On a Clear Day

New Cataract Surgery

Adult Onset Diabetes

Men’s Health: Male Menopause

The Bite of Summer
Dear Friends,

It is an exciting time at Howard County General Hospital as we continue to grow in order to provide you with the best, most comprehensive care possible. If you have visited the hospital recently, you have noticed that our reconfiguration of the main parking area continues. This reconfiguration is the first step in the process which will lead to the construction of our new patient pavilion with all-private rooms. To minimize your inconvenience, I encourage you to use our new complimentary valet parking at the front entrance of the hospital, which is available from 8 a.m. to 4 p.m. We look forward to breaking ground for our new patient pavilion later this year.

I am very pleased to announce that plans are currently underway to develop a comprehensive, full-service Maternal Fetal Medicine Institute at Howard County General Hospital. This new, full-time service for women with high-risk pregnancies is slated to open in July 2007. Board certified Maternal Fetal Medicine physicians and specially trained ultrasound technologists will team up with genetic and diabetic counselors, nutritionists and specialized obstetrical nurses to deliver this integrated service, always working closely with your personal obstetrician to augment your care. The center will be led by a Johns Hopkins Maternal Fetal Specialist, and will be a very significant addition to our current high quality obstetrical services and Level IIb Neonatal Intensive Care Unit. The program will provide mothers and babies with comprehensive maternity care without having to leave our community.

This February marked the opening of the new Psychiatric Emergency Unit. Responding to the unique needs of a growing number of patients with mental health conditions, the new unit provides a separate, secure unit that is specially designed and staffed to treat up to 10 patients in need of emergency psychiatric services, enhancing patient privacy, safety, and quality of care. The psychiatric emergency unit is located in a newly constructed 1,920-square-foot addition to the hospital’s main Emergency Department. The $775,000 project was funded in part by grants from the Maryland Hospital Association Hospital Bond Project Review Program and the Horizon Foundation. The hospital also provides inpatient psychiatric services in a 20-bed psychiatric unit.

In closing, I would like to invite you to attend Columbia’s 40th Birthday Party Family Day Health Fair sponsored by Howard County General Hospital on Sunday, July 15 at Merriweather Post Pavilion. Health screenings and information for all ages will be offered from noon until 5 p.m. I hope to see all of you there!

Have a safe and healthy summer.

Sincerely,

Victor A. Broccolino
President and CEO
Howard County General Hospital
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New cataract surgery gives a patient a clear view.

On a Clear Day
New Cataract Surgery

FOCUS THIS ISSUE

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On the front cover: HCGH cataract surgery patient George Hunter is now seeing clearly.
George Hunter remembers the first time he saw Columbia’s Lake Kittamaqundi. It was 1971, and he had just decided to move to Columbia. Thirty six years later, George is still drawn to the lake’s beauty. Unfortunately, in the fall of 2006, cataracts had caused the lake to begin to look fuzzy and cloudy in George’s eyes. Today, following new state-of-the-art cataract surgery at Howard County General Hospital, George is able to enjoy a clear view of the lake once again.

George, who had worn glasses since high school, thought the time had come to have his eyeglass prescription changed. “The best the doctor could do was correct my vision in my left eye to 20/50, which is pretty limiting,” says George. “I was really having trouble reading my computer screens, which is essential in my profession.” His other option was cataract surgery.

George saw Howard County General Hospital ophthalmologist Dr. Dean Glaros and was scheduled for cataract surgery in March 2007, using the hospital’s new phacoemulsification technology.

According to Dr. Glaros, phacoemulsification surgery uses ultrasound waves to break up the cataract. The fragments of the cataract are carefully suctioned from the eye, and a new artificial lens is then implanted in place of the cataract. The outpatient procedure typically takes no more than 30 minutes to complete. The new Infinity system allows the cataract to be removed more efficiently and with less energy delivered to the inside of the eye. This results in a safer procedure and more rapid return of vision.

“I have to admit the thought of eye surgery had me really worried,” says George. “But, the staff at HCGH’s Center for Ambulatory Surgery were so good; they put me right at ease. Everything went seamlessly,
and I never had any discomfort. In fact, I felt good enough after the surgery that my son and I stopped to eat on the way home.”

The day following the surgery, George saw Dr. Glaros to have the patch covering his eye removed. “When I looked around I knew the operation had been a success,” says George. “So successful that now I no longer wear glasses at all. Sometimes, out of habit, I find myself reaching for my glasses, and then I realize I don’t really need them. I feel really blessed.”

“The Infinity phacoemulsification machine is amazing technology, making cataract surgery a painless, bloodless, sutureless procedure. Using this technology, we are able to more efficiently, and with less trauma to the patient, remove their cataract for faster and improved visual recovery. We also are able to implant new multifocal, intraocular lenses that now can correct for astigmatism as well as give patients the ability to see distance and near.”

Dr. Jeffrey Wexler, Chief of Ophthalmology
Howard County General Hospital

“Howard County General Hospital has provided surgeons with the newest technology in cataract removal. We are now more efficient at safely removing the cataract and implanting a lens to restore sight.”

Dr. Malin Howard
Ophthalmologist

Dr. Dean Glaros
Ophthalmologist

Dr. Jeffrey Wexler
Ophthalmologist

Dr. Malin Howard
Ophthalmologist
Are You Experiencing Male Menopause?

Yes, men can have it, too. Known as andropause, this condition results from low testosterone. With age, almost all men experience a testosterone decrease. However, some men’s levels dip lower than others causing a lessening in libido; emotional, psychological, and behavioral changes; decreased muscle strength and mass; and increased body fat. Decreased testosterone also may raise your risk for heart disease and weak bones.

**Andropausal Q&A**

One of the tools used for screening for low testosterone is the ADAM (Androgen Deficiency in Aging Men) questionnaire:

1. Is your libido decreased?
2. Are your erections less strong?
3. Are your strength and endurance decreased?
4. Do you lack energy?
5. Are you falling asleep after dinner?
6. Have you noticed a recent deterioration in your ability to play sports?
7. Have you noticed a recent deterioration in your work performance?
8. Are you more sad and/or grumpy than usual?
9. Have you lost height?
10. Have you noticed a decreased enjoyment in life?

If you answered “yes” to either of the first two questions, or a total of three “yes” answers to any of the 10 questions it may indicate that you have low testosterone. Talk to your doctor about checking your testosterone levels. New blood testing methods are available that may help determine if you are at risk. See page 7 for information on HCGH’s Male Menopause and Healthy Living program.

**Aging Gracefully: What Men Need to Know About Their Health as They Age**

For men in their 50s and 60s, having an annual physical, during which your doctor can perform or recommend some simple tests, can help to slow or prevent many age-related problems, or, if you currently have a chronic disease or disability, improve your quality of life.

**Rectal Exam**

Over 50! You need one every year. A rectal exam and a fecal occult blood test can identify any masses or subtle bleeding that can’t be seen with the naked eye. These tests can give clues to treatable problems in your colon or prostate.

**PSA-Prostate Exam**

This blood test, when combined with a rectal exam, can effectively detect prostate cancer in most men. According to Dr. Marc Applestein, a urologist on staff at Howard County General Hospital, at age 50 you should start getting both tests every year if you have a family history of prostate cancer or are an African American, screening may start as early as age 40.

**Colon Cancer Screening Tests**

A colonoscopy, which should be done every 10 years starting at age 50, is just one of several colon cancer tests. You may need to have them earlier and more frequently if you have risk factors.

**Weight**

As you age, your metabolism decreases and muscle is replaced with fat, increasing your likelihood to pack on the pounds. Being overweight raises your risk for developing a number of diseases-watch weight gain, eat healthier, and exercise.

**Blood Pressure**

According to Dr. Gary Milles, an internist on staff at Howard County General Hospital, untreated high blood pressure can damage your heart, arteries, brain, eyes, and kidneys. Millions of Americans have this condition and don’t know it. Get your blood pressure checked at least once a year.

**Cholesterol**

To reduce the chance of heart attack or stroke, measure your total and HDL (good) cholesterol at least once every five years (more often if you’re at risk for a heart attack).

**Blood Sugar**

Untreated diabetes can cause heart disease, kidney failure, and blindness. Get a fasting blood sugar test at least once every three years to catch diabetes early and manage it.

**Immunizations**

Over 50-get a flu shot every year. Over 65-get a pneumococcal vaccine to protect against pneumonia too. You also need a tetanus booster shot every 10 years.

Remember to take care of your eyes, teeth, skin, bones, and hearing by regularly seeing your doctor and seeking medical advice should you have a concern.
SKIN CANCER SCREENING
May 15 or May 17, 5–7 p.m. Free. 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.

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

WOMEN’S SELF-DEFENSE
Women age 16 and up learn practical, easy self-defense techniques. Students will practice highly effective and easy-to-learn techniques designed for adult situations. June 30, 9 a.m.–noon. $45.

WELL-BEING THROUGH MASSAGE
Massage promotes increased circulation and muscle relaxation through gentle touch. 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: June 15 or October 12, 7–9 p.m. Techniques for lower back, lower extremities, and feet: June 29 or October 19, 7–9 p.m. $50 per couple for one class or $90 per couple for both classes.

HEALING LAUGHTER
Laughter and wellness go together. Learn how to lower your blood pressure, promote emotional healing, and strengthen your immune system by participating in laughter exercises. Presented by Heather Wandell, B.A., C.L.L. Registration is required. June 28 or October 17, 7–8:30 p.m. Free.

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, and endurance; and skills to communicate more effectively with family, friends, and health professionals. This class is for people living with chronic conditions as well as caregivers of those with chronic conditions. Tuesdays for six weeks beginning June 5, 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 massage. Massage decreases muscle tension and discomfort, increases energy, tissue elasticity and flexibility. May 17. Appointments scheduled between 12:30–4:30 p.m. $35 per half-hour massage. To schedule an appointment, call 410-740-7601.

IMPROVING WITH AGE

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

AARP DRIVER SAFETY PROGRAM
American Association of Retired Persons’ (AARP) Driver Safety Program is a classroom refresher program designed to meet the needs of older drivers. Participants must be age 50 or older. Some insurance companies give a discounted rate for completing this course. Call for dates and times. $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, 10–10:45 a.m. Roger Carter Recreation Center. (16 classes beginning June 19–August 9 and 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.

CAREGIVING FOR OUR COMMUNITY

- Summer 2007
- 410-740-7800 (TDD) • 600-850-3137 (long distance only, please)
- www.hcgh.org (online pre-registration)
- 410-740-7601 (general information & registration)
- 410-740-7990 (TDD)
- 800-850-3137 (long distance only, please)
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. Thursdays, May 24–June 28; Wednesdays, September 5–October 10. 7–8:30 p.m. $25.

PRE-DIABETES: WHAT IS IT AND WHAT CAN YOU DO ABOUT IT?

If you have been told you have pre-diabetes or abnormal blood sugar, you are at risk for developing diabetes. This class will help you to understand what pre-diabetes is and how to make changes to prevent or delay developing actual diabetes. June 13 or 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. Become 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. May 18 & 19, June 15 & 16, July 6 & 7, July 27 & 28, 8:30 a.m.–3 p.m. Ambulatory Care Center. Call 410-740-7601 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.

DIETARY COUNSELING

Nutritional counseling with a registered dietitian to discuss your dietary concerns and goals including dietary requirements for healthier bones, high blood pressure, elevated cholesterol, or for those wanting to maintain a vegetarian diet. 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.

INDIVIDUALIZED WEIGHT LOSS COUNSELING

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

NUTRITION AND CANCER

Individualized, three-session counseling program with a registered dietitian. Examines diet as part of wellness. For those who wish to modify their diets to help lower their risks of certain cancers and those who are undergoing treatment for cancer. 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 in a comfortable, relaxed atmosphere with friendly, knowledgeable exercise physiologists who also can provide personal training. Take advantage of one-on-one sessions with our golf physical therapists to improve your golf body, making your game powerful, efficient, and consistent. Eliminate injuries with our “W”hole-In-One” Golf Body Enhancement Program. Also, enjoy the many benefits of massage therapy and acupuncture. For program details, contact Central Maryland Rehabilitation Center at 410-312-9000.

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 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.

Glennwood Library: First and third Monday of the month, 3:30–5:30 p.m. Florence Bay Senior Center: Every other Thursday of each month, 10:30 a.m.–noon. Free.

THE MALL MILLERS

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.

Health Screenings

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

Osteoporosis Screening

May 15, 6–8:30 p.m. $25.

Oral Cancer Screening

June 5, 9–11 a.m.

Diabetes Screening

June 26, 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.

pre-registration is required for all programs
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.
Healthy Families

MATERNAL CHILD CLASSES

Maternal Child Classes
class information and registration forms are available by calling 410-740-7601 or online at www.hcgh.org.

May 23, 7–8:30 p.m. Free.

The Maternal Child Classes are held at the Wellness Center unless otherwise noted.

Support groups are subject to change. For more information, please contact 410-740-7601.

Maternal Child Classes

MAYBE BABY?
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 obstetrician Kimberly Turner, M.D. June 6, 7–8:30 p.m. Free.

MAYBE BABY?
Financial Planning Issues for Prospective Parents
May 23, 7–8:30 p.m. Free.

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

LACTATION CLINIC
Prenatal breast assessment and lactation clinic visits after discharge are available by appointment with a certified lactation consultant. Newborns welcome. Call or go to www.hcgh.org for more information.

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

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

BABY SIGNING
Learn basic sign language skills to help your baby communicate. In this class, you will learn 100 basic signs. For parents, grandparents, caregivers, and babies up to 12 months old. A review DVD is included in the price. September 8 & 15, 10:30 a.m.–noon; October 6, 9 a.m.–noon; or November 3 & 10, 10:30 a.m.–noon. $40 per person or $75 per couple.

PRENATAL 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. October 5, 7–9 p.m. Free.

HAPPIEST BABY ON THE BLOCK
Learn successful 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. July 18 or September 13, 7–9 p.m. $120 per couple.

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

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

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

MATERNAL Child Classes

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

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

Breastfeeding
Learn advantages, preparation techniques, and ways to prevent and manage feeding problems. Practical tips for successfully combining career and breastfeeding will be discussed. Taught by a nurse lactation consultant. Newborns welcome. Call or go to www.hcgh.org for more information.

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

Baby Signing
Learn basic sign language skills to help your baby communicate. In this class, you will learn 100 basic signs. For parents, grandparents, caregivers, and babies up to 12 months old. A review DVD is included in the price. September 8 & 15, 10:30 a.m.–noon; October 6, 9 a.m.–noon; or November 3 & 10, 10:30 a.m.–noon. $40 per person or $75 per couple.

Prenatal 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. October 5, 7–9 p.m. Free.

Happiest Baby on the Block
Learn successful 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. July 18 or September 13, 7–9 p.m. $120 per couple.

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Learn successful 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. July 18 or September 13, 7–9 p.m. $120 per couple.

Prepared Childbirth Program
Five-part program to prepare for the birth of your baby. Call or go to www.hcgh.org for more information.

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

Childdbirth Weekend
Expectant couples will learn about childbirth preparation over a two-day period during this weekend program. Call or go to www.hcgh.org for more information.
Type-2 diabetes is a condition caused when the pancreas has gradually lost its ability to produce insulin and your body has become resistant to insulin. It can cause serious complications if undiagnosed or not managed properly, according to HCGH endocrinologist, Dr. Lynn Gaynes. “Diagnosis is the first step to controlling your diabetes and living a healthy life,” says Dr. Gaynes.

“For people with diabetes risk factors, proper monitoring and regular check-ups are essential for early diagnosis. With type-2 diabetes, the condition can present itself so slowly that many people don’t see any symptoms. The sooner type-2 diabetes is diagnosed, the sooner your doctor can help get your diabetes under control and prevent complications.”

For people who control their type-2 diabetes, there is a greater likelihood of preventing complications. However if you do not monitor or treat your diabetes, over time high blood glucose levels can cause damage to your eyes, kidneys, nerves, heart, and blood vessels, which could result in heart disease or stroke.

“Type-2 diabetes is not like type-1, which requires pumped or injected insulin,” says Dr. Gaynes. “Treating type-2 diabetes and preventing dangerous complications can be as simple as following a healthy meal plan and exercise program, losing excessive weight, and taking oral medications.”

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

**Diabetes Screening**
June 26, 9-11 a.m. Free. Howard County General Hospital Wellness Center

**Howard County General Hospital offers many programs to support you in your efforts to live a healthy life as a person with diabetes. See page 8 for a complete list of classes.**

**What is Insulin?**
Insulin is a hormone that is necessary for the body to be able to use sugar. Sugar is the basic fuel for the cells in the body, and insulin takes the sugar from the blood into the cells. If the body’s tissues become resistant to insulin and the pancreas does not produce enough insulin, your body’s tissues cannot take in sugar normally, causing your blood sugar to rise.

**SOME OF THE RISK FACTORS FOR DIABETES INCLUDE:**
- Genetics—a family history of diabetes
- Obesity
- Over age 45
- Sedentary lifestyle—lack of exercise
- Ethnicity—African Americans, Asian Americans and Hispanic Americans have an increased risk
- Gestational diabetes—diabetes during pregnancy
- High blood pressure
- High triglyceride levels
- High cholesterol levels

*For people with these risk factors, Dr. Gaynes suggests periodic monitoring for symptoms that indicate high blood glucose levels, such as:*
- Increased thirst
- Increased urination
- Increased appetite
- Fatigue
- Blurred vision
- Slow-healing infections
- Impotence in men
The *Bite* of Summer

As the weather warms and you start spending more time outside, your chances of coming face to face with a creepy crawly insect or animal that can bite increase. “Be prepared,” says Dr. Jackson Tsai, a pediatric emergency physician on staff at Howard County General Hospital. “Know when you need to seek medical attention.”

**Tick**

Remove the tick as soon as you find it by grasping the mouth parts of the tick with tweezers close to the head and pulling with slow steady pressure. Do not twist. Remove the entire tick and mouth parts. Wash the bite site, and monitor for signs of illness, such as fever, headache, muscle and joint aches, or a ring-shaped spreading rash. Symptoms may develop one day to three weeks after the bite. Ticks are capable of transmitting several illnesses. The above symptoms are often seen in Lyme Disease, which can be transmitted by deer ticks in Maryland and several other states in the Northeast.

**Mosquito**

Typically, when you are bitten a red, itchy welt forms as a result of an allergic reaction. Clean the area with soap and water and refrain from scratching. Oral benadryl can be taken to help with itching. To prevent a bite, avoid going outside from dusk to dawn which are peak mosquito biting hours. Apply insect repellent containing DEET to exposed skin when you go outdoors. DEET is safe for pregnant and breastfeeding women and—in concentrations of 10 percent or less—in children. Limit the number of places around your home for mosquitoes to breed by getting rid of items that hold standing water.

**Snake**

Following a snakebite, wash the wound with large amounts of soap and water. Remove constricting items such as jewelry in case the bite area swells. Do NOT use tourniquets (constrictive bands). Elevate the affected limb and use the affected limb as little as possible to delay any venom absorption. Unless the snake has been positively identified as non-venomous, safely and rapidly transport the victim to the hospital. You will need a tetanus shot if you haven’t had one within five years.

**Four-legged Animal**

Thoroughly wash the wound with soap and water. After cleansing, apply a topical antibiotic ointment three times per day. Put a clean, dry bandage over the area. Immobilize and elevate your wound, and see a doctor. You may need oral antibiotics and, possibly, a tetanus booster. Rabies has been detected in wild animals such as raccoons, bats, skunks, and woodchucks. If there is any question of rabies, further treatment will be required.

**Clothing Can Help Reduce Mosquito and Tick Bites**

When possible, wear light colored long sleeves, long pants, and socks when outdoors.
New 2007 Physicians Directory Coming Soon

The new 2007 HCGH Physicians Directory is being prepared for distribution. This year’s directory lists the more than 700 skilled physicians that practice at HCGH in more than 70 specialties and subspecialties. Copies will be distributed to the community through Patuxent Publishing in the June 7, Columbia Flier, Howard County Times, and Laurel Leader. If you do not receive a copy by June 21, call 410-740-7810.

Cancer Navigator Program

Howard County General Hospital recently launched a new Cancer Navigator Program. The Oncology Navigator will provide a vital link to services and supports for cancer patients and their caregivers. They will assist with scheduling appointments, provide information on support services such as nutrition counseling, physical therapy, and social work; assist in connecting patients with financial resources, and locate the many other available services that may help patients and families deal with the stress of a cancer diagnosis.

The Cancer Navigator Program was developed by the American Cancer Society (ACS). The Howard County Cancer Navigator Program is sponsored through a collaboration of the ACS, the Horizon Foundation, and the Howard Hospital Foundation.

“Lilly Oncology” on Canvas Art Exhibition

“Lilly Oncology” on Canvas is an exhibition drawn from an international art competition, sponsored by Eli Lilly and Company, open to anyone whose life has been touched by cancer to express their cancer journey through art. The competition drew 2,151 entries from 43 countries. A selection of 50 of these works will be on exhibit at the Howard County Conservancy on Thursday, May 17, 7–9 p.m. This exhibition is sponsored by Lilly Oncology, Howard County General Hospital, Chesapeake Oncology Hematology, Maryland Oncology Hematology, and University of Maryland Radiation Oncology. Additional support is provided by the Howard County Conservancy and the Howard County Arts Council. The evening will include commentary by cancer survivors. Tickets are $20 per person. Light refreshments will be served. To RSVP, call 410-740-7601 or register online at www.hcgh.org.

FREE exhibitions of these works, open to the public, will be held on:
- Friday, May 18, 10 a.m. to 5 p.m. at the Howard County Conservancy.
- Sunday, May 20, 11 a.m. to 6 p.m. at the Columbia Mall.
- Limited selections will be shown Monday, May 21–Wednesday, May 23 at the sponsoring oncology practices and the Howard County Department of Health.
For more than 20 years, Charles H. Miller has been giving back to Howard County General Hospital.

With Howard County General Hospital’s new Campus Development Plan underway, Mr. Miller has already pledged to support the significant expansion. “As the community grows so, too, must the hospital. It is apparent that the need is there. To the extent that they are able, members of the community must support the hospital’s future growth.”

For seven years, Mr. Miller also gave back by serving on the Howard Hospital Foundation Board. In addition to his work with the foundation, Mr. Miller serves on the Board of the Howard County Conservancy and volunteers for the Conservancy by taking children on nature walks. He is also on the Board of The Odyssey School in Baltimore that serves children with dyslexia. Prior to his retirement, he was a teacher and headmaster of Glenelg Country School.

“I am happy to support the hospital every year through my annual gift. Any organization that provides a vital community service such as HCGH does need to be supported by community donations. Because the hospital serves us so well, we must return the favor.”

Charles H. Miller
Howard Hospital Foundation Board Member

Imagine recovering in a hospital room. Peacefully. No roommate. Privately. Discuss your health with your physician. Confidentially. Visit with your family. Comfortably. A nurses’ station just outside your door. Safely. Howard County General Hospital’s future patient pavilion with all private rooms will offer you just that. And more.

The benefit of a private room is to promote healing. HCGH conducted extensive research on healing environments before deciding on structural details, even constructing a mock private room to try out proposed colors, safety features and logistics to maximize patient comfort. Special attention is paid to the color palette and lighting of each room, to evoke a sense of warmth and comfort. Each room comes equipped with a pullout couch so family can stay with you. Large windows allow natural light to spill into every room. Each and every detail is focused on caring for you, the patient.

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

“If you are a corporation that has employees who live in Howard County, don’t you want your employees to have the best health care they can?” asks Glenn Wilson, chairman, president and CEO of Citizens National Bank.

With that sense of corporate and community responsibility taken to heart, Citizens National Bank has continuously supported Howard County General Hospital through the Howard Hospital Foundation. Over the years, the bank has made donations to the hospital’s Symphony of Lights, Annual Benefit Golf Classic, and other major capital campaigns.

Just as important as the donation of dollars, Mr. Wilson notes, is the donation of hours. Many of the bank’s executives volunteer and serve in leadership positions on local community boards. Mr. Wilson is a board member of the Howard Hospital Foundation and the incoming chair of the foundation’s finance committee.

In addition to the hospital, Citizens National Bank provides volunteer and/or philanthropic support to the Howard County Chamber, United Way Partnership Board for Howard County, Prince George’s Community College Board, Howard County BRAC Commission, Leadership Howard County, and Columbia Foundation to name but a few.

Great Events Mark Banner Year for Howard Hospital Foundation

This year’s Dazzle Dash broke all attendance and income records, boasting more than 3,500 runners and walkers and raising nearly $40,000. More than 85,000 people drove through the Symphony of Lights this year—a 12 percent increase in tickets sold. Combined, Dazzle Dash and the Symphony of Lights produced a benchmark net income of $166,329. All proceeds from the two events benefited Howard County General Hospital’s Maternal-Child services.

Thanks to our sponsors who helped make these events a great success:

Presenting Sponsor:

Illuminating Sponsors:
Comcast
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WLIF Baltimore – CBS Radio

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M&T Bank
Mackenzie Commercial Real Estate
Money Mailer
Nighttime Pediatrics & Adult Care Too!
Sandy Spring Bank
The Business Monthly
The Columbia Bank
Winchester Homes

Join us for the 17th Annual Benefit Golf Classic

To be held on Friday, June 8 at Waverly Woods Golf Club in Marriottsville, Md., the Golf Classic will offer morning and afternoon tee times. Eggspection has generously donated breakfast, lunch, and dinner for golfers and volunteers. Proceeds will support Howard County General Hospital’s greatest needs.

Space is limited. For more information on registration, sponsorships, underwriting opportunities, or foursomes, call Susan Boyd at 410-740-7570. Visit www.hcgh.org for a downloadable registration brochure.

Members of the Citizens National Bank team pictured from left to right: Lola Kayler, senior vice president; Bill Chalfant, senior vice president; Glenn Wilson, chairman, president and CEO; Rich Ohnmacht, executive vice president; and Annie Geiermann, senior vice president.
may

“Lilly Oncology” on Canvas Art Exhibition
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  at the Howard County Conservancy
  (ticket required)
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  at the Howard County Conservancy
- Sunday, May 20 11 a.m. to 6 p.m.
  at the Columbia Mall

For details, see article on page 13 of this issue of Wellness Matters.

june

Howard County Relay For Life
6:30 p.m. Friday, June 1 to
8 a.m. Saturday, June 2, 2007
Hammond High School
For more information, call 410-781-4316 or visit
www.acsevents.org/relay/howard.

Western Howard County Relay For Life
6:30 p.m. Friday, June 22 to
7:30 a.m. Saturday, June 23, 2007
Western Regional Park
The Relay for Life events benefit the American Cancer Society.
For more information, call 410-781-4316 or visit
www.acsevents.org/relay/westernhoward.

17th Annual Howard County General Hospital Benefit Golf Classic
Friday, June 8, 2007
The annual tournament at Waverly Woods Golf Club in Marriottsville
includes morning and afternoon rounds. Proceeds benefit Howard County General Hospital. For more information, call the Howard Hospital Foundation at 410-740-7570.

july

Howard County General Hospital Health Fair
In Celebration of Columbia’s 40th Birthday
Sunday, July 15, 2007
To culminate Columbia’s 40th Birthday Celebration, Howard County General Hospital will host a health fair at Merriweather Post Pavilion. Visit www.hcgh.org for additional details on screenings and a list of participants.