelyn Bolduc, chair of the Howard Hospital Foundation.
How We Care for You

Hospital Auxiliary Supports Campus Development Plan

During its annual meeting, the Howard County General Hospital Volunteer Auxiliary presented $100,000 to the Howard Hospital Foundation to aid the hospital’s Campus Development Plan. It was the first installment of a $300,000 pledge. (l. to r.) Vic Broccolino, HCGH president/CEO; Evelyn Bolduc, Howard Hospital Foundation chair; and the Auxiliary’s Alicia Slahetka, president; Leonore Hess, vice president; Richard Davis, treasurer; and Mary Chiu, secretary.

Transforming How We Care for You with a One-Stop Outpatient Center

Whether you’re recovering from a stroke, participating in cardiac rehabilitation, or learning to manage diabetes, you’ll be able to do so in one centralized location, thanks to the new Outpatient Center that is part of Howard County General Hospital’s Campus Development Plan. Located on the ground level of the new tower being constructed, the fully integrated center will house outpatient services for adults and children, all under one roof and on one floor.

“We’re thrilled about the many benefits the new facility will afford our community,” says Eileen Harrity, HCGH’s director of Ancillary Services. “It will be a ‘one-stop’ center where patients can register, check in and out, schedule appointments, and participate in any of the services they need.”

In the new facility will be a cheery, sun-filled rehabilitation area just for children, featuring a fort they can conquer by scaling the sides and a nearby rope swing for them to swing from and climb. In another area, cardiac and pulmonary rehabilitation patients will warm up on a cushioned walking track and exercise on high-tech, digital equipment. “The new center will enable us to enhance and expand on the wonderful care we provide,” said Martine Milman, RRT, clinical program manager of Pulmonary Rehabilitation.

Another significant enhancement will be a large classroom where HCGH clinicians and physicians can educate even more community members on key health issues such as diabetes management and cardiac and pulmonary disease.

“Rehabilitation embodies so many types of services,” said Ms. Harrity. “With state-of-the-art equipment and highly trained and experienced clinicians, HCGH offers numerous specialty rehabilitation services ranging from voice therapy for those with Parkinson’s disease to physical therapy for women experiencing incontinence. Our services are more far-reaching than many people realize,” she explained. Now, through the construction of the new Outpatient Center, these services will be more convenient than ever before for you and your family.

To support our transformation in how we care for you, contact the Howard Hospital Foundation at 410-740-7840.

Dear Friends,

I would like to fill you in about the exciting things happening here at Howard County General Hospital. Perhaps you’ve noticed the construction going on and the dust blowing around the campus. It is the beginning of the largest expansion and renovation project in the hospital’s history.

Transforming How We Care For You is more than just a slogan for this project; it is a goal and a vision to enhance and expand our delivery of healthcare services to the community.

The planned changes are essential, innovative and exciting. The new pavilion will consolidate all Rehabilitation Services on the ground level providing easy access to services for our patients. A total of 42 additional beds will ease the inpatient bed shortage the hospital has experienced in the past few years. Additionally, all new and renovated rooms will be private.

Expansion to our Surgical Services area will increase our capacity for surgical procedures. Facilities such as the laboratory and pharmacy will be upgraded and expanded to accommodate new equipment and provide a more efficient and safe environment for these services. A 550-car parking garage will alleviate the frustration many of you have experienced when visiting the hospital.

The result will be a state-of-the-art facility providing Howard County residents, visitors, and employees with a community hospital that is second to none in the state. You can help us Transform How We Care For You. In the next year, we will be coming to the community to ask for philanthropic support of this $105 million project. We must raise $20 million from corporate and individual gifts to complete the project. The community has always been very generous to the hospital, and I look forward to working with all of you to achieve our financial goal, but more importantly, to complete the planned expansion and renovation to benefit us all.

Sincerely,

Evelyn Bolduc
Chair
Howard Hospital Foundation Board of Trustees
11th Annual Cuts Against Cancer
September 30, 2007
10 a.m. – 4 p.m.
Mason & Friends Hair Studio
6770 Oak Hall Lane, Columbia

Featuring some of Howard County’s finest salons including Mason & Friends, Victoria and Albert, Patrick’s Hair Design, Lutfi’s International Salon, George of New York, Symmetry Hair Studio, Hassan’s Hair Studio, and Rafet’s Hairmasters. Participants can receive haircuts and manicures at discounted prices while supporting a good cause. Event includes Day of Beauty raffles and a silent auction. Proceeds benefit the Claudia Mayer Cancer Resource Center. For more information, call 410-381-2440.

Breast Care in Howard County:
We’re Here for You
October 24, 2007
6–9:30 p.m.
Sheraton Columbia Hotel

This free program includes a Survivors’ Forum and discussion on The Latest on Breast MRI, Comprehensive Breast Care Services in Howard County, and HCGH’s Team Approach to Breast Cancer. Complimentary dinner will be served. Visit www.hcgh.org or call 410-740-7601 to register.

Up Up and Away Fundraiser
October 25, 2007
6 p.m. – 9:30 p.m.
The Fretz Corporation

Fun-filled evening of food, wine, live entertainment, and cooking demonstrations held at The Fretz Corporation luxury kitchen showroom. Catering provided by Outback Restaurant. All proceeds raised benefit the Claudia Mayer Cancer Resource Center. For more information call 410-740-7840.

The Ulman Cancer Fund for Young Adults presents
10: THE EVENT—A Weekend to Celebrate a Decade of Helping Young Adults Fight Cancer
October 26 and 27, 2007

Featuring seven-time Tour de France champion and cancer survivor, Lance Armstrong! The weekend will include 10—The Dinner at the Spear Center on Friday, October 26, followed by 10—The Race featuring a Bike Ride & Run in Symphony Woods at Merriweather Post Pavilion on Saturday, October 27.

For more information please call 1-888-393-FUND or visit www.10theevent.com.