Women and Heart Disease
Do you know your risk?

Stopping the Spread of MRSA
Medication Safety
Dear Friends,

With the coming of spring, it is an appropriate time to consider new activities and initiatives taking place at Howard County General Hospital.

First, I am pleased to announce that HCGH has applied for stroke center designation from the Maryland Institute for Emergency Medical Services Systems (MIEMSS). Once approved, we will be formally recognized as a preferred hospital to which patients with stroke symptoms will be brought by emergency medical services (EMS) personnel. This designation validates HCGH’s efforts to continue to provide critical care to stroke patients in a timely and effective manner.

With patient care and safety in mind, this Wellness Matters discusses the importance of medication reconciliation. As part of HCGH’s commitment to patient safety, we are hosting a free event, “Bring a Sack Get Answers Back,” on April 17, from 2–4 p.m. Please bring your medications to the HCGH lobby and learn more about the prescription drugs you are taking; this knowledge can help prevent medication errors and keep you on the path to wellness.

Our mission to improve the health of our community does not rest solely within the hospital’s walls. In November, HCGH, in partnership with The Mall in Columbia, officially opened Howard’s Playground (see photo below). This new children’s area will provide children a safe and healthy environment in which to play. The hospital’s partnership with the mall also has afforded HCGH the opportunity to hold a Cardiovascular Clinic at the mall on February 23 from 9 a.m. to noon. Please join us and receive free screenings and general cardiac information, talk with our physicians, and learn how to keep your heart healthy.

In addition to our growth in the community, we are making progress on our campus construction. The expansion continues on the General Stores building, providing the additional space needed to support the new pavilion. The new pavilion’s concrete walls and slab floor have been completed, and steel erection, which commenced in early January, will continue through March.

This growth and modernization, as well as many other programs, services, and activities in and around HCGH, are made possible in large part due to the generosity of those who support HCGH. In this issue, we thank those who have shown their financial support in 2007. On behalf of all of us at HCGH, I thank you for your past support and encourage you to continue to help us transform how we care for you.

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

Women and Heart Disease

Educate yourself about the signs, symptoms, and prevention of the #1 killer of women in the U.S.

Wellness Classes

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

Giving Matters

Recognizing those who support HCGH in countless ways.

Avoiding Medication Pitfalls

What you don't tell your doctor about your meds could hurt you.

MRSA

Learn how you can help stop the spread.

Health Matters

Learn about shingles and what prevention and treatment options are available to those at risk.

On the Board

Meet our board members—an important resource to us and our community.

Hospital News

Learn what's new at HCGH.

Mark Your Calendars

Save the date for numerous health fairs and activities in and for our community.
Tests taken at the hospital showed that Sarah had suffered a mild heart attack and that she had some plaque in the arteries leading to her heart. She was put on blood thinners including aspirin as well as a statin (cholesterol-lowering medication) for treatment.

Sarah was lucky. According to the American Heart Association, nearly twice as many U.S. women die of heart disease, stroke, and other cardiovascular diseases as from all forms of cancer, including breast.

“While men typically suffer heart attacks in their 50s and women in their 60s and 70s, you start building artery-blocking plaque in your teens. A heart attack at Sarah’s age is less common. But it is important for women approaching their 40s to have a health screening to measure blood pressure, cholesterol, and body mass index,” says Dr. Monica Aggarwal, a cardiologist on staff at Howard County General Hospital. “Our guidelines recommend at least one cholesterol screening every five years for all people over twenty years of age. It’s never too early to assess your risk factors.”

Sarah had a family history of heart disease; her father had two heart attacks: his first at the age of 38, the second at the age of 42. This family history, coupled with her smoking, significantly raised Sarah’s risk of heart disease—a fact she takes very seriously now.

**Why Women Need to be Vigilant about their Heart Health**

### At midnight on July 5, 2006, Sarah Love woke up with a stabbing, burning pain in her left arm. “I had a cold and had been feeling pretty lousy,” notes Sarah. “I didn’t know what was causing my arm to hurt, so I got up and walked around my house until the pain became too much.” Sarah woke her friend, a nurse, who quickly realized Sarah was having a heart attack at the age of 44.

#### Risk Factors Include:

▲ **Age**
Heart disease primarily occurs in patients over the age of 40, but younger patients also can be affected. Estrogen is a protective hormone, and, as it decreases during menopause, a woman’s risk increases.

▲ **High blood pressure (hypertension)**
“Hypertension is considered 140/90 or higher, and we will often consider putting people on medications with these numbers. We consider blood pressure from 120-139/80-89, ‘prehypertensive’, where lifestyle modification is essential. Normal blood pressure is 120/80. High blood pressure causes damage to blood vessels all over the body and makes people at risk for heart attacks, strokes, and peripheral vascular disease,” says Dr. Aggarwal. “Controlling blood pressure is especially important for diabetics because they are more susceptible to damage to the blood vessels.”

▲ **Cholesterol**
Bad cholesterol (LDL) puts plaque into heart arteries. “While every case needs to be assessed individually, a general rule is that if you have zero to one risk factors, your LDL should be less than 160 mg/dL,” says Dr. Aggarwal. “With two or more risk factors, it should be less than 130. If you have diabetes or known heart disease, it should be less than 70-100 mg/dL.” While LDL
The coronary arteries leading to the heart are those pipes that provide blood flow to the heart and allow it to pump. Just like pipes, plaque can build up in the arteries. This plaque is made of cholesterol and platelets (the body sends these to repair damaged vessels) and other materials. If you have diabetes, high blood pressure, or smoke for instance, the blood vessels get damaged and the platelets come to heal the pipe, making a scab. Along with cholesterol deposits, these scabs become larger and larger and clog the pipes,” says Dr. Aggarwal. “As a scab grows, it can become unstable and can start to close off the artery and prevent blood flow. As a result, the heart has pain (angina), and part of the heart is at risk for dying (heart attack).”

“The coronary arteries leading to the heart are those pipes that provide blood flow to the heart and allow it to pump. Just like pipes, plaque can build up in the arteries. This plaque is made of cholesterol and platelets (the body sends these to repair damaged vessels) and other materials. If you have diabetes, high blood pressure, or smoke for instance, the blood vessels get damaged and the platelets come to heal the pipe, making a scab. Along with cholesterol deposits, these scabs become larger and larger and clog the pipes,” says Dr. Aggarwal. “As a scab grows, it can become unstable and can start to close off the artery and prevent blood flow. As a result, the heart has pain (angina), and part of the heart is at risk for dying (heart attack).”

damages the blood vessels of the heart, HDL (good cholesterol) removes plaque from those vessels and lowers your heart disease risk. According to Dr. Aggarwal, women should optimally have an HDL of 50 mg/dL or greater.

“Think of the heart as a pump. It needs good plumbing in order to pump properly,” says Dr. Aggarwal. “The coronary arteries leading to the heart are those pipes that provide blood flow to the heart and allow it to pump. Just like pipes, plaque can build up in the arteries. This plaque is made of cholesterol and platelets (the body sends these to repair damaged vessels) and other materials. If you have diabetes, high blood pressure, or smoke for instance, the blood vessels get damaged and the platelets come to heal the pipe, making a scab. Along with cholesterol deposits, these scabs become larger and larger and clog the pipes,” says Dr. Aggarwal. “As a scab grows, it can become unstable and can start to close off the artery and prevent blood flow. As a result, the heart has pain (angina), and part of the heart is at risk for dying (heart attack).”

New Cardiovascular Lab

HCGH recently opened a second cardiovascular lab, as the hospital continues to expand services offered to the community.

“We added the second cardiovascular suite to support our primary angioplasty program,” says Pat Miller, cardiovascular lab manager. “Time is extremely important when treating patients experiencing a heart attack, and availability of the cath lab is an important component of treatment.”

Since 2003, HCGH has provided primary angioplasty for patients experiencing certain types of heart attacks. Shortly after arriving in the Emergency Department, these patients are transported to the cath lab for emergency cardiac catheterization and angioplasty.

In addition to treatment of heart attack, the Cardiovascular Lab expansion has allowed the hospital to enhance and expand several services, including Interventional Radiology, Cardiology and Electrophysiology, minimally invasive vascular procedures, and pain management.

Did You Know?

- A glass of alcohol a day (preferably red wine) has been shown to be beneficial.
- Hormone replacement therapy is no longer recommended as a tool to reduce your risk of heart disease.
- If you are a woman over 65 years of age and don’t have a risk for bleeding, taking baby aspirin once a day may be beneficial. Consult your physician before starting any new medications.
Preventing Heart Disease: Your Choices are Important for Your Health
February 21, 7–8:30 p.m.
HCGH Wellness Center
Join our experts for an informative presentation on how you can improve your lifestyle and decrease your risk for heart disease. Learn latest treatment options and easy choices you can begin today.
Presented by cardiologists Monica Aggarwal, M.D., and David Jackson, M.D.
Free.

▲ Diabetes
Poorly controlled diabetes is a risk factor for heart disease. Diabetes causes damage to the blood vessels and triggers clogs to build in the heart arteries.

▲ Smoking

▲ Family History
Your risk is increased if you have an immediate male relative who has had a heart-related event at younger than 55 years or an immediate female relative who has had an event before the age of 65 years.

▲ Obesity

▲ Sedentary Lifestyle

Heart Attack Symptoms Differ for Women
While chest pressure and pain are typical heart attack symptoms for men and something women over 35 should not ignore, women suffering a heart attack often have more atypical symptoms. They may present with jaw discomfort or numbness, left arm pain, nausea and vomiting, or shortness of breath.

“Women often ignore their symptoms,” says Dr. Aggarwal. “You should see your physician if you experience symptoms when exerting yourself, and don’t disregard warning signs that start with exertion and then disappear at rest.”

Protect Your Heart
“You can take steps to lower your risk of heart disease,” says Dr. Aggarwal. “Any amount of exercise is good. If you have never exercised before, start small but focus on an optimal goal of 30 minutes of moderate to intense exercise five times a week. However, consult your physician before starting an exercise regime.

“Decreasing caloric intake is key. Saturated fat and trans unsaturated fats contribute to heart disease, while mono- and poly-unsaturated fats are protective. But at the end of the day, it is most important to eat in moderation and to limit excessive intake,” says Dr. Aggarwal. “Making lifestyle changes can result in benefits in as little as three months.”

“Suffering a heart attack changed my life,” says Sarah. “I am much more careful of what I eat now. I try to avoid unhealthy junk food and fat, stay active, and I am really trying to quit smoking.”

Cardiovascular Clinic
February 23 • 9 a.m.–noon
The Mall in Columbia
Come to this free cardiovascular clinic to get free screenings, including a total cholesterol check. Talk with our physician experts and learn ways you can make lifestyle changes to promote your heart health. Attend a free, half-hour lecture, “Your Heart: What You Should Know about Risk Factors and Prevention,” presented by cardiologist Dr. Monica Aggarwal at 10 a.m. and 11 a.m. Walk-in, registration not required. Free.
HEART MATTERS
February 28, 8 a.m.–5 p.m. Activities include a lipid profile with specific information regarding HDL, LDL, and triglyceride levels; blood pressure screening; and height and weight measurements. Registration is required. $25.

WEIGHT LOSS THROUGH BARIATRIC SURGERY
March 19 or May 21, 5–6:30 p.m.
Learn about weight loss surgery for the morbidly obese patient presented by the Johns Hopkins Center for Bariatric Surgery, a Bariatric Center of Excellence, as certified by the American Society for Bariatric Surgery. Our multi-disciplinary team approach, pre-operative and post-operative support and education are several keys to the long-term successes of our former patients. To register, call 410-550-0409 or register online at www.hopkinsbayview.org/bariatrics. Free.

BRING A SACK, GET ANSWERS BACK
April 17, 2–4 p.m. Bring your medications to the hospital and learn more about the prescription drugs you are taking. HCGH Lobby. Free.

TOPIC OF CANCER
April 22, 2–4 p.m. or April 24, 5–7 p.m. Prostate cancer screening, including PSA blood test. Central Maryland Rehabilitation Center. $15 for screening. Colorectal kits will be available during screening as well as April 21–25 from noon–5 p.m. in the Wellness Center. Kits are $7.

CPR ACROSS HOWARD COUNTY
April 26, 9 a.m.–noon. American Heart Association Family & Friends CPR for the adult or child victim. This course is for the community and is not a certification course. Hammond High School in Columbia. Free.

SKIN CANCER SCREENING
May 20 or May 22, 5–7 p.m. Due to time required to perform a full-body exam, the dermatologist will be able to examine one or two areas of concern. Central Maryland Rehabilitation Center. Free.

MAYBE BABY? Financial Planning Issues for Prospective Parents
Whether you are thinking about starting a family or already pregnant, learn about the financial aspect of being a parent: what to expect and what you need to do. The cost of raising a child, employer benefits, taxes, saving for college, and how to make confident decisions will be discussed. March 5, 7–8:30 p.m. Free.

PREPARED CHILDBIRTH PROGRAM
Five-part program to prepare for the birth of your baby.

CHILDBIRTH WEEKEND
Expectant couples will learn about childbirth preparation in this weekend program.

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.

BREASTFEEDING
Learn advantages, preparation techniques, and ways to prevent and manage feeding problems. Taught by a nurse lactation consultant.

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.

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.

BABY SIGNING
Learn 100 basic sign language skills to help your baby communicate. For parents, grandparents, caregivers, and babies up to 12 months old. A review DVD is included in the price. February 23, 9 a.m.–noon; or April 19, 9:30 a.m.–12:30 p.m. $40 per person or $75 per couple.

PREGNATAL CLASS FOR YOUR EARLY PREGNANCY
For parents-to-be in the first three months of pregnancy. Learn about the early stages of pregnancy and understand the physical changes, your baby’s growth, and easy ways you can support your pregnancy. March 26, 7–9 p.m. Free.

MAYBE BABY? Health Issues
Starting a family involves preparation and planning. Our program assists you in learning about your important choices to consider. Topics include lifestyle, parent wellness, and health care matters. Presented by OB/GYN Francisco Rojas, M.D. March 6, 7–8:30 p.m. Free.

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, March 8, 10–11 a.m. $20.

HAPPIEST BABY ON THE BLOCK
For parents-to-be and parents of babies up to 3 months old. Learn techniques that can 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. March 19 or May 7, 7–9 p.m. $50 per couple.

POSITIVE PARENTING FOR TODDLERS
In this two-week interactive program, learn the skills needed to raise a healthy, productive child, including communication skills, disciplining your child, managing your child’s behavior, self-esteem, and more. For parents of newborns through 4 years old. March 20 and 27, 7–8:30 p.m. $15 per person/$20 per couple.

Healthy Families

BABY SIGNING
Learn 100 basic sign language skills to help your baby communicate. For parents, grandparents, caregivers, and babies up to 12 months old. A review DVD is included in the price. February 23, 9 a.m.–noon; or April 19, 9:30 a.m.–12:30 p.m. $40 per person or $75 per couple.

PREGNATAL CLASS FOR YOUR EARLY PREGNANCY
For parents-to-be in the first three months of pregnancy. Learn about the early stages of pregnancy and understand the physical changes, your baby’s growth, and easy ways you can support your pregnancy. March 26, 7–9 p.m. Free.

MAYBE BABY? Health Issues
Starting a family involves preparation and planning. Our program assists you in learning about your important choices to consider. Topics include lifestyle, parent wellness, and health care matters. Presented by OB/GYN Francisco Rojas, M.D. March 6, 7–8:30 p.m. Free.

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.

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.
American Heart Association CPR

<table>
<thead>
<tr>
<th>Programme</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult, Child, and Infant CPR</td>
<td>February 25, March 12 or 25</td>
<td>5:30–9 p.m.</td>
<td>$48</td>
</tr>
<tr>
<td>Adult and Child CPR</td>
<td>April 3 or 23</td>
<td></td>
<td>Free</td>
</tr>
<tr>
<td>CPR for Teens</td>
<td>March 8</td>
<td>1:30–4 p.m.</td>
<td>$30</td>
</tr>
</tbody>
</table>

**Prevent Living and Step**: Improve Your Health

**Freedom from Smoking**

Offers support and strategies to assist in achieving your goal. Not necessary to quit smoking by the first class. Classes will be held April 1, 2, 3, 7, 8, and 9, 7–8:30 p.m. $60.

**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. March 12, 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 dietician. May be covered by your medical insurance. February 15 & 16, March 14 & 15, April 18 & 19, 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 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. as well as Wednesdays and Thursday between 5:30 p.m. and 7:30 p.m. $25 for a half-hour visit.

**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.

**The Mall Milers**

Walking for health program at The Mall in Columbia. Co-sponsored 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.

**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.

**Strengthening Families by Moving Through Anger**

Anger affects your family, friends, and work relationships. Don't let anger control you. Learn to identify what triggers your anger and the techniques to manage it. April 3, 10, 17, and 24, 7–8:30 p.m. $30.

**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.

**Preventing Heart Disease: Your Choices Are Important for Your Health**

February 21, 7–8:30 p.m.

Join our experts for an informative presentation on how you can improve your lifestyle and decrease your risk for heart disease. Learn latest treatment options and easy choices you can begin today. Presented by cardiologists Monica Aggarwal, M.D., and David Jackson, M.D.

Free.

**Pre-registration is required for all programs**

Free Health Screenings

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

**Diabetes Screening**

March 6, 9–11 a.m.

**Podiatry Screening**

March 7, 9–11 a.m.
LIVING WELL...TAKE CHARGE OF YOUR HEALTH
In this chronic disease management program, learn techniques to cope with feelings of frustration, fatigue, pain, and isolation; exercises for maintaining and improving strength, flexibility, and 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. Wednesdays, March 12–April 16, 9–11:30 a.m. Register, call M.A.P. of Maryland, 410-313-5980. $25.

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 Wandell, B.A., C.L.L. March 26, 7–8:30 p.m. Free.

RECONNECTING TO YOUR WELL-BEING
Our well-being is the result of many aspects of our lives. Learn new ways to make conscious choices to bring more balance into your life and promote well-being. May 8, 7–9 p.m. Free.

MAKE TIME WORK FOR YOU
Learn easy ways to proactively prioritize and make the choices that will create abundant time to do the things you value most in your life. Presented by Kathleen Plasse, R.N., M.P.A. April 10, 7–9 p.m. Free.

WELL-BEING THROUGH MASSAGE FOR COUPLES
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. March 29, 9 a.m.–3:30 p.m. Techniques for lower body: March 28 or June 6, 7–9 p.m. $50 per couple for one class or $90 per couple for both classes.

RELAXATION MASSAGE
Enjoy the benefits of a relaxing, seated, fully clothed massage. Massage decreases muscle tension and discomfort as well as increases energy, tissue elasticity, and flexibility. February 21. 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. March 29, 9 a.m.–3:30 p.m. $60 (includes book).
NEW! ART WORKSHOP: COLOR MY WORLD
In this three-hour session, play with various paints, brushes, papers, and a pencil to see what happens with color. You can add color to previous journal sketches or recreate the image on a new paper for becoming a painting. Registration Required. Space is limited. Saturday, April 5, 9 a.m.–noon. Free.

NEW! ART WORKSHOP: COLLAGING YOUR DREAM
Using images from magazines, fabric, photographs, memorabilia, paints, pencils, and much more, create a visual piece of art that tells a story or expresses your feelings. Start collecting small items that might work into your collage. A suggested materials list will be provided to students before the first class. Registration Required. Space is limited. Saturday, April 12, 9 a.m.–noon. Free.

SURVIVORS OFFERING SUPPORT (SOS) MENTOR PROGRAM
Volunteers, who are matched to newly diagnosed patients and trained by HCGH, provide one-on-one information and emotional support. Ambulatory Care Center. For details, call 410-884-4650.

SURVIVORS OFFERING SUPPORT (SOS) TRANSITION TO WELLNESS
Workshop provides breast cancer survivors with coping tools and information to help transition through the end of treatment into wellness. Ambulatory Care Center. April 21, 6–8 p.m. For details and to register, call 410-884-4574.

SURVIVORS OFFERING SUPPORT (SOS) PARTNER SUPPORT
Using support methods and ideas from "The Breast Cancer Husband" by Marc Silver as well as real-life survivor family learning, this ongoing workshop provides insight into care giving and types of support patients and families require. Ambulatory Care Center. April 30, 6–8 p.m. For details and to register, call 410-884-4574.

CANCER SUPPORT PROGRAMS are held at the Claudia Mayer Cancer Resource Center unless otherwise noted. For more information, visit www.hcgh.org and click on Claudia Mayer Cancer Resource Center or call 410-740-5588.

REGISTER ONLINE FOR YOUR PROGRAM NOW!

Howard County General Hospital • Wellness Classes program registration spring 2008

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)
410-740-7990 (TDD)
800-850-3137 (long distance only, please)

www.hcgh.org (online registration)
410-740-7750 (physician referral)
Dear Friends,

In this issue of Wellness Matters, the Howard Hospital Foundation (HHF), the fundraising vehicle for Howard County General Hospital (HCGH), is proud to recognize and honor our generous donors who supported Howard County General Hospital with their philanthropic support in 2007. This support provided HCGH the opportunity to improve its facilities, programs, and services. Each dollar donated is important to some aspect of the hospital’s mission.

I invite you to add your name to this ever-growing list of hospital supporters. Join your neighbors, family members, and other Howard County citizens who made it possible for the hospital to purchase critical equipment, expand its outreach to those in need, and move forward with its Capital Campaign to raise $30 million for a new patient pavilion and major renovations to the hospital’s existing facility.

I’m happy to report that nearly half of the $30 million goal has been reached. Support from the community for this project has been very gratifying. We are encouraged by this progress, but also quite aware of the lengths still left to go. As we Transform How We Care for You, we need the support of our entire community to advance health care in Howard County.

The hospital is your community hospital. If you live or work in the county, you have an interest in the quality of your health care facilities. HCGH wants to be ready to meet your health care needs when they arise. Every gift counts toward ensuring the goal. I encourage you to support this Capital Campaign with your donation.

From all of us at the Howard Hospital Foundation, best wishes for a happy and healthy 2008!

Sincerely,

Evelyn Bolduc
Chair
Howard Hospital Foundation Board of Trustees
Please accept our sincere apologies for any errors or omissions and report them to the Howard Hospital Foundation at 410-740-7840.
Gifts/Pledges of $500 and above

Cheryl Renfroe, M.D.
Riedy Family Foundation

Mary Lou Lichtenberg

Jonathan Lechter
Phyllis Lamiano

Susan Lancelotta, M.D., and Nicholas Tonelli Keller

Lynn Kander

ITT Valencia and E.C. Humelsine Hinkle-Albert Enterprises, Inc.

Kevin Hindman
Hillmuth Certified Automotive, Inc.

Barbara Grisso

Dennis Graham
Anthony Gibson

Kimberly Francis

Paula and David Forman

Cynthia Lilley, M.D.

Georgia Lovette
Manekin, LLC

Luis Martorell
Elaine Northrop and Rick Menz

Cynthia Miller

Mary Moore

Cheryl Murphy

Elen Nemphos

Beth Nicholson

Nighttime Care Centers

Office Movers, Inc.

Mildred and Edward O’Neal

Sandra Ozing

Joy Pallik

Staci Phipps

Delphine and Charles Peck

Shane and J.W. Pendergrass

Beth and Victor Plawner, M.D.

Jean Randall

Reese & Carney, LLP

Mary Jane Register

The Reuwer Family Charitable Foundation, Inc.

Amy and R.Dane Rainhard

San Diego Surf Cup, Inc.

Frankie and Vermvon Schwenk

Sherin Shahig

Ken Shaw

Judith Siegelman

Walter Simmons

Slack Funeral Home, P.A.

Monica J. Smith

Monica E. Smith

Dawn and Bradley Smith

Sophie’s Choice, Coffee, Inc.

Southern Mechanical, Inc.

Lillian Sparrow

Jane Staugaitis

Strategic Realty Partners, Inc.

Jomika Tatum

Robert Teller

Maria and Thuy Than, M.D.

Survival Valley Resort & Country Club

Esther Turmage

Lisa and David Wagner

Melynn Waithob

Wal-Mart Columbia

Wal-Mart Stores, Inc.

Patricia Walter

Robin and Peter Wessels

Gloria West

Brenda Williams

Gifts/Pledges of $250 and above

Cynthia Lilley, M.D.

Georgia Lovette
Manekin, LLC

Luis Martorell
Elaine Northrop and Rick Menz

Cynthia Miller

Mary Moore

Cheryl Murphy

Elen Nemphos

Beth Nicholson

Nighttime Care Centers

Office Movers, Inc.

Mildred and Edward O’Neal

Sandra Ozing

Joy Pallik

Staci Phipps

Delphine and Charles Peck

Shane and J.W. Pendergrass

Beth and Victor Plawner, M.D.

Jean Randall

Reese & Carney, LLP

Mary Jane Register

The Reuwer Family Charitable Foundation, Inc.

Amy and R. Dane Rainhard

San Diego Surf Cup, Inc.

Frankie and Vermon Schwenk

Sherin Shahig

Ken Shaw

Judith Siegelman

Walter Simmons

Slack Funeral Home, P.A.

Monica J. Smith

Monica E. Smith

Dawn and Bradley Smith

Sophie’s Choice, Coffee, Inc.

Southern Mechanical, Inc.

Lillian Sparrow

Jane Staugaitis

Strategic Realty Partners, Inc.

Jomika Tatum

Robert Teller

Maria and Thuy Than, M.D.

Survival Valley Resort & Country Club

Esther Turmage

Lisa and David Wagner

Melynn Waithob

Wal-Mart Columbia

Wal-Mart Stores, Inc.

Patricia Walter

Robin and Peter Wessels

Gloria West

Brenda Williams

Gifts/Pledges of $250 and above

Lilian Alade

Daniel Alvarado

Bob Batsey

Tina Beeke

Susan Berger

Ilana and David Bitner

BKS Realty Advisory Services, LLC

Joyce and Arnold Bruckner

Bonnie Chapman

Tara Clark

Mary Catherine Cochran

Marian Czajkowski

Mary Catherine Cochran

Tara Clark

Ilana and David Bitner

BKS Realty Advisory Services, LLC

Joyce and Arnold Bruckner

Bonnie Chapman

Tara Clark

Mary Catherine Cochran

Marian Czajkowski

Mary and J.Thomas Scrivener

Janet and James Rosby

S&R Custom Homes, Inc.

Melissa and Jeffrey Scheidt

Gail and Ronald Schmel

Mary and J.Thomas Scrivener

Mary Ann and James Scully

Self-Funding Administrators

Paula and Robert Senter

Valerie and G. Daniel Shelar

Laura and Lawrence Sorokin, M.D.

Abigail Glassberg and Franklin Staines

Molly Sharpe

Brenda Williams

Beth Terrill
Caroline Tunson-Dutton
Dolores and Rev. Robert Van Ingen
Bess and Pete Vrethakos
Agnes Williams

MEMORIAL GIFTS were received by the Howard County General Hospital to remember the following people:

Ann Abromatis
Reba Baritz
Ricky Barnes
Roy Bennett
Italo Broccoli
Jane Chojecki
Josephine Ciolkos
Frank P. Dawson
Nicholas Dubbs
Dale Dudley
Clara F. Frazier
Michael Frederick
Linda Fuji
Kathy Gondo
James W.Hagen, Jr.
Patrick J. Hagen
Wayne Hemphill
Carolyn E. Heron
Matthew Jang
Mary Gathoni Kamau
Alan T. Leffler, M.D.
Wendy Lipman
Jean Mader
Margaret Matheson
Claudia R. Mayer
Eugenia Melvin
Barbara Michels
Susan T. O’Neal
Katherine Peters
Barbara Pidel
Susan Pie
Christine Sanson
Carole Pascucci-Sawin
Mildred Seals
Samuel E. Serio
Aiyen Sethi
John C. Shuster
Gay Silverberg
Allison Grace Tedeschi
Edmund C. Tortolani

IN-KIND GIFTS were donated by the following:

Advanced Medical Concepts
Apple Ford
The Baltimore Sun
Bear Creek Golf Club
Birthday in a Box
The Bridges Golf Club
The Business Monthly
Charter Deli
Chesapeake Bay Golf Club
Comcast
Compass Pointe Golf Courses
Crab Shanty Restaurant
Dell, Inc.
Eddy’s Welding, Inc.
Eggspedation
Eye Bus, Tour and Travel
Fisher’s Bakery
FOX 45 WBFF-TV
Gemmy Industries
Generations
Genesis Farming Golf Clubs
Glenn Dale Golf Club
Golf Card International
The Green Friendly Golf Company
HCE, Inc.
Beth Hibbard
Hog Neck Golf Course
Kidstreet News
The Kosciakoff Center
Kraft Food Service
LifStar Response of Maryland
The Links at Gettysburg
Robert T. Manfuso
Maryland Party Rentals
Maryland Zoo in Baltimore
Mello Smello
Money Mailer
Mary and E. Randolph Marinner
Nightmare Graphics, Inc.
Patuxent Publishing Company
Pennsylvania
Pharmacists Without Borders
Pixel Workshop
Project Linus, Howard County
Safeway Food & Drug
Sodeko
Southwest Airlines Co.

Howard County General Hospital • GIVING MATTERS 2008
Members of the LEADERSHIP COUNCIL have contributed $100,000 or more to the Howard Hospital Foundation. We are proud to recognize:

- Apple Ford
- Bank of America
- Bare Bones Grill and Brewery
- The Bolduc Family Foundation, Inc.
- Shirley Bosso††
- Constellation Energy Group, Inc.
- Mary and Kingdom Gould†
- Harkins Builders, Inc.
- HCGH Professional Staff
- HCGH Volunteer Auxiliary
- Margaret and Wilson Hoeirch
- The Horizon Foundation of Howard County, Inc.
- H. Elizabeth and Peter Horowitz
- HPY Heart, PA†
- JIAM Enterprises, Inc.
- Mary Agnes and Fred Lewis, D.V.M.†
- Lundy Family Foundation
- Robert T. Manfuso
- Dorothy E. and W. Brian McGowan†
- Charles H. Miller
- Dessie and James Moxley
- Judy and William Munn†
- David Paul, M.D.
- Grace and John C. Payne, M.D.
- Christina and Don Pistorio
- PNC Financial
- Eileen and David Powell†
- Quest Diagnostics, Inc.
- Ross Products Division of Abbott Laboratories, Inc.
- The Rouse Company Foundation
- The Ryland Group, Inc.
- Hillery and Alton J. Sasso
- U.S. Foodservice
- Wells Fargo Bank
- John and Karen Whiteside†††
- W.R. Grace Foundation, Inc.

† Denotes new member 2007
†† Includes bequest

Every effort has been made to ensure the accuracy of this list. Please accept our sincere apologies for any errors or omissions and report them to the Howard Hospital Foundation at 410-740-7840.

Welcome New Howard Hospital Foundation Board Members

- Alan R. Davis
  President; Princeton Sports; Columbia, MD
- Jerry I. Levine, M.D.
  Vice President and Medical Director; Maryland Primary Care Physicians, LLC; Columbia, MD
- Creig Northrop
  President, Realtor®; Creig Northrop & The Northrop Team
  PC—Long and Foster; Clarksville, MD

Howard County General Hospital • GIVING MATTERS 2008
DO YOU KNOW WHAT MEDICATIONS YOU TAKE? HOW ABOUT THE DOSAGE? HOW MANY MILLIGRAMS ARE IN EACH DOSE?
Not having an accurate picture of your medications can potentially put you in a dangerous situation—especially if you become a patient in the hospital.

“When patients come into the hospital, we review their medications before we change or add anything new. Often we are stymied by the fact that some patients have no idea what they are taking,” says Dr. Michael Silverman, immediate past president of the professional staff and a cardiologist on staff at Howard County General Hospital.

“If we do not know what you are taking, we may start giving you something that can generate a drug interaction.”

Dr. Silverman recommends that patients carry an accurate list of their medications in their wallet or purse at all times. When your doctor updates a prescription—decreasing or increasing a dose—you should update your list. “Supplying us with accurate medication information helps us to keep you safe,” stresses Dr. Silverman.

According to Heather Dworski, Pharm.D., clinical pharmacy coordinator at HCGH, herbal supplements, vitamins, and over-the-counter medicines also can create drug interactions. “People think because herbal supplements are natural that they are safe, but that is not always true,” says Dr. Dworski. “Herbal supplements are not regulated by the FDA and can have impurities and potency variability from batch to batch that can cause drug interactions. For example, herbal supplements have been shown to affect blood thinners such as Coumadin® (warfarin).”

In addition, Dr. Dworski warns that over-the-counter cold medicines or nicotine replacement therapy can affect your heart rate and blood pressure, and the aluminum and magnesium in some antacids can affect the absorption of medications. You should alert your physician if you are taking any of those too.

To ensure patient safety, HCGH provides patients with a dual list of their medications when discharged from the hospital. “The form provides patients with a list of what medications they were taking prior to their hospital visit and what they were taking while a patient in the hospital,” says Dr. Silverman. “Each medication is checked off by the physician to indicate what is to be discontinued, continued, or added. This provides patients with a comprehensive and accurate list of what medications they should be taking every day.”

Bring a Sack, Get Answers Back
April 17, 2–4 p.m.
Bring your medications to the hospital and learn more about the prescription drugs you are taking. HCGH Lobby. Free. To register, call 410-740-7601.

For a free copy of a pocket-size Medication Tracker to record your medications, call 410-740-7810.
So, How is This Strain Different?

According to Dr. Mark Landrum, an infectious disease specialist on staff at HCGH, the community-acquired strains tend to be more aggressive, causing larger boils and more extensive skin infections. Traditional choices for treatment of skin infections do not cure this strain of Staph aureus, and physicians have had to use different classes of antibiotics.

What are the Signs of MRSA?

Often, MRSA infections are misdiagnosed as spider bites. MRSA skin infections can cause large raised boils on the skin with discolored skin at the center. Most infections are limited to the skin, but a small proportion can become invasive, causing pneumonia, blood stream infections, or bone infections.

How Can I Prevent MRSA?

According to Dr. Ramya Gopinath, an infectious disease specialist on staff at HCGH, MRSA is most commonly spread through unwashed hands.

The most important factor in limiting the spread of MRSA is regular hand washing with soap and water or alcohol gels. Any open boils or skin lesions should be covered. Whether at school, the gym, or at home, do not share personal items, such as towels, razors, or equipment. Use a barrier (i.e., towel or clothing) between your skin and equipment that is shared, and wipe surfaces before and after use with an approved disinfectant.

Finally, if you have persistent boils or skin infections, see your doctor for help in treating a potentially serious infection.

“MRSA is nothing new. The increased awareness of this infection has been largely driven by media accounts of recent unfortunate and rare deaths occurring in a few communities around the country. It is important to keep these cases in perspective. The flu, which kills an average of 36,000 Americans annually, is a much greater risk to the general population than community-acquired MRSA. In fact, non-hospital related MRSA fatalities are very rare; there is no great danger to the general public. The recent focus on MRSA should be used to reinforce the importance of routine hygiene. By following these simple measures, the spread of community-acquired MRSA can be kept to a minimum.”

Peter L. Beilenson, M.D., M.P.H.
Howard County Health Officer
You endured the rash, itching, and burning of chickenpox the first time, but anyone who has had chickenpox is at risk for shingles. Caused by the same virus that causes chickenpox, shingles is most common in people over the age 50 and those with weakened immune systems.

**Symptoms**
Shingles is marked by burning or tingling pain, numbness, or itch in one particular location on only one side of the body. After several days, a rash of fluid-filled blisters appears. “Symptoms may include pain, which can be mild or intense; fever; headache; chills; and upset stomach,” says [Dr. Steven Eversley](#), an internist on staff at Howard County General Hospital. “For most healthy individuals, the lesions heal and pain subsides within three to five weeks. Even though it is rare, shingles can lead to pneumonia, hearing problems, or blindness. A person with a shingles rash can pass the virus to someone, usually a child, who has never had chickenpox.”

**Timely Treatment**
According to The National Institute of Allergy and Infectious Diseases, shingles affects roughly two in every 10 people, and more than 500,000 people will develop it this year: “With the number of potential outbreaks and the knowledge that timely treatment can significantly reduce the severity and duration of a shingles attack,” continues Dr. Eversley, “contact your doctor immediately if you believe you have shingles.”

**To Vaccinate or Not**
There are a number of treatment options for shingles. Your physician may suggest antiviral drugs, steroids, antidepressants, anticonvulsants, or topical agents—which all may help reduce painful shingles’ after-effects, known as postherpetic neuralgia.

In 2006, the Food and Drug Administration approved a vaccine (Zostavax) for people 60 and older who have had chickenpox. Research indicates that giving older adults the vaccine reduced the expected number of shingles cases by half. In people who still got shingles despite immunization, the severity and complications were dramatically reduced. “The vaccine is only preventive,” stresses Dr. Eversley. “It is not for those who already have shingles or postherpetic neuralgia. There are several risk factors that may prevent you from getting the vaccine. As it is not covered by all health insurance providers, you should discuss treatment options with your physician.”
These HCGH physicians have recently relocated or established new offices in our community.

**Neurology**
Iqbal Singh, M.D.
Maryland Neurological Center
11085 Little Patuxent Pkwy, Ste. 212
Columbia, MD 21044
410-730-1212

**Orthopaedic Surgery**
Douglas M. Murphy, M.D.
Potomac Valley Orthopaedic Associates
3414 Oldewood Court
Olney, MD 20832
301-774-0500

**Pediatrics**
Henry H. Chang, M.D.
The Pediatric Center
700 Geipe Road #210
Catonville, MD 21228
443-451-1600

**Podiatry**
Mitchell A. Barber, D.P.M.
7350 Van Dusen Road #310
Laurel, MD 20707
301-490-2216

**Surgery**
Marsha C. Nelson, M.D.
Maryland Surgeons
716 Maiden Choice Lane #202
Catonsville, MD 21228
410-719-0090

**Cardiology**
Monica Aggarwal, M.D.
HPV Heart, P.A.
11085 Little Patuxent Pkwy, Ste. 101
Columbia, MD 21044
410-997-7979

**Gastroenterology**
Allen T. Banegura, M.D.
Digestive Disease Associates
4660 Wilkens Avenue
Baltimore, MD 21229
410-247-7500

**Pediatrics**
Henry H. Chang, M.D.
The Pediatric Center
700 Geipe Road #210
Catonville, MD 21228
443-451-1600

**Podiatry**
Mitchell A. Barber, D.P.M.
7350 Van Dusen Road #310
Laurel, MD 20707
301-490-2216

**Surgery**
Marsha C. Nelson, M.D.
Maryland Surgeons
716 Maiden Choice Lane #202
Catonsville, MD 21228
410-719-0090

**Neurology**
Iqbal Singh, M.D.
Maryland Neurological Center
11085 Little Patuxent Pkwy, Ste. 212
Columbia, MD 21044
410-730-1212

**Orthopaedic Surgery**
Douglas M. Murphy, M.D.
Potomac Valley Orthopaedic Associates
3414 Oldewood Court
Olney, MD 20832
301-774-0500

**Pediatrics**
Henry H. Chang, M.D.
The Pediatric Center
700 Geipe Road #210
Catonville, MD 21228
443-451-1600

**Podiatry**
Mitchell A. Barber, D.P.M.
7350 Van Dusen Road #310
Laurel, MD 20707
301-490-2216

**Surgery**
Marsha C. Nelson, M.D.
Maryland Surgeons
716 Maiden Choice Lane #202
Catonsville, MD 21228
410-719-0090

Dr. Marvin Davis
Board Member, Howard County General Hospital Board of Trustees
For 20 years, Dr. Marvin Davis has been an active member of Howard County General Hospital’s Professional Staff, having chaired the Maternal Child Health Committee and the OB/GYN Clinical Department Review Committee as well as served on the Howard Hospital Foundation board, HCGH’s strategic planning committee, and the Labor and Delivery committee.

Being involved over the years has afforded Dr. Davis a unique perspective on HCGH’s past, present, and future. “The hospital has undergone major enhancements in the Emergency Department, Maternity Unit, and NICU,” says Dr. Davis. “Women’s health stands at the forefront of most hospitals, and, with HCGH’s state-of-the-art facilities, I am proud of what we are able to offer to our community.”

According to Dr. Davis, HCGH’s health care services will be in greater demand as the population ages and fuels the need for health care. “We are growing into a regional player in the community,” comments Dr. Davis. “Our location is ideal, and, with facility improvements such as the new patient pavilion, we will draw even more physicians and specialties.”

A Howard County resident, Dr. Davis has served on the Patrons Board at McDonogh School and on the U.S. Congressional Physicians Advisory Council. He currently serves on the board of Capital Women’s Care, Maryland’s largest private OB/GYN practice.

G. Daniel Shealer, Esq.
Vice President for Corporate Compliance, Deputy General Counsel and Secretary
The Johns Hopkins Health System Corporation
Deputy General Counsel and Secretary
Johns Hopkins Medicine
Board Member, Howard County General Hospital Board of Trustees
Dan Shealer’s relationship with Howard County General Hospital began in 1998 when the hospital began to explore the possibility of a partnership with Johns Hopkins. “I had the good fortune of being involved with the relationship from the idea phase and have been privileged to watch it develop, grow, and evolve,” notes Mr. Shealer. “I think it has been a wonderful relationship. Through the years, I have seen collaborations in areas of patient safety, quality of care and strategic initiatives.”

In his current role as a Board Member of the Howard County General Hospital Board of Trustees, Mr. Shealer looks forward to continued synergy between HCGH and Johns Hopkins. “I believe HCGH together with Johns Hopkins will continue to seek opportunities to meet the needs of the residents of Howard County.”

Mr. Shealer also explained that the Chairman and the Vice Chairman of the HCGH Board serve on the Board and the Executive Committee of Johns Hopkins Medicine and the President of the HCGH Professional Staff serves on the Board of The Johns Hopkins Health System Corporation (JHHS). He noted that, in his role as Secretary of Johns Hopkins Medicine and as Secretary of JHHS, he has observed the many contributions that these HCGH representatives have made to Johns Hopkins and the respect that they have generated for HCGH.

Mr. Shealer also serves as a Board Member in the Legal Aid Bureau in Baltimore City and Mt. Washington Pediatric Hospital.
New Professional Staff Officers Named

The Howard County General Hospital Professional Staff has elected Edward J. Lee, M.D., as president of the professional staff for 2008. A member of the professional staff since 2001, Dr. Lee is board certified in medical oncology, hematology, and internal medicine. Dr. Lee, who is a partner of the Maryland Oncology Hematology practice, received his medical degree from State University of New York—Downstate. Serving with Dr. Lee will be urologist Marc Applestein, M.D., as vice president and internist Jonathan S. Fish, M.D., as secretary/treasurer.

New Sr. VP of Patient Care Services

HCGH is pleased to announce the appointment of Sharon P. Hadsell, RN, MSN, CNA, BC, to senior vice president of Patient Care Services. She is responsible for all inpatient nursing units as well as Emergency Services, Women’s and Children’s Services, Ancillary Services, clinical education, shift directors and staffing, and operations. Ms. Hadsell holds a bachelor’s degree in nursing from Southern Illinois University, and a master’s of science degree in nursing from Loyola University of Chicago. She is a clinical nurse specialist by degree and certified in nursing administration.

Grievance Policy

You have the right to voice your concerns about the care or services you receive. If you have a problem or complaint, you may talk with your doctor, nurse manager, or a department manager. You may also contact the Quality & Patient Safety Department to assist you with your concerns by calling 410-740-7912, or by writing to Quality & Patient Safety Department, Howard County General Hospital, 5755 Cedar Lane, Columbia, Maryland 21044. If your concern is not resolved to your satisfaction, you have the right to request a review by the Maryland Department of Health & Hygiene, Office of Health Care Quality, Hospital Complaint Unit, Spring Grove Hospital Center, Bland Bryant Building, Catonsville, Maryland 21228, 410-402-8016. When an individual has concerns about patient care and safety in Howard County General Hospital that hospital management has not addressed, he or she is encouraged to contact The Joint Commission’s Office of Quality Monitoring to report those concerns or register complaints by either calling 1-800-994-6610 or emailing complaint@jointcommission.org.

Construction Update

Progress continues on the construction at Howard County General Hospital. The patient drop off and handicapped/special permit parking lot was completed, creating additional space for handicapped, and cardiopulmonary and rehabilitation patients. Work in the front of the main entrance has been completed, and the new canopy will be installed in the spring. To improve safety, new stop signs have been installed on the main road leading to Cedar Lane and Little Patuxent Parkway. The concrete walls and slab floor of the new pavilion have been poured, and steel erection began in early January and will continue for three months. Thank you again for your patience and understanding during this exciting period of growth for the hospital. And, as a reminder, we will continue to offer complimentary valet parking.
**February**

**Cardiovascular Clinic**  
**February 23 • 9 a.m.–noon**  
**The Mall in Columbia**  
Come to this free cardiovascular clinic to get free screenings, including a total cholesterol check. Talk with our physician experts and learn ways you can make lifestyle changes to promote your heart health. Attend a free, half-hour lecture, “Your Heart: What You Should Know about Risk Factors and Prevention,” presented by cardiologist Dr. Monica Aggarwal at 10 a.m. and 11 a.m. Walk-in, registration not required. Free.

**Heart Matters**  
**February 28 • 8 a.m.–5 p.m.**  
**HCGH Wellness Center**  
Activities include a lipid profile with specific information regarding HDL, LDL, and triglyceride levels; blood pressure screening; and height and weight measurements. Cost is $25. Registration is required by calling 410-740-7601.

---

**March**

**HC DrugFree Teen Job & Volunteer Fair**  
**March 8 • 10 a.m.–2 p.m.**  
**Long Reach High School**  
Sponsored by Howard County General Hospital, this event provides teens the opportunity to look for jobs and volunteer internships with more than 100 businesses and organizations as well as attend workshops. For more information, call 443-325-0040 or visit www.hcdrugfree.org.

**Parkinson’s Expo**  
**March 9 • 11 a.m.–5 p.m.**  
**Turf Valley**  
This expo, which is presented by Parkinson’s & Movement Disorders Center of Maryland and Howard County General Hospital, will discuss meeting the challenge of Parkinson’s disease in our community. Learn about the disease, care giving and coping, therapies and treatments, related cognitive and psychiatric issues, and physical and speech therapy. For more information, visit www.pdmdcenter.com.

**Latino Health Fair**  
**March 15 • Noon–4 p.m.**  
**Wilde Lake Interfaith Center**  
Howard County General Hospital, the Howard County Health Department, St. John the Evangelist Catholic Church, and Alianza de la Comunidad will hold the fourth Latino Health Fair for Latino community members. Attendees will be able to receive health information as well as health screenings including blood pressure, oral health, clinical breast exams, and more. For more information, call 410-740-7696.

---

**April**

**12th Annual Kicks Against Breast Cancer Tournament**  
**April 12 • 9 a.m.**  
**Maryland Soccerplex in Germantown**  
Some of the best athletes from college soccer teams across the nation face off including: Penn State, University of Virginia, U.S. Naval Academy, University of Maryland, Georgetown University, and Johns Hopkins University. Ticket cost is $10 (full day of matches). Funds raised benefit the Claudia Mayer Cancer Resource Center. For more information, visit www.kicksagainstbreastcancer.org or call 410-740-5858.

**Muslim Community Health Fair**  
**April 19 • 9 a.m.–noon**  
**The Florence Bain Senior Center**  
The Howard County Muslim Foundation, in partnership with Howard County General Hospital and the Howard County Health Department, is sponsoring the fourth Muslim Community Health Fair. For more information, call 410-465-7400.

**CPR Across Howard County**  
**April 26 • 9 a.m.–noon**  
**Hammond High School**  
This FREE American Heart Association Family & Friends CPR course is a hands-on experience for people age 11 and up who want to learn the techniques of adult and child CPR and choking prevention but do not require a CPR certification. Refreshments and a CPR book will be provided. Registration is required by calling 410-740-7601 or visiting www.hcgh.org.

**Korean Health Fair**  
**April 26 • Noon–4:30 p.m.**  
**Centennial High School**  
Howard County General Hospital will sponsor the second Korean Health Fair, which will provide free health screenings for attendees. For more information, call 410-740-7696.

---

**May**

**Comcast Cherrybration**  
**Saturday, May 3 • 4 p.m. to dusk**  
**Centennial Park**  
Celebrate the renewal of spring and the blossoming of Howard County’s 1,250 Blossoms of Hope Kwanzan cherry trees at this spectacular outdoor festival featuring arts, music, children’s activities, and educational displays that focus on wellness, the outdoors, and the importance of nature. Enjoy a relaxing picnic dinner with friends and family and then join in the magic of “Lanterns of Hope,” a sparkling luminary procession that winds through the park at dusk! Proceeds benefit Howard County General Hospital and the Claudia Mayer Cancer Resource Center.