Fitness Safety
What You Should Do to Prevent Injury

Keeping Your Feet Fit
Dear Friends,

If you have visited Howard County General Hospital recently, you have noticed that our new patient pavilion and parking garage are growing more each day. I am happy to report that we are on schedule to open the new parking garage this fall, and our patient pavilion is on schedule, as well. I thank you for your continued patience as we grow to care for you even better.

We have reached outside our walls this spring to touch the diverse community we serve. In March, we presented the Latino Health Fair, and in April we sponsored the Korean Health Fair, as well as the Muslim Living Well Fair. Through our new partnership with The Mall in Columbia and General Growth Properties, we held our first mall health clinic in February. The Cardiovascular Clinic was a huge success offering free screenings and opportunities for attendees to talk with our expert physicians and other providers. The next mall clinic will be a Fitness and Sports Clinic on June 14. Attendees can participate in free screenings to help prepare for their spring and summer exercise routines. On August 16, we will host a Healthy Kids Clinic at the mall, complete with pediatric screenings. I hope you will join us for these upcoming events at The Mall in Columbia.

In keeping with our commitment to provide as much information and as many resources as possible to help you improve your health, we sponsored CPR Across Howard County in April, and participated fully, in “Cherrybration” on May 3. We will also be participating in “Healthy Howard Day” on June 1, in Centennial Park.

I am very pleased to announce that HCGH Emergency Department Volunteer Marty Bloom won top “Volunteer Hero” honors recently at The Daily Record Maryland State Health Care Heroes Awards. Mr. Bloom was one of five nominees from HCGH, in three, different, “Heroes” categories. A volunteer in the ED since 2005, Mr. Bloom has volunteered more than 3,400 hours, providing invaluable assistance in streamlining the ED supplies processes and training ED volunteers. In addition to Mr. Bloom, our other nominees were Susan Erlandson in the Nurse Hero category, Dr. Tuvia Blechman in the Physician Hero category, and Glen Rosenberger and Beverly White-Seals in the Volunteer Hero category. Everyone at HCGH is proud that we had the most finalist nominees of any hospital in Maryland, and that these five individuals are part of the HCGH family.

It’s a busy time at HCGH, and we appreciate your continued support of our hospital. Our goal is to continue to give you the highest quality of care and to meet as many of your health care needs as possible, right here in Howard County.

Victor A. Broccolino
President and CEO
Howard County General Hospital
FOCUS THIS ISSUE
Fitness Safety
Important steps to prevent injury before starting your workout.

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

11 Fit Feet
What you need to know about your feet and exercise.

12 Health Matters
Stroke—a race against time.

13 Hospital News
Learn what’s new at HCGH.

14 Giving Matters
Helping to raise the roof at HCGH and your gifts at work.

16 Mark Your Calendars
Save the date for health fairs and activities in our community.
Empowered by the warm weather, you are probably eager to lace up your sneakers and hit the ground running. While being active is important in your quest to good health, it is equally important that you exercise safely to prevent injury.

**CONSULT YOUR PHYSICIAN**

“Before starting any workout regime, consult your physician,” says Dr. Steven Diener, an internist on staff at Howard County General Hospital. “Your physician can help you determine reasonable fitness goals, assess your overall health, and conduct any appropriate tests to determine your risk for conditions that may impact your exercise plan.”

**UNDERSTAND YOUR ENVIRONMENT**

Spring and summer months in Maryland can be beautiful for outdoor enthusiasts, but it’s important to apply suntan lotion and wear appropriate attire in order to avoid outdoor dangers such as sunburn or heat stroke.

“Spring is particularly dangerous because it’s not too hot and you don’t realize the intensity of the sun,” says Dr. Alvaro Ramos, a pediatrician on staff at HCGH. “While there are more than one million new skin cancer cases each year and the incidence of skin cancer is increasing three percent to five percent annually, 90 percent of all skin cancers are preventable. Taking the proper steps to reduce your risk is essential.”

**Slather on the Sunscreen**

Dr. Ramos stresses the importance of applying sunscreen for all ages. “Individuals 6 months or older should wear sunscreen with SPF 15 or higher that protects against both UVA and UVB rays. These sunscreens, often called broad-spectrum sunscreens, help prevent sunburn and should be applied 30 minutes before going outside. Remember to apply sunscreen to your ears, back of the neck, and shoulders. Generously reapply every two to three hours, especially after swimming and sweating.”

According to Dr. Ramos, the malignant melanoma form of skin cancer is increasing faster than any other type of cancer and the incidence of melanoma in people ages 15 to 30 is on the rise.

**Cover Up**

“In addition to applying sunscreen, avoid the strongest rays of the day, which occur from 10 a.m. to 4 p.m. Also, wear longer shorts, long sleeves, hats that shade the face, ears and neck, and sunglasses that are rated to protect your eyes from 99 to 100 percent of harmful UVA and UVB rays. Extreme sun exposure to the eye can cause cataracts later in life.”

**Avoid Heat Stroke**

Your body naturally generates heat and creates sweat as a method of releasing that heat and cooling your body. However, in extreme heat, high humidity, or vigorous
exertion in the sun, your body may not be able to rid itself of the heat, causing your temperature to rise and you to become dehydrated. While people may exhibit different symptoms, common danger signs include: high body temperature, the absence of sweating with hot red or flushed dry skin, a rapid pulse, difficulty breathing, strange behavior, hallucinations, confusion, agitation, disorientation, and seizure.

“Infants, the elderly, athletes and those working outdoors are most at risk for heat stroke,” says Dr. Diener. “The key is to listen to your body. If you start getting too hot when exerting yourself—STOP. Avoid becoming dehydrated by consuming plenty of fluids. Don’t drink alcohol, coffee, or tea as they may lead to dehydration. Take frequent rest breaks and increase your exercising gradually. Many people try to do too much too fast.”

**AVOIDING COMMON INJURIES**

“...To ensure that the patient looking to stay well is exercising well, it is important to get instruction on the use of equipment and weights and proper warm-up techniques. Many people develop injuries from misuse of equipment,” says Dr. Diener. The quickest way to derail your fitness goals is an injury.

**Your ELBOW**

“Those who enjoy activities such as carpentry, gardening, or playing a sport can be at greater risk for developing tendinitis,” says Dr. Charles Mess, Jr., an orthopedist on staff at HCGH.

Tendinitis is a common condition in which the soft tissue around muscles and bones—found in the shoulder, elbow, wrist, hip, knee, and ankle—becomes inflamed and is more often seen in people who perform activities that require repetitive motions or place stress on joints. One example is tennis elbow, which refers to an injury to the outer elbow tendon.

“Simply playing tennis will not cause you to develop tennis elbow. In fact, tennis elbow can occur as a result of any activity that involves repetitive wrist turning or hand gripping. Ninety-five percent of the patients I see with tennis elbow develop it over time as a result of overuse,” says Dr. Mess.

According to Dr. Mess, limiting your risk of developing tennis elbow begins with stretching and strengthening your forearm muscles. “Strengthening your forearm muscles and trying not to perform the same motions over and over again can help,” says Dr. Mess. “However, if your pain worsens after three or four weeks of taking it easy, you should see your doctor. In extreme cases, cortisone injections, outpatient therapy, or braces may be needed. Usually it takes many months, even with treatment, for tennis elbow to heal.”

**Your SHOULDER**

According to the American Academy of Orthopaedic Surgeons, impingement is one of the most common causes of shoulder pain in adults. “Impingement results from the scapula, part of the shoulder blade, putting pressure on or pinching the rotator cuff as the arm is lifted,” says Dr. Nick Grosso, an orthopedic surgeon on staff at HCGH. “The rotator cuff becomes irritated, and you may experience nagging pain when you lift your arm over your head or behind your back.”

While this type of injury is a result of the anatomy of your shoulder, it is aggravated by repetitive overhead activities such as playing softball or golf, and weight lifting. “The best advice, if you are having symptoms, is to avoid those activities that irritate the rotator cuff,” says Dr. Grosso. “Also, check your form. If you aren’t throwing, swinging or lifting correctly, your bad form can put you at risk.”

(continued on next page)
If you are experiencing shoulder pain, try ice and anti-inflammatory medicine for two to three weeks. If pain persists, your doctor may check for abnormalities or the presence of a bone spur as well as prescribe physical therapy, cortisone injections, or a combination of the two.”

Your KNEE

“Like other exercise- or sports-related injuries, many common knee problems arise as a result of overuse,” comments Dr. Mark Bullock, an orthopedic surgeon on staff at HCGH. “Overrunning is fairly common. To avoid this, change your activities, cross-train, and incorporate strength and flexibility training and low impact exercises. By strengthening your leg muscles, you can help reduce knee injuries.”

For weekend warriors, who exercise to the extreme on weekends, Dr. Bullock suggests incorporating strength training during the week to reduce the chance of a knee injury. If you are overweight, losing excess weight can also help by reducing the pressure on your knees.

Knee injuries should be treated initially with RICE (Rest, Ice, Compression and Elevation). Conservative treatments such as a strengthening program, physical therapy and time are often employed prior to considering surgery. However, you should see your doctor if you are experiencing mechanical symptoms like the sensation of instability, or locking or buckling of the knee.

One of the most common knee injuries is to the anterior cruciate ligament, or ACL, a major stabilizing ligament inside the knee. “ACL injuries are usually seen in athletes and occur most often when you make a sudden cutting or twisting motion. When your ACL ruptures, you usually hear a pop and your knee swells, preventing you from putting much, if any, weight on the knee,” says Dr. Mark Cohen, an orthopedic surgeon on staff at HCGH.

While the ACL can’t be repaired—only reconstructed through arthroscopic knee surgery—you can reduce your risk of an ACL injury by conditioning your muscles and using proper technique. “The way that some people land on their legs can increase the chance of an ACL rupture,” comments Dr. Cohen. “However, conditioning and strengthening your quadriceps and hamstrings will give you more balance helping you to maintain a healthy knee.”

Dr. Mark Bullock is an orthopedic surgeon with Orthopedic Solutions in Columbia. He is board certified in orthopaedic surgery and practices general orthopedics.

Dr. Mark Cohen is an orthopedic surgeon with Maryland Orthopedics in Ellicott City. He is board certified in orthopaedic surgery and specializes in the treatment of disorders of the knees and shoulders.
FOCUS ON MEN’S HEALTH
June 5, 8:30 a.m.–5 p.m. $50. Blood chemistry test including blood cell count, cholesterol (HDL, LDL, and triglycerides), thyroid test, and a measure of 15 blood chemicals will be provided. This test also is appropriate for women.

FITNESS AND SPORTS MEDICINE CLINIC
June 14, 9 a.m.–noon. The Mall in Columbia. Walk-in. Registration not required. Free. Talk with our physician experts, participate in our screenings including feet, ankles/knees, spine and shoulders, pain and osteoporosis. Visit our many booths and learn fitness tips and ways to incorporate more movement into your life.

HEALTHY KIDS CLINIC
August 16, 9 a.m.–noon. The Mall in Columbia. Walk-in. Registration not required. Free. Bring your family and learn easy ways to enhance your children’s nutrition, participate in our screenings including pediatric vision, asthma, height and weight. Stop by our booths and ask the pediatrician questions, learn physical activities for the whole family, become aware of the latest safety tips for children and more.

INFERTILITY ASSESSMENT AND TREATMENT STRATEGIES
September 18, 7–9 p.m. Free. Learn about the various causes of infertility, tests used to determine the causes for a specific couple, and treatments available to help couples conceive. Presented by Dr. Joseph Osheroff.

MAMMOGRAMS
Visit our personal touch Mammography department and have your “Soft Pad” Mammogram. HCGH will provide $50 screening mammograms in May and October for women without symptoms of breast disease. Availability is limited. Call 410-720-8130 to schedule an appointment. HCGH also works in conjunction with the Howard County Health Department to provide free mammograms to qualifying women. To determine eligibility and schedule an appointment, call 410-313-4255.

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.

LIVING WITH DIABETES
Johns Hopkins Education at HCGH. A two-day program recognized by the American Diabetes Association and designed for people of all ages with diabetes. Learn how you can be an expert at managing your own diabetes from presentations by an endocrinologist, podiatrist, psychologist, diabetes nurse educator, and dietitian. May be covered by your medical insurance. May 15 & 16, June 12 & 13, July 18 & 19, 8:30 a.m.–3 p.m. Ambulatory Care Center. Call 410-740-7695 for information.

A TASTE OF HEALTHY LIVING DIET & DIABETES SEMINAR
Learn about vegetarian nutrition in the management of type 2 diabetes. Watch a cooking demonstration, taste several delicious and easy-to-prepare dishes, and learn to improve control of your blood sugar through the foods you eat. Presented by Barbara Wasserman, M.D. May 22, 6–8 p.m. Free.

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. June 4, 7–9 p.m. Ambulatory Care Center. $15.

WEIGHT LOSS THROUGH BARIATRIC SURGERY
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 multidisciplinary 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 go to www.hopkinsbayview.org/bariatrics. May 21, 5–6:30 p.m. Free.

IMPROVING YOUR HEALTH

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 Thursdays between 5:30 p.m. and 7:30 p.m. $35 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.

Transitioning through Menopause
June 17, 7–9 p.m. Free
Women experience a variety of changes during this time in their life. Learn how to treat the symptoms as well as recommended best practices to help you take charge of your life. The use of acupuncture as a possible treatment modality also will be discussed. Presented by Marvin Davis, M.D.

Special events

Wellness
summer 2008
410-740-7601 (general information & registration) • www.hopkins.org (online pre-registration)
410-740-7990 (TDD) • 800-850-3137 (long distance only, please)
American Heart Association CPR

For Children and Teens

ESSENTIALS IN BABYSITTING
Learn how to effectively manage children, create a safe environment, and apply emergency techniques. Cosponsored by Health Quest, Inc. June 7, July 12, August 2, or September 6, 9 a.m.—1 p.m. $46 (includes lunch and certificate of attendance).

CPR FOR TEENS
This American Heart Association course prepares teens, age 11—17, to perform CPR on an adult, child, and infant. Other topics include choking as well as how to call 911 and answer dispatcher questions. Brief overview of an AED also will be covered. Cosponsored with Health Quest, Inc. September 6, 1:30—4:30 p.m. $30.

HOME SWEET HOME
Children ages 9 to 12 and their parents will learn safe and fun ways for children to stay at home alone. May 31, 9—11 a.m. $10/family.

KIDS SELF-DEFENSE
Children ages 8 to 12 will learn basic principals of safety awareness and age-appropriate self-defense techniques. Program includes discussion, role-playing, and practice. September 27, 9—11 a.m. $25.

SELF-DEFENSE FOR YOUNG WOMEN
Age-appropriate self-defense for young women ages 12—15. Learn physical and psychological strategies. Also discusses concepts of self-image, self-esteem, and assertive behavior. July 19, 9—11 a.m. $30.

Healthy Lifestyles

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. Techniques for upper body: June 20 or August 8, 7—9 p.m. Techniques for lower body: July 11 or August 29, 7—9 p.m. $50 per couple for one class or $90 per couple for both classes.

HEALING LAUNTER
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. June 12, 7—8:30 p.m. Free.

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. June 5. Appointments scheduled between 6—8 p.m. $35 per half-hour massage.

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. This class is for people living with chronic conditions as well as caregivers of those with chronic conditions. Tuesdays, June 17 through July 22, 1—3:30 p.m. To register, call Maryland Access Point, 410-313-5980, $25.

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

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. $95.

PULMONARY REHABILITATION
An eight- to 12-week program designed to decrease the debilitating symptoms of Chronic Obstructive Pulmonary Disease through exercise therapy, education, and emotional support. HCGH Rehabilitation Services Dept. Call 410-740-7970 for information and appointment.

CARDIAC REHABILITATION
Phase II
A four- to 12-week program to assist cardiac patients in the early recovery phase following a heart attack, angioplasty, or cardiac surgery. Provides exercise, education, and emotional support. HCGH Rehabilitation Services Dept. Call 410-740-7869 for information and appointment.

CARDIAC REHABILITATION Phase III/IV
For information, call 410-740-7601.

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

THE MALL MILERS

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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. For information and 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 times. $36.

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

AARP DRIVER SAFETY PROGRAM
American Association of Retired Persons’ (AARP) Driver Safety Program is a classroom refresher program designed to meet the needs of drivers age 50 and older. Call for dates and times. $10.

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. June 14, 9:30 a.m. - 12:30 p.m., $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. June 25, 7–9 p.m. Free.

HAPPIEST BABY ON THE BLOCK
For parents-to-be and parents of babies up to 3 months old. 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 16, 7–9 p.m. $50 per couple.

INFANT MASSAGE
For parents/caregivers and baby. Recommended for babies age 1 to 12 months. Taught by a certified infant massage instructor. June 7, 10-11 a.m., $20.

MAYBE BABY?
Health Issues to Consider Before Pregnancy
May 20, 7–8:30 p.m. Free
Starting a family involves preparation and planning. Topics include lifestyle, parent wellness, and health care matters. Presented by OB/GYN Tara DeYampert, M.D.
Our program assists you in learning about your important choices to consider.

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

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. June 19 and 26, 7–8:30 p.m., $15 per person/ $20 per couple.

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

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.

SIBLING PREPARATION TOUR
Help siblings-to-be prepare for baby’s arrival. Children ages 4 to 12 can tour the hospital. Free.

PEDIATRIC UNIT TOUR
For children ages 3 to 12 and their parents. Visit the Children’s Care Center and meet the staff. Space is limited; early registration is advised. Call 410-884-4848 for dates and times. Free.

Healthy Families

Dr. Tara DeYampert

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

pre-registration is required for all programs
Cancer Support Programs

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. June 16 or August 18, 6–8 p.m. For details and to register, call 410-884-4574.

NEW! SPRING QUILTING
First in a series of quilting classes. Learn a new craft with the introduction to the art of appliqué. Participants will create a patchwork square that could become a tote bag, wall hanging, pillow or the foundation of a finished quilt. Saturdays in May, 10 a.m. to noon. Registration required. Free.

LOOK GOOD... FEEL BETTER
This American Cancer Society program provides a free workshop by licensed cosmetologists. Women undergoing cancer treatment can learn how to manage the appearance-related side effects of cancer treatment and going cancer treatment. Workshop provides breast cancer survivors with coping tools and information to help transition through the end of treatment into wellness.

NEW! NATURE SKETCH-JOURNALING
Learn relaxation techniques as you look at wonders of nature and draw what you see. No drawing experience required. Bring your sketchbook or one will be provided for you. June 3, 10, 17, 6-8 p.m. Centennial Park. Registration required. Free.

NEW! CAREGIVER SUPPORT GROUP
Six-week group for individuals providing care for a loved one with cancer. Caregivers learn to manage the challenges associated with their unique role. Registration required. Free.

DROP-IN KNITTING AND CROCHETING SUPPORT GROUP
Join other patients and survivors and learn to knit and crochet. Bring your own supplies or borrow ours. Beginners welcome. Wednesdays, 10:30 a.m. Registration required. Free.

SKETCH JOURNALING- OPEN STUDIO
For new and experienced sketch-journaling students. Sign up for one or all sessions. May 22, July 1, 31, and August 28, 2-4 p.m. Registration required. Free.

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 410-740-5858.
Fit Feet

What You Need to Know About Your Feet and Exercise

With warm weather, you may want to get outdoors and exercise.

While being active promotes a healthy lifestyle, you can take steps to achieve fitness success without injuring your feet.

Have the proper footwear,” says Dr. Judy Cappello, a podiatrist on staff at Howard County General Hospital. “You should have sturdy, properly fitted athletic shoes that are the appropriate width and have cushioning, arch support, and room for your toes.”

At the Store

Below are tips from the American Podiatric Medicine Association on finding a good athletic shoe:

✦ Go to the store in the afternoon when your feet are slightly swollen from the day, giving a more accurate idea of how your foot will feel in the shoe when you are active.
✦ Wear the same socks you will wear while exercising.
✦ When wearing the shoes, the heel should be snug and your ankles shouldn’t roll. Can you wiggle your toes? There should be one half to a full thumb’s width between the end of the longest toe on your longer foot and the end of the shoe’s toe box.

On the Move

Always stretch the foot, especially the Achilles and lower leg, before workouts. “Build your workouts gradually. Start with a 15 to 20-minute walk, and then increase gradually. This helps you know your threshold and catch a problem before you overdo it and cause injury and pain,” says Dr. Cappello. “It is better to exercise every other day, allowing your body to rest between workouts. Overuse injuries are common when people start an exercise program too aggressively.”

A common overuse syndrome causes heel pain and is referred to as heel spur syndrome or plantar fasciitis. It results from excessive stretching of the ligament that runs from your heel to the ball of your foot. Athletes who run and jump or even weekend athletes can strain this long band of tissue and cause soft tissue inflammation and sometimes a spur. Plantar fasciitis can be aggravated by wearing flat shoes, walking barefoot, being overweight or working out in excessively worn shoes. If left untreated, it can cause pain—not only in the morning, but with every step—and impede your regular activity as well as your exercising routine. “Never exercise or run through the pain,” warns Dr. Cappello. “If you experience persistent pain for two weeks and rest and anti-inflammatory medications don’t help, discontinue the activity and contact your podiatrist.”

Judith Cappello, M.D.
is a podiatrist with Podiatry Associates in Columbia. She is board certified in podiatric surgery and has a special interest in sports medicine and surgery.
A Race Against Time
HCGH’s New Stroke Center Designation Can Save Lives

According to the American Stroke Association, stroke is the nation’s third leading cause of death. A stroke occurs when part of the brain starts to die because a blood vessel carrying oxygen and nutrients to the brain is either blocked by a clot or bursts.

Because time is of the essence if you are having a stroke, it’s important to know the warning signs and to be taken to a facility that can help you as quickly as possible.

In March 2008, Howard County General Hospital received a full five-year designation as a primary stroke center from the Maryland Institute for Emergency Medical Services Systems (MIEMSS). This designation means HCGH is a preferred hospital to which patients with stroke symptoms can be brought by emergency medical service (EMS) personnel.

HCGH’s Emergency Department has standardized protocols and procedures to rapidly identify and treat patients who are experiencing stroke symptoms. Once a patient is diagnosed as having had a stroke, members of the Brain Attack Team evaluate if the patient can receive tPA, a clot-busting drug that can only be given safely within three hours of symptom onset and only to patients experiencing specific types of stroke. Currently, less than three percent of patients experiencing a stroke qualify for tPA treatment because they do not arrive within the three-hour window for safe treatment. HCGH’s new stroke center designation means area residents can receive the treatment they need in the time in which it is most beneficial.

Warning Signs of Stroke

Think FAST! Look for:

- Facial droop—ask the person to smile
- Arm weakness—have the person hold out their arms and if one drops or can’t be held up, you should suspect a stroke.
- Slurred speech—ask the person to repeat a simple sentence
- Time of onset of symptoms means act fast

If you witness anyone with these symptoms, call 911.

Free Stroke Screening

Includes carotid screening, blood pressure measurement, and a stroke risk questionnaire. May 27, 9 a.m.–2 p.m. HCGH Wellness Center. To register call 410-740-7601 or go to www.hcgh.org.

NEW! Stroke Support Group

Select Wednesdays each month, 6:30–8 p.m. Ambulatory Care Center. For dates and to register, call 410-740-7601.

Free Stroke Screening

Includes carotid screening, blood pressure measurement, and a stroke risk questionnaire. May 27, 9 a.m.–2 p.m. HCGH Wellness Center. To register call 410-740-7601 or go to www.hcgh.org.

Wellness matters • summer 2008
Safety Star Award

HCGH Safety Star pins are awarded to staff members who have gone a step beyond what is normally expected to keep our patients safe. The following employees were recently awarded with a Safety Star:

Mark Benton
Sheila Caldis
Fernando DeLeon, M.D.
AnneMarie Duggan
Edna Falco
Bill Irwin
Sara Kadavil
Susan Kramer
MonaMae Lucks
Rich Mantici
Mary Miller
Todd Rabette
Elizabeth Sapp
Azar Sassan
Joseph Schwartz, M.D.
Judy Siegelman
Michael E. Silverman, M.D.
Suzanne Wright

Congratulations

Dr. Ross Taubman, a member of the HCGH Professional Staff has been elected president of the American Podiatric Medical Association (APMA), the country’s largest association of foot and ankle physicians and surgeons. An APMA board of trustee, Dr. Taubman is the Maryland Podiatric Medical Association past-president and received the Podiatric Physician of the Year in 1996.

Focus: New Nuclear Medicine Camera

A new camera system recently installed in the Nuclear Medicine Department at Howard County General Hospital has vastly enhanced the services provided by the department. The new system produces high resolution images in a short time and allows extremely close images to be captured resulting in superior image resolution and more precise diagnoses.

New 2008 Physicians Directory Publishing Soon

The new 2008 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 8 Columbia Flier, Howard County Times and Laurel Leader.

Construction Update

If you have been to Howard County General Hospital recently you have seen that our construction is progressing. With the steel beams erected and concrete flooring poured, it is easy to see our new patient pavilion is taking shape. The new employee parking garage should be complete by August, as scheduled. Other work continues on the hospital’s lower level, including the construction of separate clean and soiled linen rooms, a new mailroom, offices and a staff lounge.
Dear Friends,

The hospital continues on a record breaking course with the number of patients we see each month. This growth confirms our need for the ongoing expansion and renovation taking place at HCGH. It is exciting to see our Campus Development Plan (CDP) moving along on schedule. I invite you to drive by the hospital and see the progress. The parking garage is up and should be finished in the next few months. The steel girders for the new Patient Pavilion, which is viewed as the centerpiece of this expansion, are in place and you can see how and where this structure will attach to our present hospital. As construction progress continues, the Howard Hospital Foundation must keep pace with its philanthropic goal of raising $30 million for this project.

And, we are making noteworthy progress toward this $30 million goal. We are delighted that our message for a strong, state-of-the-art community hospital is reaching a wide range of potential donors in our community. We are grateful for the $3.5 million grant we received from the Horizon Foundation as well as the $100,000 pledges from M&T Bank and Norma and Tom Hoff. We have also received many gifts ranging from $100 to $10,000 in response to our various requests for support. We are pleased that many in our community want to play a role in assuring the successful completion of this capital project, which will provide each of us with the best community hospital in the state.

For those of you who have not yet participated, I would like to suggest a way that you can. In May, a number of you will be receiving an “economic stimulus payment” from the IRS. I hope you will consider sending all or part of this unanticipated one-time payment to the Howard Hospital Foundation toward the Capital Campaign. If 10,000 of you would contribute $300 of this special payment, we could together raise $3 million. All gifts of any size are important. And, to those whose income exceeds the qualification level for a stimulus payment, please call me to discuss contribution alternatives.

Sincerely,

Evelyn Bolduc
Chair
Howard Hospital Foundation Board of Trustees

M&T Bank Steps Up With $100,000 for CDP

Photo (left to right): Karen A. Schonfeld, Mid-Atlantic Business Banking Market Manager, M&T Bank; Nicholas P. Lambros, President, Chesapeake & Central Maryland Division, M&T Bank; Victor A. Broccolino, President & CEO, HCGH; Gregory J. Oliver, Vice President, Healthcare Banking Division, M&T Bank; Brian J. Walter, Regional Commercial Manager, Central Maryland Division, M&T Bank; and Christopher J. McCabe, Interim Vice President of Development, Howard Hospital Foundation

M&T Bank Corporation, a regional bank with over 700 branches in New York, New Jersey, Pennsylvania, West Virginia, Virginia, Washington D.C., and Maryland has made a $100,000 pledge to the Campus Development Plan Capital Campaign. This gift represents the largest single commitment from a financial institution to a Howard County General Hospital capital campaign. Special thanks to J. Michael Riley, Vice President for Community Relations, M&T Bank, Baltimore Regional Office, who helped make this gift possible.

Evelyn Bolduc Honored

Congratulations to Evelyn T. Bolduc, Chair of the Howard Hospital Foundation, who is a 2008 inductee to the Howard County Women’s Hall of Fame. Evelyn was chosen for this honor for her tireless volunteer work and generous philanthropic contributions to the fields of healthcare, education, and human services. Thank you, Evelyn, for all you do for Howard County General Hospital and for the entire community!
Tee Off for HCGH!

Maryland Oncology Hematology, P.A. Supports Aspiring Nurses

Bonnie Keating wanted to become a nurse because she is “passionate about helping patients and making a difference in their lives.” Thanks to a scholarship from Maryland Oncology Hematology, P.A., Keating was able to fulfill her dream, recently completing her nursing studies at Howard Community College and now employed as a nurse at HCGH. Working with the Howard Hospital Foundation, Dr. Nicholas Koutrelakos established the Maryland Oncology Hematology Nursing Scholarship on behalf of the practice as a way to support HCGH and aspiring nurses in the community. For more information about scholarships administered by the Howard Hospital Foundation, please call 410-740-7840.

Your Gifts at Work

With generous donations from individuals, businesses and organizations throughout the community, the Howard Hospital Foundation is able to help the hospital develop vital new programs and purchase state-of-the-art equipment to continually improve patient care. Most recently, the Foundation funded three technologically advanced machines:

**Portable Electric Fetal Monitoring Machine**—This new, lightweight machine is key to helping HCGH staff monitor pregnant moms and their babies. Fetal movement, heart rate, and even mom’s contractions can all be quickly and easily monitored, helping assess the progress of a baby during pregnancy. A welcome upgrade from a heavier and more cumbersome model, this machine provides even more accurate data thanks to updated technology.

**Intra-Aortic Balloon Pump**—The most advanced version of this machine, this recent purchase incorporates the latest technology to assist in caring for patients with heart-related issues. It augments blood flow to the heart and provides critical support to the heart function of patients who have had heart attacks or who are having life-saving procedures such as angioplasty.

**Videostrobe**—Patients who come to Howard County General Hospital for speech therapy often also receive voice therapy. The videostrobe is a high-tech machine that provides HCGH staff with an extremely close-up view of a patient’s vocal chords, so they can identify and assess nodules or cysts and send images and critical feedback to surgeons.

The Howard Hospital Foundation funded HCGH’s new Videostrobe machine, which allows for close examination of a patient’s vocal chords.
A Taste of Healthy Living
Diet & Diabetes Seminar
Thursday, May 22 • 6 p.m.–8 p.m.

Learn about vegetarian nutrition in the management of type 2 diabetes. Watch a cooking demonstration, taste several delicious and easy-to-prepare dishes, and learn to improve control of your blood sugar through the foods you eat. Presented by Barbara Wasserman, M.D. Free. Held at the HCGH Wellness Center. To register, call 410-740-7601.

Healthy Howard Day
Sunday, June 1, 10 a.m.–4 p.m.

Join the community in Centennial Park for a day of free healthy outdoor physical activity and education - including the Active Kids Zone - and receive free, important health screenings. For more information call 410-715-1611.

18th Annual Howard County General Hospital Benefit Golf Classic • Friday, June 6

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.

Howard County Relay for Life
6:30 p.m. Friday, June 6 to 8 a.m. Saturday, June 7

For more information, call 410-781-4316 or visit www.howardrfl.com

Western Howard County Relay for Life
6:30 p.m. Friday, June 20 to 8 a.m. Saturday, June 21

The Relay for Life events benefit the American Cancer Society. For more information, call 410-781-4316 or visit www.events.cancer.org/rflwesternhoward.

12th Annual Cuts Against Cancer
August 17 • 10 a.m.–4 p.m.
Lutfi’s International Salon & Spa
Clarksville, MD

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