

# Wellness



HOWARD COUNTY  
GENERAL HOSPITAL

JOHNS HOPKINS MEDICINE

**A Lifesaving Partnership  
for Heart Attack Patients**

**Laparoscopic  
Hysterectomy**

**A Look at Endoscopic  
Ultrasound Technology**

FALL 2010



**Top 5%  
nationwide**

# Matters



CLINICAL EXCELLENCE IN OUR COMMUNITY

# President's Message

Dear Friends,

For more than 37 years, Howard County General Hospital has served our community, striving to be the premier community hospital in Maryland. While this is an ongoing effort, I am proud of the many milestones we have achieved in recent months to ensure that you are in the right neighborhood for excellent health care.

Becoming an all-private room facility is a major step in this initiative. Private rooms not only afford our patients dignity and comfort, but also reduce the risk of infection and promote more effective communication among patients, family members and caregivers. With the opening of our Four South inpatient unit in September, all of our medical/surgical/orthopaedic/pediatric/obstetric/gynecology rooms will be private.

Another positive development for our patients occurred in July as we welcomed the Collaborative Inpatient Medicine Service (CIMS) to HCGH. This group, led by Eric Howell, M.D., will provide hospitalist services and has been serving the needs of The Johns Hopkins Health System patients for more than 10 years. The HCGH CIMS team will be led by Howard County resident Mindy Kantsiper, M.D., a Johns Hopkins faculty member.

On page 3 of this issue of *Wellness Matters*, you can learn about other strides our colleagues from Johns Hopkins Medicine are making through their leading-edge gastrointestinal procedures at HCGH. This is one more service that adds to the already exceptional services provided by our community gastroenterologists, who were responsible for the hospital's HealthGrades designation as the leading gastroenterology program in Maryland.

By offering state-of-the-art, clinically outstanding health care services, HCGH has continued to receive external recognition. I am proud of these achievements which have been met through the hard work, dedication and expertise of employees, physicians and volunteers. These efforts, coupled with the support HCGH receives from individuals and corporations in our community, allow us to continue to improve the quality of our health care services that our residents both need and deserve. Please visit [www.hcgh.org](http://www.hcgh.org) to learn about all the awards your hospital has received.

Sincerely,



Victor A. Broccolino, *President and CEO*  
Howard County General Hospital



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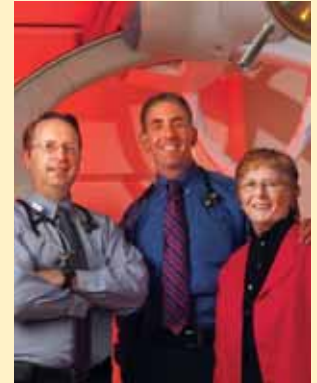
# Wellness Matters

Volume 14, No. 3 FALL 2010

HOWARD COUNTY  
GENERAL HOSPITAL  
JOHNS HOPKINS MEDICINE

**You're in the Right Neighborhood for Excellent Health Care!**

HCGH & EMS work together to save heart attack patients **4**



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*Pictured on front cover (l. to r.):  
Dr. Peter Johnston and Dr. Michael Silverman with heart attack patient Joan Cochran.*

# Endoscopic Ultrasound arrives at HCGH

## New minimally invasive procedure brings answers to patient

Charles “Chuck” McNulty of Columbia has never had any serious health problems. When he started occasionally experiencing difficulty swallowing, he didn’t think much of it. “Eventually the feeling worsened and I struggled at times to swallow—it felt like I had something stuck in my throat,” notes Chuck. He headed to his internist who referred him to a gastroenterologist.

“The doctor ordered an endoscopy, and the results looked a little suspicious so I was referred to a specialist,” says Chuck. **Dr. Marcia Canto**, a Johns Hopkins gastroenterologist on staff at Howard County General Hospital, reviewed Chuck’s endoscopy results and decided a closer look was needed. Dr. Canto performed an Endoscopic Ultrasound (EUS), a sedated outpatient procedure that combines endoscopy and ultrasound in order to obtain images and information about the digestive tract and the surrounding organs. This cutting-edge, non-surgical procedure involves inserting a flexible tube (videoendoscope) through the mouth into the stomach. Then, sound waves that are reflected back from tissues can produce high resolution images that can detect minute abnormalities.

Using EUS, physicians can accurately diagnose and stage tumors of the gastrointestinal (GI) tract and pancreas and also obtain information about the layers of the intestinal wall and adjacent areas such as enlarged lymph nodes and blood vessels. EUS can see how deep cancers invade in the esophagus, stomach, and rectum more accurately than CT. It can detect small cysts or masses in the pancreas, tiny stones or sludge in the bile duct or gallbladder, and early changes of pancreatitis not visible by other radiology tests. If EUS leads to the discovery of a tumor or abnormality, physicians can use a fine-needle to obtain multiple tissue samples through the GI wall without causing pain, eliminating the need for a painful biopsy through the abdominal wall or an invasive surgical biopsy. EUS can also help guide treatments, like pancreatic cyst drainage, injections for chronic pain, minimally invasive surgery on the pancreas and rectum, and radiation treatment for certain cancers.

According to Dr. Canto, “EUS permits the biopsy of very tiny lesions or masses, resulting in less pain and recovery time for the patient. Patients

can typically leave the endoscopy unit the same day and return to their normal routine the following day.”

Chuck’s EUS procedure showed that he had Barrett’s Esophagus—a precancerous complication of chronic severe gastroesophageal reflux disease (GERD)—in which the normal tissue lining the esophagus changes to tissue that resembles the lining of the intestine. Dr. Canto performed an



“EUS [endoscopic ultrasound] permits the biopsy of very tiny lesions or masses, resulting in less pain and recovery time for the patient.”

endoscopy procedure that showed a subtle change in the esophagus suggesting early cancer. The EUS proved it was localized. Chuck now takes Nexium to keep his GERD in check and no longer experiences problems swallowing. “I have periodic endoscopy and EUS to check my esophagus,” says Chuck.

“Chuck escaped a big operation involving total removal of his esophagus—his tiny tumor was removed during endoscopy,” says Dr. Canto. “He’s been cured.”

For a referral to a gastroenterologist on staff at Howard County General Hospital, visit [www.hcgh.org](http://www.hcgh.org) or call 410-740-7750.



**Dr. Marcia Canto**

is a gastroenterologist with Johns Hopkins Gastroenterology and Hepatology at Howard County.

# LIFESAVING PARTNERSHIP

## How EMS & HCGH are on the forefront of heart attack care

Joan Cochran, a 56-year Howard County resident, had returned home from her water aerobics class feeling not quite herself. “I felt a little confused, and my vision was funny,” recalls Joan. “I started feeling nauseous and called for my husband.” Seeing Joan disoriented, her husband quickly called 911. Howard County Fire & Rescue arrived and transported her to Howard County General Hospital.

“The ambulance crew was incredible and so efficient,” notes Joan. “They did an EKG in the ambulance and started talking to the hospital. I realized they thought I was having a heart attack, and I knew I was not. I had no chest pains — no tightness; there was no sensation of an elephant sitting on my chest. I thought I had the flu. I heard the siren, and I couldn’t help but think ‘this is ridiculous!’”

What Joan didn’t realize was that she was indeed having a ST-elevation myocardial infarction (STEMI)—a severe heart attack caused by a sudden, prolonged blockage of an artery that supplies blood to a large area of the heart. According to **Dr. Michael E. Silverman**, a cardiologist on staff at HCGH and a member of the Heart Attack Team that was waiting for Joan to arrive at the Emergency Department, “Women should listen to their bodies. When you experience undue fatigue, new exercise intolerance, unusual shortness of breath, or GI symptoms that do not go away with acid reducers, you need to consider that you may be having a heart attack.



Time is muscle, and the longer a heart attack continues, the more heart muscle is irreparably lost. If you think you are having a heart attack, take four chewable baby aspirin or one adult aspirin, and do not drive to the Emergency Department—call 911.”

### Behind the Scenes

HCGH and Howard County Fire & Rescue have partnered to develop a process to expedite door-to-balloon (DTB) time, which is the time from a patient’s heart attack to opening of the blockage causing the heart attack with balloon angioplasty and stent placement. HCGH and Howard County Fire & Rescue have developed a system that meets the criteria outlined by the American Heart Association’s “Mission: Lifeline™” initiative to improve the

STEMI System of Care and patient outcomes. The American Heart Association and American College of Cardiology recommend a DTB time of less than 90 minutes. “‘Mission: Lifeline’ seeks to close gaps that separate STEMI patients from access to timely treatment. Luckily, HCGH is ready and is approved by the Maryland Health Care Commission to treat STEMI patients. The patient’s only job is to dial 911 and the system takes

over,” says Rhonda Ford Chatmon, senior director, Alliances & Health Integration, Greater Washington Region and Maryland American Heart Association.

“Each year, nearly 400,000 people suffer from a STEMI heart attack. Only 40 percent of those treated for a STEMI are treated within the recommended 90 minute door-to-balloon time (DTB).”

- American Heart Association

During the last quarter, HCGH had a 90 percent DTB time of less than 90 minutes.



“The ambulance crew was incredible and so efficient. They did an EKG in the ambulance and started talking to the hospital.”

— Joan Cochran

As Joan was en route to HCGH in the ambulance, Howard County Fire & Rescue personnel, who have been specially trained on EKG interpretation by HCGH cardiologist **Dr. George Groman**, alerted the HCGH team of Joan’s EKG results and condition. The Heart Attack Team of physicians and nurses was called and assembled at the hospital, and the cardiac catheterization suite was prepared for her arrival.

According to James Brothers, Howard County Fire & Rescue acting battalion chief, “This advanced notification improves DTB time, enabling a better outcome for patients. Howard County is a model for the state. Howard County Fire & Rescue is working with the American Heart Association and other administrators to determine how to implement what we are doing in Howard County in other jurisdictions throughout Maryland and in other states.”

“Emergency medical care is a continuum—it begins with the 911 call and ends with discharge from the hospital; success is dependent on timely intervention,” notes **Dr. Matthew Levy**, an emergency physician on staff at HCGH and associate medical

director of Howard County Fire & Rescue. “We have empowered EMS to make the call to get resources in line. They can be proactive—not just reactive. This vividly illustrates a perfect partnership between a health system and an EMS system—ultimately saving patients’ lives.”



**Dr. Michael E. Silverman** is a cardiologist with Cardiovascular Specialists of Central Maryland in Columbia.

### On Arrival

When Joan arrived at HCGH, the team was ready. “The next thing I knew, I was in the Cath Lab,” says Joan. “I have a memory of people doing a million things and a camera over my chest. It was a beehive of activity.”

According to **Dr. Peter Johnston**, medical director of Invasive Cardiology at HCGH, Joan’s EKG in the ambulance showed evidence of injury to the inferior, or bottom part of her heart. In the Cath Lab, the blood vessel to this part of the heart was found to have a 99 percent blockage with poor blood flow. The blockage was successfully opened with a stent, restoring normal blood flow and relieving her symptoms. In retrospect, her symptoms were classic for a heart attack involving the inferior wall, which often presents with nausea and vomiting, as opposed to chest discomfort, especially in women. Thanks to the early notification from the EMS Team, Joan’s artery was opened within 60 minutes of arrival, and she had an uneventful recovery.

This was not Joan’s first heart attack. Sixteen years ago, she found herself in the HCGH Emergency Department diagnosed with a heart attack caused by blockages, but had to be sent to Johns Hopkins for treatment. “I have been in a lot of hospitals during my 80 years of active living,” says Joan. “We in Howard County are very fortunate to have such a quality hospital so close to home.”

Today, Joan is feeling well and has already returned to her water aerobics classes.



## **Jonathan Fish, M.D.**

President, Professional Staff, Howard County General Hospital, Physician, Charter Internal Medicine

Dr. Jonathan Fish, a physician on staff at Howard County General Hospital specializing in internal medicine, currently serves as president of the Professional Staff. As a physician, Dr. Fish has witnessed firsthand the changes and significant growth the hospital has undergone since he went into practice more than 13 years ago.

“The evolution of the campus has been incredible. When I started at HCGH, it was basically just the hospital, The Center for Ambulatory Surgery and the Medical Arts Building. With construction of the new patient pavilion and conversion of the hospital to all-private rooms, which reduce the risk of infection and create a more

positive experience for patients, patient safety has increased. The hospital’s culture of safety is truly ahead of the curve as demonstrated by our outstanding patient safety numbers,” says Dr. Fish.

“In my opinion, HCGH is number one in clinical care, and everything else flows from that. Going forward, I see even more advanced procedures done locally here at HCGH as a result of Hopkins’ support. Because Hopkins is a forward-thinking organization, we will be well positioned for health care reform as part of their role is to prepare us for the changes ahead.”

Dr. Fish resides in Ellicott City with his family.

## **Mary Ann Scully**

Board of Trustees, Howard County General Hospital, President and CEO, Howard Bank

For the past year, Mary Ann Scully has served on the board of trustees of Howard County General Hospital, but she notes that her involvement with the hospital really began 12 years ago when she gave birth to her son at HCGH.

“Since then, Howard County General has become larger and much more sophisticated. The tie to Johns Hopkins is an incredible asset,” says Ms. Scully. “As a longtime strategic planner and asset manager, I don’t always see both parties winning in a merger, but—with the partnership between HCGH and Hopkins—both are winners, and the real beneficiary is the community.”

When it comes to the future, Ms. Scully sees HCGH getting bigger and better while still facing challenges. “The national health care reform picture will certainly be a challenge. There are a lot of questions and no real answers. Also, the hospital faces a changing face of the community, with aging boomers and growing pockets of need in the county,” observes Ms. Scully. “But, I have no doubt the hospital will be able to overcome these challenges.”

Ms. Scully is chair of the Columbia Foundation, chair-elect of the Maryland Bankers Association, active with Catholic Charities and is a past board member of the Horizon Foundation.

She resides in West Friendship with her family.



## **Paul G. Skalny**

Attorney & Managing Director, Davis, Agnor, Rapaport & Skalny, LLC, Vice Chair, Board of Trustees Howard Hospital Foundation

Paul Skalny grew up in Howard County and returned ‘home’ after law school to the community he loves. It was only natural for Mr. Skalny to support what he sees as one of “the centerpieces upon which this community is built—Howard County General Hospital” by serving on the Howard Hospital Foundation board of trustees.

“Howard County General Hospital is incredibly in touch with our community and has worked hard to keep pace with the community’s growth,” notes Mr. Skalny. “There is, however, a misconception that, because the

hospital is part of Johns Hopkins Medicine, funding comes from Hopkins; the truth is the hospital relies on the support of Howard Hospital Foundation for its growth and expansion. Business leaders and community residents have generously supported the foundation, and, for that, I know the hospital is grateful. Our law firm’s culture is one of giving back to the community, including to HCGH, and I believe we all have an obligation to the community in which we live, work and play.”

An active member of the community, Mr. Skalny is also the current vice chair of the Howard County Arts Council and past chair of Leadership Howard County and the Howard County Chamber of Commerce.

He resides in Ellicott City with his wife and two children.

## special Events:

### Focus on Women's Health

**September 23/8:30 a.m.–3 p.m.**  
Includes Standard Health Check or *new this year* Health Check Plus—both are appropriate for men and women. Event also includes Free Activities.

### Standard Health Check

This test measures 18 body chemicals, cholesterol (HDL, LDL and triglycerides), blood cell count, and thyroid-stimulating hormone levels to check thyroid function. By appointment only. \$50.

### Health Check Plus

Everything included in the Standard Health Check PLUS a vitamin D screening. By appointment only. \$80.

### FREE Activities

Body fat analysis, osteoporosis screening, breast self-exam techniques, blood pressure testing, and height and weight measurements are available on a walk-in, first-come, first-serve basis.

### Treatment for Spine Pain

**September 23/7–9 p.m.** Free.  
The newest treatments for cervical and lumbar pain will be discussed by **Massimo Fiandaca, M.D.**

### Preparing for Total Joint Surgery

**September 29/7–9 p.m.** Free.  
Learn about total hip and knee surgery from health care professionals, past patients of Howard County General Hospital's Joint Academy and **Richard Kinnard, M.D.**

### Depression Screening

**October 7/3–5 p.m.** Free.  
Includes lecture, video, self-assessment and an individual evaluation with a mental health practitioner.

### All About Insulin

**October 20/7–9 p.m.** Free.  
If you are taking insulin or if your doctor has told you that you should be taking insulin, this lecture will address your questions and concerns. Learn the why, what and how of using insulin.

### Do You Have an Irregular Heartbeat?

**November 8/7–8:30 p.m.** Free.  
Learn about the symptoms and risks of atrial fibrillation and new treatment options that can eliminate the condition. Presented by Johns Hopkins' **Drs. Hugh Calkins, Joseph Marine, Sunil Sinha** and **David Yuh.**

### Great American Smoke-Out

**November 18/11 a.m.–2 p.m.** Free.  
HCGH Lobby. Walk-in. Registration not required. The American Cancer Society's Great American Smoke-Out challenges you to quit using tobacco products for at least 24 hours as a first step in quitting completely. Stop by for resources to help you quit.

### 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 410-740-7900 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 410-313-4255.

## spotlight on Health

### Comprehensive Breast Care in Howard County

**October 6/6–9 p.m.** Free.  
Learn the newest developments in breast cancer detection, diagnosis, and treatment, and the benefit of team consultation. Included will be a discussion of the implications of the U.S. Preventative Services Task Force recommendations for mammograms. Complimentary hot hors d'oeuvres and door prizes. Space is limited. Early registration is required.

### MALL EVENTS:

### Healthy Kids in Healthy Families Clinic

**August 21/noon–4 p.m.** Free.  
Lord & Taylor Court in The Mall in Columbia. Registration not required. Bring your family and participate in our screenings including pediatric vision, asthma, height, weight and blood pressure. Stop by our booths and ask the pediatrician questions. Learn physical activities for the whole family, healthy nutrition, and other health and safety tips for children and the whole family.

### Cancer Prevention and Early Detection Clinic

**October 23/noon–4 p.m.** Free.  
Lord & Taylor Court in The Mall in Columbia. Registration not required. Speak with our physician experts. Learn about breast health, colorectal health, nutrition, smoking cessation, acupuncture, and other hospital and community resources. Participate in screenings including fecal occult blood, pulmonary function, skin analyzer, blood pressure, height and weight with body mass index, and more.

## Wellness Classes Registration

### Register online for HCGH's Wellness Classes

Advance registration is required for all classes and programs. Make checks payable to HCGH. A \$25 processing fee will be charged for refunds and returned checks. Classes may be cancelled due to low enrollment.

**410-740-7601 – information & registration**

**www.hcgh.org – online registration & to find a physician**

**410-740-7990 – (TDD)**

**410-740-7750 – physician referral**

**800-850-3137 – long distance only, please**

**HCGH Wellness Center, 10710 Charter Drive, Suite 100, Columbia, MD 21044.**

## Living Well... Take Charge of Your Health

This chronic disease management program teaches coping techniques, exercises for strength and flexibility, and communication skills. For people living with chronic conditions as well as caregivers. Thursdays, September 2–October 7, 1–3:30 p.m., or Tuesdays, September 7–October 12, 9:30 a.m.–noon. To register, call Maryland Access Point, 410-313-5980. \$28.

## Blood Pressure Screening & Monitoring

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

## Weight Loss through Bariatric Surgery

Learn about weight loss surgery for the morbidly obese patient presented by the Johns Hopkins Center for Bariatric Surgery. To register, call 410-550-0409 or register online at [www.hopkinsbayview.org/bariatrics](http://www.hopkinsbayview.org/bariatrics). September 22 or November 17, 5–6:30 p.m. Free.

## Individualized Weight-Loss and Dietary Counseling

Nutritional counseling with a registered dietitian to discuss your dietary concerns and goals including weight loss, healthier bones, high blood pressure, elevated cholesterol, or for those wanting to maintain a vegetarian diet. For adults and children. Day and evening appointments available. \$35 for a half-hour visit.

## Pulmonary Rehabilitation

A program lasting up to 10 weeks that is designed to decrease the debilitating symptoms of Chronic Obstructive Pulmonary Disease through exercise therapy, education and emotional support. HCGH Rehabilitation Services Dept. Call 443-718-3000 for information and an appointment.

## HCGH Pulmonary Rehabilitation Maintenance Program

An exercise maintenance program for pulmonary rehab program graduates to continue exercising in a medically supervised setting. Tuesday and Friday afternoons/ \$60 per month. For information, call 443-718-3000.

## Smoke-Free Lungs

Learn tips for quitting your tobacco habit and mastering long-term success. This program provides support and education for those wanting to quit as well as those who have quit. September 23 or November 11, 7–9 p.m. Free.

## The Mall Milers

Walking for health program at The Mall in Columbia. Cosponsored by HCGH, area agencies and local businesses. Blood pressure screenings available the second Tuesday of each month. Call 410-730-3300 for details. Free.

## Pre-Diabetes: What Is It and What Can You Do About It?

Understand what pre-diabetes is and how to make changes to prevent or delay actual diabetes. September 22, 7–9 p.m. \$15.

## Individualized Diabetes Management

Learn from a certified diabetes nurse educator how to manage your diabetes. For information or an appointment, call 443-718-3000.

## Dietary Counseling for People with Diabetes

Presented by a registered dietitian, this individualized counseling program focuses on the dietary requirements of diabetes. Call 443-718-3000 for information.

## Living with Diabetes

Johns Hopkins education at HCGH and recognized by the American Diabetes Association. Learn how you can be an expert at managing your own diabetes from presentations by an endocrinologist, podiatrist, psychologist, diabetes nurse educator, and dietitian. September 17 & 21, October 22 & 26, November 12 & 16, and December 3 & 7, 8:30 a.m.–3 p.m. The Bolduc Family Outpatient Center. For information, call 443-718-3000.

## Living with Diabetes: Executive Summary

This evening class is the condensed version of our popular day-time class designed for the working professional. September 28 & 29 or October 26 & 27, 6–9 p.m.

## Nutrition and Cancer

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

## External Enhanced Counterpulsation Therapy

A non-invasive alternative treatment for patients with stage III or IV angina. For information, call 443-718-3000.

## Phase II Cardiac Rehabilitation Program

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. Call 443-718-3000 for information and an appointment.

## HCGH Cardiac Rehabilitation Maintenance Program

An exercise maintenance program for cardiac rehab program graduates to continue exercising in a medically supervised setting. Tuesday and Friday mornings, 8 a.m. and 9:30 a.m. \$60 per month. For information, call 443-718-3000.

## CPR for Teens

This American Heart Association course prepares teens, ages 11 to 17, to perform CPR on an adult, child and infant. Other topics include choking, how to call 911 and answer dispatcher questions, and brief overview of an AED. November 13, 9 a.m.–noon. \$30.

## Essentials in Babysitting

Learn how to effectively manage children, create a safe environment and apply emergency techniques. August 28, September 11 or October 23, 9 a.m.–1 p.m. \$46 (includes lunch and certificate of attendance).

## Kids Self-Defense

Children ages 8 to 12 will learn basic principles of safety awareness and age-appropriate self-defense techniques. Program includes discussion, role-playing and practice. October 9, 9–11 a.m. \$27.

## 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. November 6, 9–11 a.m. \$35.



## HEALTHY FAMILIES

### Maybe Baby? Health Issues to Consider Before Pregnancy

Learn about important choices to consider when starting your family. Topics include lifestyle, parent wellness and health care matters. Presented by **Christine Richards, M.D.** September 16, 7–8:30 p.m. Free.

### Financial Planning Issues for Expectant and 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. October 12, 7–9 p.m. Free.

### Childbirth Essentials

This one-day course is a condensed version of our Prepared Childbirth Program. Go to [www.hcgh.org](http://www.hcgh.org) for more information.

### Prenatal Class for 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 to support your pregnancy. October 13, 7–9 p.m. Free.

### Breastfeeding

Learn advantages, preparation techniques, and ways to prevent and manage feeding problems. A nurse lactation consultant will teach practical tips for successfully combining career and breastfeeding. Go to [www.hcgh.org](http://www.hcgh.org) for more information.

### Prepared Childbirth Program

Five-part program to prepare for the birth of your baby. Go to [www.hcgh.org](http://www.hcgh.org) for more information.

### Childbirth Weekend

Expectant couples will learn about childbirth preparation in this weekend class. Go to [www.hcgh.org](http://www.hcgh.org) for more information.

### Baby Signing

Parents, grandparents and caregivers of babies up to 12 months old will learn 100 basic signs to help your baby communicate. September 11 or November 13, 9–11:30 a.m. \$40 per person or \$75 per couple (includes review DVD).

### Infant Massage

Taught by certified infant massage instructor. For infants age 1 to 12 months. November 13, 10–11 a.m. \$20.

### Sibling Preparation Tour

Help siblings-to-be, ages 4 to 12, prepare for baby's arrival by touring the hospital. **Call eight weeks prior to due date to schedule tour.** Free.

### Choose Your Pediatrician and Promote Your Newborn's Health

Preparing for your new baby should include finding a pediatrician before you deliver. Learn factors to consider and ways to promote health for your newborn. Presented by **Sujata Qasba, M.D.** October 26, 7–8:30 p.m. Free.

Maternal Child Class brochures with registration forms are available online at [www.hcgh.org](http://www.hcgh.org) or by calling **410-740-7601**.

### 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.

### Happiest Baby on the Block

Endorsed by the American Academy of Pediatrics, this class will teach parents-to-be and parents of babies up to 3 months old successful techniques that can quickly soothe your crying newborn baby. September 7 or October 26, 7–9 p.m. \$50 per couple (includes parent kits).

### Infant Care

Lecture, group discussion and hands-on practice are used to enhance learning about the care of an infant. Go to [www.hcgh.org](http://www.hcgh.org) for more information.

## HEALTHY LIFESTYLES

### 3 Keys to Mastering Stress

This program will assist you in gaining a greater understanding of your perception of stress. Learn to take control, build support systems and incorporate physical activity, time management, and relaxation techniques. October 5, 7–8:30 p.m. Free.

### Mental Health First Aid

How can you help loved ones who may be having mental health issues? This nationally recognized certification course will familiarize you with the signs and symptoms of the most common mental health problems. Learn steps to follow that can promote and enhance their recovery while allowing you to maintain control of various situations. Attendance at all classes is required for certification. Mondays, October 11–November 1, 6–9 p.m. \$50.

### Shiatsu Massage for Couples

Learn simple, yet effective Shiatsu techniques to reduce stress and promote well-being. Head, Neck and Shoulders: September 10, 7–9 p.m. Lower Body: September 17, 7–9 p.m. \$50 per couple for one class/ \$90 per couple for both classes.

### Reconnecting to Your Vitality and Well-Being

This six-week community acupuncture series combines acupuncture, self-acupressure, and gentle breathing exercises to increase energy flow and healing potential. Experiential learning sessions teach participants tools for self-practice, including the six healing sounds and acupressure self-care. For more information, call 410-964-9100 x 2. Thursdays, September 9–October 14, 2–3:30 p.m. \$200.

### First Aid: Adult Basic

Through lecture and hands-on training, learn to effectively assess and treat a wide range of ailments in emergencies. Treatments covered are for adult victims and children over 8 years old. Earn a three-year National Safety Council Certification. November 6, 9 a.m.–3:30 p.m. \$60 (includes book).

### Advance Directives Seminar

Learn about Advance Directives and how to appoint or be appointed a health care agent. At the completion of the seminar, you will leave with an Advance Directives document. Beneficial to all ages. Presented by Leslie Rogers, MSW, LCSW-C, OSW-C. September 9, October 14 or November 11, 6–7 p.m. Free.

### Adult/Child/Infant CPR

Earn a two-year American Heart Association completion card. This is not a health care provider course. September 13, September 28, October 14, October 28 or November 15, 5:30–9 p.m. \$48.

### Moving through Anger

This three-week interactive class will teach you to channel your anger into a positive force, help to identify what triggers your anger, and provide you with techniques to manage those triggers. October 28, November 4 and 11, 6–7:30 p.m. \$40.

### Enhancing Your Brain Power

New research confirms you can expand your brain reserve through easy, proactive practices and overcome challenges of medication and aging. In this interactive class, learn easy techniques and activities for thinking your way to improved brain health. October 11 and 12, 7–9 p.m. \$30.

## IMPROVING WITH AGE

### Be Seated

Seated fitness program geared to adults age 50 and older. Increase range of motion and build muscle strength. Cosponsored with Howard County Dept. of Parks and Rec. \$36.

### Fitness Fun for Seniors

Exercise to music at your own pace for flexibility and fun. For age 60 and older. Cosponsored with Howard County Dept. of Parks and Rec. Call 410-740-7601 to register. \$32.

### AgeWell

Ongoing exercise program for people 60 and older. Cosponsored with the Howard County Office on Aging. Call 410-313-7213.

### AARP Driver Safety

Classroom refresher for drivers age 50 and older. Discount on auto insurance may be available. \$12 for AARP members, \$14 for others.

## FREE HEALTH SCREENINGS

### Diabetes

August 26, 9 a.m.–noon.

### Depression Screening

Includes lecture, video, self-assessment and an individual evaluation with a mental health practitioner. October 7, 3–5 p.m.

### Podiatry

November 16, 11 a.m.–1 p.m.



## CANCER SUPPORT PROGRAMS

### Knitting and Crocheting Group

Instruction, fellowship, and good times assured for the beginner or the advanced needler. Every Wednesday, 10 a.m.–noon. Free.

### Hand-Stitching and Quilting Group

Learn new methods of hand-piecing and quilting. Second and fourth Tuesdays of each month, 1–3 p.m. Free.

### Living with Breast Cancer

Designed to meet the needs of breast cancer patients with a Stage IV diagnosis. Fourth Thursday of each month, 7–8:30 p.m.

### Photo Organizing Class

Ongoing program will give you the tricks of sorting and organizing your photos. Second Tuesday of each month, 10 a.m.–noon. Call 410-740-5858 for details.

### Yoga

Yoga for patients, caregivers and survivors. Learn basic yoga movements under the leadership of an experienced and clinically trained instructor. For more information or registration, call 410-964-9100. Fridays, 9–10 a.m., and Tuesdays, 6:15–7:15 p.m.

### Beading and Jewelry

Third Tuesday of each month, 1–3 p.m.

### Survivors Offering Support (SOS)

Volunteer mentors, trained by the hospital, offer encouragement to newly diagnosed breast cancer patients. For details or to be a mentor, call 410-884-4574.

### Transition to Wellness

Women at or near the conclusion of breast cancer treatment receive coping tools and information as you enter the wellness phase of your journey as a breast cancer survivor. September 20 and November 8, 6–8 p.m. Registration requested; call 410-884-4574.

### Partner Support Workshop

Spouses or partners of breast cancer patients gain insight into care giving and types of support patients and families require after a breast cancer diagnosis. Meeting available on request. Please call 410-884-4574.

### Ask the Pharmacist

Get answers from Anne Delisa, R.Ph./BCOP, clinical oncology pharmacist. First Friday of each month, noon–3 p.m. For more information, call 410-740-5858.

**CANCER SUPPORT PROGRAMS are held at the Claudia Mayer Cancer Resource Center unless otherwise noted. Call 410-740-5858 or visit [www.hcgh.org](http://www.hcgh.org) for details. Registration required.**

## ONGOING SUPPORT GROUPS

*Cosponsored by HCGH*

### Adult Type 1 Diabetes Support Group

301-490-0029

### Alcoholics Anonymous

410-663-1922

### Al-Anon

410-832-7094

### Alateen

1-888-4ALANON

### Alzheimer's Caregivers Support Groups

410-313-9744

### Aneurysm Support Group

410-442-4045

### Bereavement Support Group

410-740-7898

### Better Breathing Club

443-718-3000

### Breast Cancer Support Group

410-884-4650

### Caregiver's Support Group

410-964-9100 x5

### Chronic Pain Support Group

301-873-3959

### Crohn's and Colitis Foundation of America Support Group

443-253-3806

### Depression and Bipolar Support Alliance of Howard County

443-995-8351

### Gilchrist Hospice Care

410-730-5072

### Howard County Diabetes Education and Support Group

443-718-3007

### I Can Cope

410-740-5858

### Look Good Feel Better

410-740-5858

### Lupus Mid-Atlantic

1-800-777-0934

### Man-to-Man Prostate Cancer Support Group

410-313-4255

### Narcotics Anonymous

1-800-317-3222

### Nicotine Anonymous

410-964-2180

### Overeaters Anonymous

410-963-2102

### Parkinson's Support Group

443-718-3135

### Rising Hope Support Group

410-740-7845

### Stroke Support Group

410-740-7601

### Teens Together Support Group

410-740-5858

### WomenHeart, the National Coalition of Women with Heart Disease

443-854-8333

*Additional information about the support groups listed above can be found by visiting [www.hcgh.org/community](http://www.hcgh.org/community).*

*Support group information is subject to change. Before attending a meeting, verify information and location by calling the contact number listed.*

Information & Registration: 410-740-7601 • Online Registration: [www.hcgh.org](http://www.hcgh.org) • Please Pre-register for all Programs

## Take the path to better health...

Join us at the 50+ EXPO on Friday, October 15, 2010, 9 a.m. to 4 p.m., at Wilde Lake High School in Columbia for *A Woman's Path to Wellness*. Moderated by HCGH physicians, this free series of seminars on advances in women's health will be presented by our Johns Hopkins' colleagues. The 50+ EXPO also offers adults 50 and older, as well as their families, helpful information from the more than 140 exhibitors on hand.



Dr. Christopher Marano

### Cherished Memory

9:30–10 a.m. Moderator: **Joseph Schwartz, M.D.**

Alzheimer's disease will reach epic proportions as nearly 10 million U.S. baby boomers are expected to develop the disease in the next 40 years. Geriatric psychiatrist Dr. Christopher Marano, assistant professor, Department of Psychiatry and Behavioral Sciences, distinguishes between memory changes associated with aging and dementia and provides tips to preserve your memory.



Dr. Nagi Khouri

### Staying Abreast

10:30–11 a.m. Moderator: **Nicholas Koutrelakos, M.D.**

New tools are emerging to detect breast cancer. Listen as radiologist Dr. Nagi Khouri, associate professor, Department of Radiology and Radiological Services, and director of Breast Imaging, distinguishes between MRI, digital mammography, ultrasound, and other imaging technologies and addresses controversial screening recommendations.



Dr. Redonda Miller

### Common Symptoms Women Shouldn't Ignore

11:30 a.m. – 12:30 p.m. Moderator: **Eric Aldrich, M.D.**

Internist Dr. Redonda Miller, M.B.A., associate professor, Department of Medicine, and vice president of Medical Affairs at The Johns Hopkins Hospital, discusses seemingly mundane symptoms, from tingling to a persistent cough, which you might be inclined to ignore. Learn why these and other symptoms may suggest a serious underlying problem and when it is advisable to seek your physician's advice.



Dr. Pam Ouyang

### Predictors of Heart Disease in Women

1–1:30 p.m. Moderator: **Adrian Preston, M.D.**

Heart disease remains the #1 killer of women. Cardiologist Dr. Pam Ouyang, M.B., B.S., professor, Department of Medicine, and director of Johns Hopkins Women's Cardiovascular Health Center, considers the key predictors of heart disease in women, including waist size, family history, and inflammation as well as strategies to combat and treat the disease in women.



Dr. Peter Wung

### Beating the Pain of Arthritis

2–2:30 p.m. Moderator: **Daniel Tang, M.D.**

There are more than 100 types of arthritis and rheumatic diseases that affect more women than men. Join rheumatologist Dr. Peter Wung, M.H.S., instructor, Department of Medicine, as he clarifies the different forms of arthritis and rheumatic diseases, their causes and symptoms, and available treatment options.



Attend any seminar and be eligible to enter a drawing for two complimentary registrations to the Johns Hopkins Medicine annual women's health conference, *A Woman's Journey* later this fall.

Special thanks to the Horizon Foundation for their support of this program

# Foundation Chair's Message

## Dear Friends,

When a local business supports Howard County General Hospital (HCGH), everyone benefits. The business demonstrates charitable leadership and its dedication to the well-being of the community, while the hospital is able to grow to meet the advancing health care needs of the county.

The Business to Business (B2B) Campaign was introduced to encourage the Howard County business community to become major supporters of the Hospital. As of June 2010, a number of businesses have each committed to gifts and pledges of \$2,500 or greater. In this challenging economy, I applaud and thank the corporate commitment of the following:

- Attman Family of Acme Paper & Supply Co, Inc.
- Leach Wallace Associates, Inc.
- Autobody Images
- O'Donovan & Associates
- Dynamed Solutions, LLC
- Offit Kurman P.A.
- General Growth Properties
- Shade Construction Company, Inc.
- Greenberg Gibbons Commercial Corporation
- Dianna and Wayne Wilhelm/  
Wilhelm Commercial Builders, Inc.
- Holland Construction Corporation

Still, there are other local businesses impacting the Hospital in new and exciting ways; see the article on page 15 about four local book drives that benefited HCGH. All of these businesses have told us the same thing: they want to support their local hospital with in-kind donations specifically to comfort children entering and leaving our Hospital.

Speaking of our medical campus, HCGH has entered the final stages of the Campus Development Plan (CDP), the Hospital's comprehensive 233,656-square-foot expansion and renovation, helping to ensure that our community's health care needs are met well into the future. This \$105,000 million project is the most ambitious capital project in the Hospital's history. As of June, we have raised \$22.2 million toward the \$30 million philanthropic goal.

Why is this important and why does the Foundation continue to seek financial support? It is because HCGH is not funded by Howard County government and/or Johns Hopkins Medicine. While the County has made a major commitment to the Hospital, HCGH is not part of the County's annual budget. And, while the Hospital is a proud member of Johns Hopkins Medicine, it is not funded by the parent company. We enjoy the benefits of sitting in Howard County and being affiliated with Johns Hopkins, but we need your assistance to provide our services.

Please continue to give as you are able to the Hospital community. Whether it is a financial or in-kind donation, or the gift of time and talent, a company or an individual that identifies a need and puts their thoughts into actions is a true friend to HCGH. It is about believing in a cause and acting upon it. Our vision is to make Howard Hospital Foundation the primary charity of choice in Howard County. We value all who share our vision, and we anticipate substantial growth as we continue to educate business leaders and the residential community about our history, current accomplishments and future.

In closing, I want to congratulate my fellow HHHF board member, Mr. Clarence Wooten Jr., President and CEO of Groupsite.com, who recently received a Distinguished Alumni Award from Johns Hopkins University's Carey Business School. The HCGH community is honored to be in his company.

Here's to a healthy and happy end to summer,



David Powell, *Chair*  
Howard Hospital Foundation



Bill and Emmy Lou Volenick

## Meet a Charter Member

Do you know Bill and Emmy Lou Volenick? They are Charter members of the *Legacy Society of Howard County General Hospital*, and they joke about Bill being a "frequent flyer" at the Hospital due to his cardiac problems. However, Bill and his wife Emmy Lou are very serious about giving back to the place and people who literally saved his life. "Thanks to the skill of my doctors and excellent resources at HCGH, I pulled through several life-threatening situations," explains Bill.

The Volenicks appreciate the high quality of care and warm community setting of HCGH. In the past, they have contributed to the Campus Development Plan. Now, they have become Charter Members of the Legacy Society to help ensure the resources Bill benefited from will be accessible to future generations, including their daughters, three grandsons and five great grandchildren.

For details about the *Legacy Society of Howard County General Hospital* and how your good works can last far into the future, call the Foundation's Vice President of Development Christopher J. McCabe at 410-740-7840.

facebook

twitter

Join us on Facebook and Twitter to learn more about Howard Hospital Foundation events and activities.

## More than 3,000 Children's Books Donated to Hospital

When it comes to newborns and children, local book sellers and reading advocates agree there is nothing better than the gift of a book. JoAnn Crue, sales manager of Borders in Columbia Crossing, chose the Hospital for their recent book drive because Borders wanted to support children at a local institution. This past spring, Borders donated more than \$21,000 in books and stuffed animals to Howard County General Hospital.

"We selected HCGH's pediatric emergency department because we wanted to help kids and do something our customers could understand immediately," says Crue. "Pediatrics says it all; if you've ever visited a hospital, you know it's extra rough on a kid."

Whether kids are sick or healthy, the Howard County Reading Council's Books for Babies program supports the belief that there is no better time to start reading to children than when they're young. Jacqueline Lashinsky, program chair and reading specialist at Clemens Crossing Elementary School, donated 200 books the Council collected to HCGH's Maternal-Child Unit. To tie into National Reading Month in January, the Council aimed to have each newborn leave the Hospital with a book.

Borders Express in The Mall in Columbia also donated 15 boxes of books in January to the pediatric emergency department. Assistant manager Laura Boyer chose HCGH because "My children have frequented the Hospital, and I know it needed the donations and would distribute the books."



(l. to r.) Suzanne Bunce, Administrative Secretary; Paula Stehle, President of Howard County Reading Council; Vic Broccolino, President and CEO of Howard County General Hospital; Sheila Donohue, Director of OB and NICU Services; Chris McCabe, Vice President of Development, Howard Hospital Foundation; Sandra Keaton; and Jackie Lashinsky, Chairperson, Books for Babies Program.

The Barnes & Noble in Long Gate Shopping Center selected HCGH's pediatric emergency department as a beneficiary of a portion of its holiday book drive. Amber Gray, the store's community relations manager, reports Barnes & Noble contributed approximately \$10,000 worth of books donated by their generous customers and employees "to help children, their friends and their families."

"For the first time, we decided upon HCGH because we wanted the donations to stay close to home. We provided the books for HCGH's children's library or for an outreach program, allowing the children to leave with books."

The Howard Hospital Foundation organized the receipt of the more than 3,000 books donated this past winter and spring and extends its heartfelt thanks on behalf of all the children who have enjoyed the books on campus or at home.



Tony Deering,  
Chairman,  
The Rouse Company  
Foundation

## Foundation Awarded Rouse Grant

The Howard Hospital Foundation is proud to be the recipient of a \$25,000 grant from The Rouse Company Foundation to support the Claudia Mayer Cancer Resource Center (CMCRC) of HCGH.

"We chose the Claudia Mayer Cancer Resource Center because The Rouse Company Foundation has continued its philosophy of investing in the community in ways that will help sustain the best among Howard County institutions. The Claudia

Mayer Cancer Resource Center is a prime example of such an institution. The Center's mission and the Foundation's history with Howard County General Hospital provided a natural fit for a Foundation grant," says Tony Deering, chairman, The Rouse Company Foundation.

The new Center, which sits in the Medical Pavilion on the hospital campus, provides aesthetic, education and support services for men, women and children living and coping with cancer. The Center also offers support for caregivers and family members, as well as a large cancer resource library that is tied into the Howard County public library system.

Want to make a donation to CMCRC? Call the Foundation office at 410-740-7850 or make a gift online at [hcg.org](http://hcg.org) and click on the Donate Now button.

## Medical Community Steps Up

Thanks to the dedication of Howard Hospital Foundation trustee, Jerry Levine, M.D., vice president and medical director of Maryland Primary Care Physicians, LLC, and the leadership of the late Dr. Eugene "Pebble" Willis, the medical community of HCGH has exceeded its goal of \$1 million in giving to the Campus Development Campaign.



Jerry Levine, M.D.

"Pebble and I wanted to bring the culture of giving back to the medical staff," says Dr. Levine. "The 21 practices that have donated as of May provide our Hospital community with incredibly supportive development and insight."

In many cases, HCGH is the community hospital for the physician staff. "They understand our community is a better place to live with a world-class hospital in our backyard. The additional beds and state-of-the-art operating rooms would offer nothing without our outstanding medical staff," adds Dr. Levine.

"While we met our initial goal of \$1 million from our medical staff, we still need to raise additional funds," reports Dr. Levine. "The Foundation staff has been a great partner in moving forward with this aspect of the campaign. I am privileged to be associated with this organization and the members of the HHF Board of Trustees."

# Laparoscopic Hysterectomies

If your doctor has recommended you undergo a hysterectomy, you are not alone.

A hysterectomy, surgery to remove all or part of the uterus, is the second most common surgery for women in the U.S., according to The National Women's Health Information Center.

"There are several reasons a woman may have a hysterectomy," explains **Dr. Phyllis Campbell**, a gynecologist on staff at Howard County General Hospital. Possible conditions include:

- Fibroids (non-cancerous tumors in the uterine wall)
- Endometriosis (occurs when tissue lining the uterus grows outside the uterus on ovaries, fallopian tubes, or other pelvic or abdominal organs)
- Prolapse of the uterus (when the uterus slips into the vagina)
- Adenomyosis (occurs when tissue lining the uterus grows inside the walls of the uterus)
- Chronic pelvic pain
- Abnormal vaginal bleeding
- Cancer of the uterus, ovary, cervix or endometrium (uterine lining)

"Some of these medical conditions can be treated without major surgery," says Dr. Campbell. "However, for those who need to have a hysterectomy, it can be performed in different ways based on the reasons for surgery, prior surgical procedures and certain health conditions. One option that offers many benefits for patients is a laparoscopic hysterectomy."

## How is a Laparoscopic Hysterectomy Performed?

After making three to four small cuts in your abdomen, your doctor can insert a thin, lighted tube (laparoscope), similar to a telescope, along with the surgical instruments, in order to see your pelvic organs and perform the procedure. This differs from an abdominal hysterectomy, which requires a five- to seven-inch incision in the lower part of your belly.

## What are the Benefits?

"After your hysterectomy, you will stay in the hospital one to two days for post-surgical care," says Dr. Campbell. "Compared to abdominal surgery, a laparoscopic procedure enables a shorter hospital stay, faster return to normal activity, less blood loss and fewer infections. However, as with all major surgeries, there are risks; it's important to talk to your physician about your options before undergoing surgery."

For a referral to a gynecologist on staff at HCGH, visit [www.hcgh.org](http://www.hcgh.org) or call 410-740-7750



**Dr. Phyllis Campbell**  
is a gynecologist with  
Esposito, Mayer, Hogan  
& Associates.



These HCGH physicians have recently relocated or established new offices in Howard County.

**NEUROLOGY**

Rashida Stevenson, M.D.  
Maryland Neurological Center  
11085 Little Patuxent Pkwy. #212  
Columbia, MD 21044  
410-730-1212

**PEDIATRICS**

Hirut F. Degefu, M.D.  
Walker Merrick Developmental Pediatrics  
10630 Little Patuxent Pkwy. #125  
Columbia, MD 21044  
410-995-5437

Shanthi S. King, M.D.  
Johns Hopkins Community Physicians  
6350 Stevens Forest Road  
Columbia, MD 21046  
443-259-3770

Lisa W. Petit, M.D.  
5707 Calverton Street #1B  
Catonsville, MD 21228  
410-788-2350

**PULMONARY**

John M. Chandler, M.D.  
Pulmonary Disease & Critical Care Assoc.  
10710 Charter Drive #310  
Columbia, MD 21044  
410-997-5944

**RADIATION ONCOLOGY**

Deborah A. Frassica, M.D.  
Central Maryland Oncology Center  
10710 Charter Drive #G030  
Columbia, MD 21044  
410-740-9300



**2010 Physicians Directory NOW AVAILABLE**

The 2010 Directory of Physicians was distributed in the June 24, 2010, issue of the *Howard County Times*, *Columbia Flier*, *Catonsville Times* and some areas of the *Laurel Leader*. If you did not receive your copy, please contact 410-740-7810. You can choose a physician from our directory or visit [www.hcgh.org](http://www.hcgh.org). For a referral to a physician on staff at HCGH, call 410-740-7750.

**Passing of Dr. Henry Seidel**



Henry M. Seidel, M.D., member of Howard County General Hospital board of trustees, died at the age of 87 in Columbia, Md., on March 24. Dr. Seidel's relationship with HCGH spanned more than 30 years, as he assisted Dr. Robert Heyssel with planning the first hospital building and the initial organization of HCGH's professional staff.

In addition to serving on the HCGH board of trustees, Dr. Seidel also served as chairman on the HCGH planning committee, co-chair on the community relations council and on the executive committee. While his contributions to HCGH and the Howard County community are innumerable, he also impacted generations of Johns Hopkins' medical students during his years as a master educator, professor emeritus of pediatrics and dean of students at the Johns Hopkins School of Medicine.



**Congratulations! Vivian C. "Millie" Bailey**

A member of the HCGH board of trustees, Bailey was recently selected as an honorary member of the Delta Kappa Gamma Society International in recognition of her outstanding work in the field of education.

**Construction Update**

The hospital main lobby renovations are now complete. Renovations to Four-South (pictured) are nearing completion as the space is converted into an acute care unit to meet the needs of older patients. New space for the occupational health department and additional human resources offices have opened on the second floor of The Center for Ambulatory Surgery. Also, the first phase of a two-part renovation project for the admitting department is scheduled for completion on September 1, and the second phase should be completed by the end of the year. As we continue our efforts to improve our facilities to better serve our patients and their families, we thank you once again for your patience and understanding.



# calendar 2010 of Events:

## August

### Healthy Kids in Healthy Families Clinic

**Saturday, August 21/** noon–4 p.m. Free.  
Lord & Taylor Court in The Mall in Columbia.

Registration not required. Bring your family to our screenings: pediatric vision, asthma, height, weight and blood pressure. Stop by our booths and ask the pediatrician questions. Learn physical activities, healthy nutrition, and other health and safety tips for the whole family.

## October

### Comprehensive Breast Care in Howard County

**Wednesday, October 6/** 6–9 p.m. Free.

Learn the newest developments in breast cancer detection, diagnosis, and treatment, and the benefit of team consultation. Implications of the U.S. Preventative Services Task Force mammogram recommendations will be discussed. Complimentary hot hors d'oeuvres and door prizes. Space is limited. Early registration required; call 410-740-7601.

### Cancer Prevention and Early Detection Clinic

**Saturday, October 23/** noon–4 p.m. Free.

Lord & Taylor Court in The Mall in Columbia.

Registration not required. Speak with our physician experts. Learn about breast health, colorectal health, nutrition, smoking cessation, acupuncture, and other hospital and community resources. Participate in screenings: fecal occult blood, pulmonary function, skin analyzer, blood pressure, height and weight with body mass index, and more.

For a complete listing of all the Howard County General Hospital events, please visit [www.hcgh.org](http://www.hcgh.org).

# 17th Annual Symphony of Lights Festivities

Symphony Woods, Columbia, MD

### *Dazzle Dash Kick Off*

**SATURDAY, NOVEMBER 20/ 5–7:30 P.M.** - Runners only  
**SUNDAY, NOVEMBER 21/ 4–7:30 P.M.** - Walkers only  
Walk or run through the magical outdoor display of lights. Enjoy games and activities for children of all ages, food, music, entertainment, and give-aways. Register online; pre-registration required. Space is limited!

### *Drive Through the Lights*

**MONDAY, NOVEMBER 22, 2010 –  
TUESDAY, JANUARY 4, 2011**

Open 7 days a week from 6–10 p.m., including holidays; closed Dec. 31 for Midnight at 7 event. Cars, vans and busses can drive-through the display of more than 70 larger-than-life, light creations. Go online for a \$5 discount coupon!

### *Group “walk thru” the Lights*

**MONDAYS & WEDNESDAYS ONLY,  
NOVEMBER 29–DECEMBER 22/ 4–5:45 P.M.**

Take a 1.4 mile stroll through the light displays in a private group setting. Registration required; call 410-740-7840.

**More Festivities!** Learn more about the events listed above as well as Tail Lights, Blinkin' Binkies and Midnight at 7 by visiting [www.hcgh.org/symphonyoflights](http://www.hcgh.org/symphonyoflights). For event details, visit [www.hcgh.org/symphonyoflights](http://www.hcgh.org/symphonyoflights) or call 410-740-7840.

Proceeds from the Symphony of Lights festivities benefit the Campus Development Plan at HCGH.

## November

### Fretz Autumn Extravaganza

**Thursday, November 4/** 6–9:30 p.m.

Fretz Corporation Showroom, Columbia

Join chairwomen Tina Broccolino, Carla Northrop and Mary Jayne Register for a fun and festive autumn extravaganza to benefit the Claudia Mayer Cancer Resource Center. Scrumptious food, provided by Carrabbas Italian Restaurant, and fine wines by Gus Kalaris of Axios will accompany a great auction, entertainment and cooking demonstrations throughout the evening. For tickets, sponsorship opportunities, auction donations or more information, please call 410-740-7570, e-mail [abroccolino@hcgh.org](mailto:abroccolino@hcgh.org), or visit [www.hcgh.org/Fretz](http://www.hcgh.org/Fretz) for updates and to preview exciting auction items.

### A Woman's Journey Baltimore

**Saturday, November 20**

Hilton Baltimore (401 W. Pratt Street)

For more information, call 410-955-8660 or visit [www.hopkinsmedicine.org/awomansjourney/baltimore/index.html](http://www.hopkinsmedicine.org/awomansjourney/baltimore/index.html).