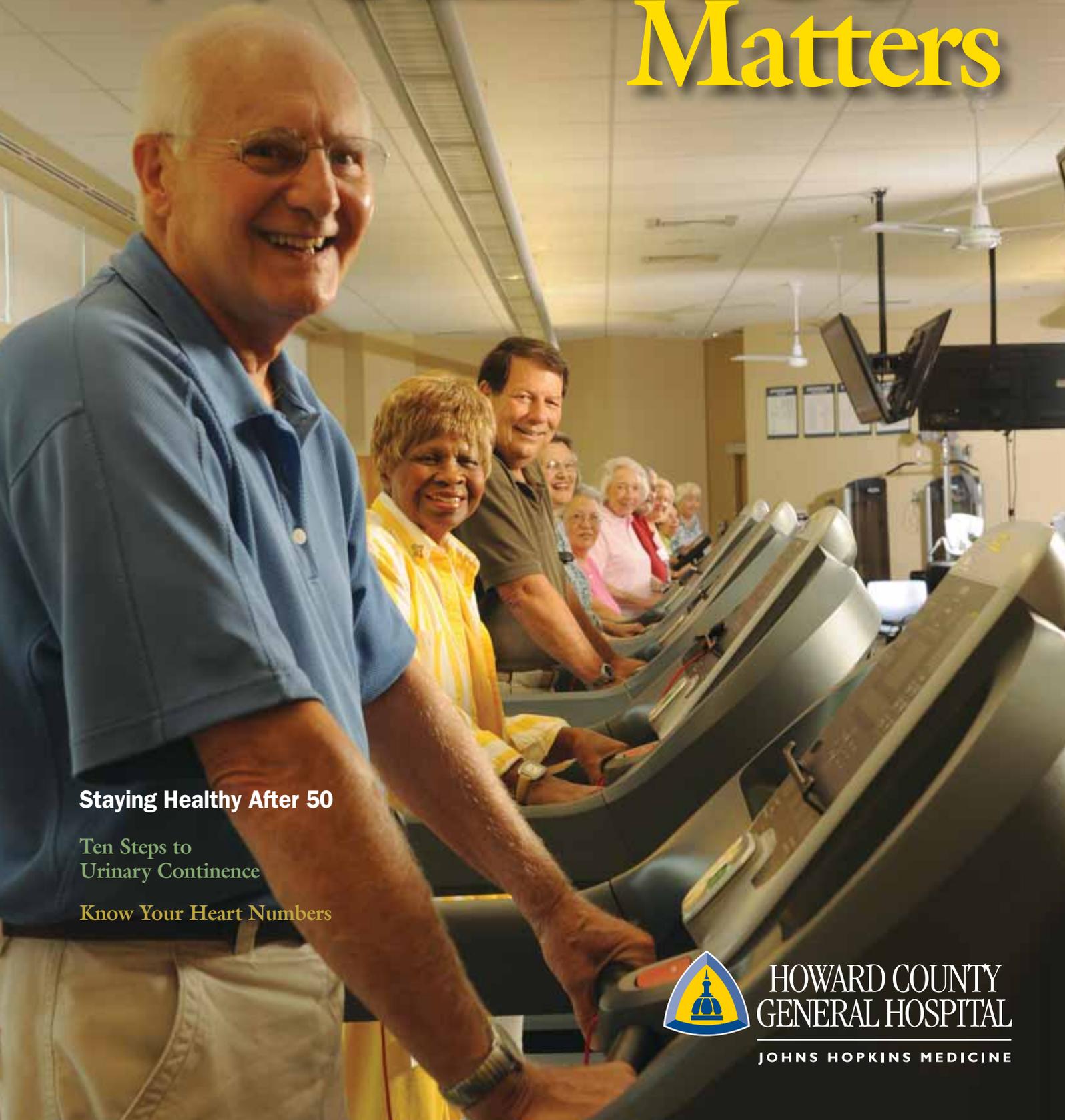


Wellness

FALL 2012

Matters



Staying Healthy After 50

Ten Steps to
Urinary Contenance

Know Your Heart Numbers



HOWARD COUNTY
GENERAL HOSPITAL

JOHNS HOPKINS MEDICINE

President's Message

Dear Friends,

During these warm months, many of us find ourselves outdoors enjoying all that Maryland and Howard County have to offer. Such was the case in April when more than 2,500 individuals came together to embrace healthy living and raise awareness about cancer through TriColumbia's inaugural Athleta Iron Girl Columbia Half Marathon. I want to thank TriColumbia and its CEO and founder Robert Vigorito for their generous \$25,000 donation to the Claudia Mayer Cancer Resource Center; these funds will help us provide valuable services to our cancer patients and their families when they need it most. Equally impactful was watching people ages 8-75 participate. Among the crowd was 1984 Olympic gold medalist Joan Benoit Samuelson, who, at 54, is proof that taking care of yourself as you age is worthwhile. Joan will return for the April 28, 2013, Athleta Iron Girl Columbia Half Marathon.

As Howard County has the fastest growing 65 and older population in Maryland, HCGH is committed to meeting the health care needs of our citizens, enabling them to age in place. On the following pages, we share information about screenings you should consider once you turn 50 and invite you to join us for the free 50+ Expo on October 19 at Wilde Lake High School.

With age, we sometimes like to overlook birthdays. However, we, at HCGH, are looking forward with excitement as we mark 40 years of providing award-winning health care to our community. Keep an eye out for news about events held throughout 2013 to recognize this milestone. We also invite you to share your memories of the care you and your family have received at the hospital throughout the years by emailing contactus@hcg.org.

Speaking of award-winning health care, I am pleased to announce that *Becker's Hospital Review* recently selected HCGH as one of the "100 Great Community Hospitals in the U.S." based on criteria that included clinical excellence, community involvement and various other efforts. It is an honor to be selected and a greater honor to be the only hospital in Maryland on the list. In addition, *U.S. News & World Report* ranked HCGH as one of the top hospitals in Maryland, citing outstanding achievement in eight major clinical specialties. Read more about these awards on page 14. Finally, for the third consecutive year, a national health care rating organization ranked our Emergency Department as one of the top five percent in the U.S.

All of the aforementioned recognition would not have been possible without the caring, dedication, skill and commitment of the more than 3,000 people on our team, including physicians, nurses and other caregivers, support staff, and the hundreds of community volunteers who donate their time and talents. I sincerely thank everyone for their hard work and passion for helping others.

As we look back and take stock of the countless ways we have grown that have allowed us to continue to serve those who live and work in our community, we realize that it has been our privilege to be a part of your lives. We thank you for your ongoing support of the hospital and look forward to caring for you and your family for years to come.

Sincerely,

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



Wellness Matters

Volume 16, No. 3 Fall 2012

Turning 50

The importance of annual exams and screenings to discuss with your physician

6



CONTENTS:

3 Ten Steps to Fight Urinary Incontinence

An overview of the causes, risk factors, prevention tips and treatment options available at HCGH

4 Wellness Classes

9 Diabetes and Wound Healing

Are you at risk for a diabetic wound?

10 Giving Matters

Thanking our donors for supporting HCGH and its mission

14 Hospital News

15 Know Your Heart Numbers

Understand what your blood pressure and cholesterol levels mean to your heart health

16 Mark Your Calendars

Pictured on front cover: Exercise is an important part of staying healthy. Thank you to John Heiss, Ruby Ashby, Joseph Slert, Peggy-Ann Duke, Rita Ryerson, Joanna Brickley, Mario Alves, Margaret Tankersley, Aline Feldman, and Portia Huber.

.....Suggest an Article.....

Is there a medical topic you are interested in learning more about?
We welcome your ideas.

Please send your article ideas to contactus@hcg.org.

Wellness Matters is published by Howard County General Hospital, a private, not-for-profit, health care provider, and a member of Johns Hopkins Medicine. Your physician should be consulted in regard to matters concerning the medical condition, treatment and needs of your family.

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Please direct questions, suggestions and comments regarding **Wellness Matters** to the Marketing and Communications Department at 5755 Cedar Lane, Columbia, MD 21044-2912
Phone: 410-740-7810, Hospital Information: 410-740-7890, TDD: 410-740-7990.



Ten Steps to Fight Urinary Incontinence

Types of UI

According to **Dr. Jennifer Bepple**, a urologist on staff at Howard County General Hospital, there are four main types of incontinence: stress, urge, mixed and overflow. “Stress incontinence occurs due to increased abdominal pressure when you cough, sneeze, laugh or exercise. Urge incontinence occurs when you cannot delay urination,” explains Dr. Bepple. “Mixed incontinence is a combination of stress and urge incontinence. The least common form, overflow incontinence, happens when the bladder is overfull.”

Can You Prevent UI?

“There are several risk factors for developing UI including obesity, smoking and age,” notes Dr. Bepple. “Women are also twice as likely to experience incontinence compared to men. In addition, there are certain foods, drinks and medications that can trigger, cause or worsen overactive bladder. The good news is there are steps you can take to prevent, relieve or cure your incontinence symptoms.”

Ten Steps to Continenence:

1. **Avoid foods and drinks high in spices, sugar and acid.**
2. **Cut down on caffeinated drinks.**
3. **Cut back on alcoholic beverages.**
4. **Lose weight.**
5. **Stop smoking.**
6. **Exercise.**
7. **Discuss your medications with your doctor as common medications, including those prescribed to treat high blood pressure, depression and sleep issues, can trigger UI.**
8. **Do pelvic floor muscle exercises, also referred to as Kegel exercises. These strengthen muscles that help control urination, which can weaken due to pregnancy, childbirth, obesity or aging.**
9. **Talk to your physician if you have a urinary tract infection, an enlarged prostate, prostate cancer, multiple sclerosis, stroke, spinal injury, Parkinson’s disease or other neurologic condition.**
10. **Avoid constipation, as straining to empty your bowels weakens your pelvic floor muscles and makes urine leakage worse.**

“As other diseases and conditions can cause incontinence, it’s important to talk to your physician if you are experiencing bladder symptoms in order to determine the cause and explore your treatment options,” says Dr. Bepple.

What are the Treatment Options?

If lifestyle changes do not resolve your symptoms, your physician may offer additional treatment options based on the type of urinary incontinence you have.

According to Dr. Bepple, patients with stress incontinence can benefit from surgical procedures to either create a sling to support the bladder or inject a bulking agent.

During the sling surgery, the surgeon uses a synthetic material to help support your urethra (the tube carrying urine from the bladder to the outside of your body). Through another surgical option, urethral bulking agents are injected into the wall of the urethra to help address one of the causes of stress incontinence—weak urethral sphincter muscles that help open and close the urethra.

“Those with urge incontinence may benefit from medications as well as dietary and behavioral changes. Some patients may see relief through an implantable device, which is like a pacemaker for your bladder,” says Dr. Bepple. “Through this surgically implanted device, electrical pulses are delivered to the nerves that supply the bladder, reducing the number of urinary accidents. Finally, for a small number of patients, Botox injections into the bladder muscle may be appropriate.

“Incontinence can affect your quality of life, but you do not have to suffer with the symptoms,” says Dr. Bepple. “Talk to your doctor and discuss the many ways to manage or treat your UI.”



Dr. Jennifer Bepple is a urologist with Central Maryland Urology in Columbia. She specializes in pelvic floor disorders and incontinence.
Appointments:
410-772-7000.

Do You:

- Leak urine before you make it to the bathroom?
- Have a sudden urge and cannot delay urination?
- Wear pads to protect your clothes?
- Frequently limit your fluid intake when you are away from home?
- Leak urine when you laugh, cough, sneeze or exercise?

If you answered “yes,” you may have urinary incontinence (UI), the involuntary loss of urine from the bladder. This affects about 33 million Americans—both men and women of all ages—according to the National Association for Continence. UI is a treatable, often curable symptom, not a disease.

special Events:

The Elbow's Connected to the Arm Bone...

When you have severe pain in the elbow joint, it can really limit daily activities. Learn about tennis elbow, nerve compression, fractures, arthritis, and medical and surgical treatment options. Presented by orthopedic specialist **Khurram Pervaiz, M.D.** **9/12**, 7–9 p.m. Free.

It's Hip to Be Pain Free

Hip pain can make you feel years older. Review causes and treatments for hip pain and the latest surgical approaches in hip replacement surgery. Presented by orthopedic specialist **Charles Mess, M.D.** **10/16**, 7–9 p.m. Free.

Knee Deep in Pain

If a painful knee joint is preventing you from having an active life, attend this presentation to learn ways to reduce knee pain and get back on your feet! Hear about knee injuries and degenerative conditions such as arthritis, and medical and surgical treatment including arthroscopy and knee replacement surgery. Presented by orthopedic specialist **Daniel Tang, M.D.** **10/30**, 7–9 p.m. Free.

Benefits of Care by Certified Nurse Midwives

Gain insight into family-centered care during pregnancy, a model of preventative women's wellness. Presented by **Jackie Notes, CNM**, and **Kay Mitchell, CNM.** **10/3**, 7–8:30 p.m. Free.

Depression is Not a Normal Part of Growing Older

Periods of sadness or grief are normal, but persistent depression is not. Learn to identify subtle symptoms in an older adult and what to do. Hear about interventions and treatment. Presented by **Anirudh Sridharan, M.D.**, and **Francie Black, R.N., CRNP.** **10/2**, 6:30–8 p.m. Free.

Focus on Your Total Health:

Your Seasonal Check-Up

Health Check: Measures 18 body chemicals; cholesterol, including HDL, LDL, and triglyceride levels; complete blood cell count; and thyroid-stimulating hormone. Registration is required. \$50.

Health Check Plus: Health Check plus Vitamin D test. Registration is required. \$80.

Free Activities: Blood pressure; height, weight and BMI; breast health tips; osteoporosis screening; nutrition and fitness information; and more. Walk-in, registration not required. **9/18**, 8:30 a.m.–2 p.m.

Great American Smokeout

HCGH Lobby. Resources to help you quit smoking. Registration not required. **11/15**, 11 a.m.–2 p.m. Free.

EVENTS AT THE MALL IN COLUMBIA

Lord & Taylor Court

Healthy Kids in Healthy Families Clinic

Bring your family for pediatric vision, asthma, height, weight and blood pressure screenings. Ask a pediatrician questions and learn about healthy nutrition and other tips for the whole family. **9/8**, 11 a.m.–3 p.m. Free.

Cancer Prevention and Early Detection Clinic

Speak with physicians about breast and colon health, nutrition, smoking cessation, and more. Fecal occult blood, pulmonary function, blood pressure, height and weight with body mass index, and other screenings offered. **10/20**, 11 a.m.–3 p.m. Free.

Flu Vaccine

In partnership with Johns Hopkins Outpatient Pharmacy. For ages 3 to adult. **10/9**, **11/5**, or **12/3**, 4–7 p.m. \$25.

Mammograms: Best Practices for Women for Healthier Exams

Focus on prevention and breast health, discuss genetics, fact versus fiction risks and what to do if asked to return for follow up. Light refreshments will be served. **9/19**, 6–8 p.m. Free.

You're a Breast Cancer Survivor—Now What?

Share the evening with our experts discussing survivorship and research on lingering physical, emotional and social issues. Light refreshments will be served. **10/17**, 6–8 p.m. Free.

Do Your Eyelids Need a Lift?

As you age, the skin around your eyes relaxes, your eyelids stretch and the muscles supporting them weaken, causing sagging eyebrows and droopy eyelids. It's not just a cosmetic issue; severely sagging skin can impair your vision. Learn more about this condition, called ptosis, and what options are available, including the newest surgical techniques. Presented by **Nicholas Mahoney, M.D.** **10/15**, 7–8:30 p.m. Free.

Considering Joint Replacement Surgery?

If you've been told you need joint replacement surgery, get practical information including physical fitness and rehabilitation before and after surgery. Therapists will demonstrate specific physical therapy exercises, and orthopedic surgeon **Mark Bullock, M.D.**, and anesthesiologist **Mercy Thomaskutty, M.D.**, will answer questions. Presented by **Toni Keller, P.A.**, HCGH Joint Academy. **10/25**, 7–9 p.m. Free.

IMPROVING YOUR HEALTH

Living Well...Take Charge of Your Health

Chronic disease management program for those living with chronic conditions and for caregivers. Wednesdays, **9/12–10/17**, 1–3:30 p.m., and Fridays, **10/5–11/9**, 10 a.m.–12:30 p.m. 410-313-5980. \$28.

Dietary Counseling

Discuss dietary concerns/goals with a registered dietitian. \$35/half-hour visit.

Weight Loss Through Bariatric Surgery

Learn about weight-loss surgery from Johns Hopkins Center for Bariatric Surgery. **9/25** or **11/20**, 5–6:30 p.m. 410-550-0409 or hopkinsbayview.org/bariatrics. Free.

Phase II Cardiac Rehabilitation Program

Assists cardiac patients in the recovery phase following a heart attack, angioplasty or cardiac surgery. 443-718-3000.

Cardiac Rehabilitation Maintenance Program

Exercise for cardiac rehab program graduates. Tuesdays and Fridays, 8 a.m. or 9:30 a.m. 443-718-3000. \$60 per month.

External Enhanced Counterpulsation Therapy

Non-invasive alternative treatment for patients with stage III or IV angina. 443-718-3000.

Blood Pressure Screening & Monitoring

For times and locations, go to hcgh.org or call 410-740-7601.

Phase II Pulmonary Rehabilitation Program

Exercise and education to assist patients with lung disease. 443-718-3000.

Pulmonary Rehabilitation Maintenance Program

Exercise maintenance for pulmonary rehab program graduates. Tuesday and Friday afternoons. 443-718-3000. \$60 per month.

The Mall Milers

Walk for health program at The Mall in Columbia. Blood pressure screenings on the second Tuesday of the month. 410-730-3300. Free.

Nutrition and Cancer

Individualized counseling for those wanting to lower risk or undergoing cancer treatment. \$90.

What Is Pre-Diabetes?

Understand what pre-diabetes is and how to prevent/delay actual diabetes. **10/3**, 7–9 p.m. \$15.

Diabetes programs have convenient day and evening hours and are recognized by the American Diabetes Association.

Individualized Diabetes Management

Learn from a certified diabetes dietitian and nurse how to manage diabetes. 443-718-3000.

Living with Diabetes

Learn from an endocrinologist, podiatrist, psychologist, diabetes nurse educator and dietitian. 443-718-3000. (A condensed version of this course is offered in the evening.)

Registration advised for all programs—visit hcgh.org

HEALTHY LIFESTYLES

Adult/Child/Infant CPR and AED

Earn a two-year American Heart Association completion card (not a health care provider course). **9/5, 9/13, or 9/24; 10/11 or 10/29; and 11/5, 5:30–9 p.m.** \$55.

Rewiring Your Neural Pathways of Emotion

Examine emotional response patterns and use imagery, visualization and meditation. **10/30, 7–8:30 p.m.** Free.

Smoke-Free Lungs

Education and support for those wanting to quit or have quit. Attend one or all sessions. **9/20, 10/25 or 11/29, 7–9 p.m.** Free.

Yoga and Nutrition for Arthritis

Discover how nutrition, yoga movements and breathing can alleviate joint discomfort, support a healthy immune system and reduce inflammation. Saturdays, **9/8–10/13, noon–1 p.m.** \$66.

Healthy Weight, Healthy You

Part 1 – Looking to Lose Weight

This Year: Plan meals that taste great, provide balance in your diet and promote health. **9/17, 7–8:30 p.m.** Free.

Part 2 – Kitchen Wisdom: Cooking demonstrations. **9/24, 7–8:30 p.m.** Register for one or both. Free.

Qigong: Meditation in Motion

Learn and practice Qigong, a series of movements to increase vitality and well-being. For the beginning or advanced student. **9/11, 7–8:30 p.m.** Free. *Optional course to expand the concepts. 10/27, 10 a.m.–5 p.m. \$80. To register, call 410-964-9100 x2.*

IMPROVING WITH AGE

AARP Driver Safety

Classroom refresher for 50+ years. **10/11, noon–4 p.m.** \$12/AARP members, \$14/others.

Be Seated

Seated fitness program for adults 50+. \$36.

Fitness Fun for Seniors

Exercise to music at your own pace for ages 60+. \$32.

AgeWell

Ongoing exercise program for ages 60+. 410-313-7213.

FREE SCREENINGS

Depression

Includes lecture, video, self-assessment and individual evaluation with a mental health practitioner. **10/11, 3–5 p.m.**

Podiatry

11/13, 5:30–7:30 p.m. Presented by **Andrew Liss, DPM.**

Diabetes

11/5, 9–11 a.m.

FOR CHILDREN AND TEENS

Self-Defense for Young Women

Teens (12–15) learn physical and psychological strategies of self-defense. **10/27, 9–11 a.m.** \$35.

Kids Self-Defense

Children (8–12) learn basic safety awareness and age-appropriate self-defense techniques. **10/6, 9–11 a.m.** \$27.

Essentials in Babysitting

Learn to manage children, create a safe environment, and apply basic emergency techniques. **9/22, 10/20 or 11/17, 9 a.m.–1 p.m.** \$50 includes lunch.

Home Sweet Home

Children (8–12) and their parents learn safe, fun ways for children to stay at home alone. **11/3, 9–11 a.m.** Free.

Smart Snacks for Teens

Learn to choose sensible snacks. Parents and teens are encouraged to attend together. **10/2, 6:30–7:30 p.m.** Free.

HEALTHY FAMILIES

Maybe Baby: Financial Issues for New and Prospective Parents

Learn about financial-related issues involved in starting a family from a certified financial planner. **9/27, 7–9 p.m.** Free.

Maybe Baby: Health Issues to Consider Before Pregnancy

Learn what to consider when starting your family. Presented by **Michelle Seavey, M.D.** **10/4, 7–8:30 p.m.** Free.

Choose Your Pediatrician and Promote Your Newborn's Health

Learn ways to promote your newborn's health. Presented by **Edisa Padder, M.D.** **9/26, 7–8:30 p.m.** Free.

Happiest Baby on the Block

Parents and parents-to-be will learn techniques to quickly soothe baby. **10/23, 7–9 p.m.** \$50 per couple (includes parent kits).

Prenatal Class for Early Pregnancy

Parents-to-be learn about pregnancy's early stages. **10/24, 7–9 p.m.** Free.

Prenatal Exercise

Taught by a certified instructor. Physician permission required. Thursdays, **9/13–11/1, 6:30–7:30 p.m.** \$88/eight sessions.

To register for **Childbirth and New Parenting Classes**, or for **Birthing Center Tours**, go to hcg.org.

Wellness Class Registration

hcg.org – online registration
410-740-7601 – information
410-740-7750 – physician referral
410-740-7990 – TDD

Advance registration is advised for all programs at hcg.org, unless otherwise noted. Payment is due at time of registration. A \$25 cancellation fee will be applied for cancellations made less than a week before the class. Refunds will not be given less than 24 hours before a class starts. For cancellations due to low enrollment, a full refund will be issued.

All classes are held at the
HCGH Wellness Center
 10710 Charter Drive, Suite 100,
 Columbia, MD 21044
 unless otherwise noted

Ongoing Support Groups: For a list of support group contact information, go to hcg.org or call **410-740-7601**.

Cancer Support Groups: For information, call **410-740-5858**.

Registration advised for all programs – visit hcg.org

Turning 50: What You Need to Know

Let's face it. Getting older isn't easy.

Over time, our bodies begin to weaken as part of the normal life cycle, which makes it essential for us to take care of ourselves by having regular checkups.

"While it's important to maintain a healthy lifestyle by eating a good diet, exercising daily and not smoking, it's just as vital to see a doctor for an annual physical exam," says **Dr. Michelle Price**, an internist on staff at Howard County General Hospital.

The New Controversy: Annual Exams

While Dr. Price acknowledges the recent debate over the necessity of annual exams and screenings, she believes patients do need to be seen every year, especially once they hit 50. "I like to keep tabs on my patients so I can address problems like heart disease and diabetes as early as possible. During your annual exam, we can perform an electrocardiogram (EKG); blood work; and monitor your body mass index (BMI) and blood pressure, which can indicate your risk for diseases," explains Dr. Price.

"Now covered by Medicare, an annual preventive exam for those 65 and up is a proactive first step to protect your health and maintain a healthier life," says **Dr. Deepak Shah**, a family medicine physician also on staff at HCGH. "During your annual exam, your physician can review and discuss health risk factors such as tobacco and alcohol use, depression and stress as well as check your vaccination status to ensure you have had important vaccines such as tetanus (Tdap), pneumonia (Pneumovax), influenza and shingles (Zostavax). Along with conducting skin assessments for cancer, your physician will utilize your annual visits to discuss your risk of heart disease and lifestyle changes to reduce your risk. We can answer questions like 'Should I be taking baby aspirin?' or 'Should I be on statins?' When we can educate patients about their risk, it often motivates them to make important lifestyle changes."

"Your physician also can use your annual exam as a time to discuss what screenings are appropriate for you to proactively detect and diagnose any health problems or risks. While the annual exam gives me the opportunity to educate my patients about their health, it also allows me and my patients to share a connection," says Dr. Price. "It is very important your doctor gets to know you. If you get sick, your doctor knows your numbers, lifestyle and medical history. We are more in tune with our patients if we see them every year."

Focus on Your Total Health: Your Seasonal Check-Up

HCGH Wellness Center

Health Check and
Free Activities.

See page 4 for details.
9/18, 8:30 a.m.–2 p.m.

What Health Screenings Should I Consider?

1. Heart Disease Screening

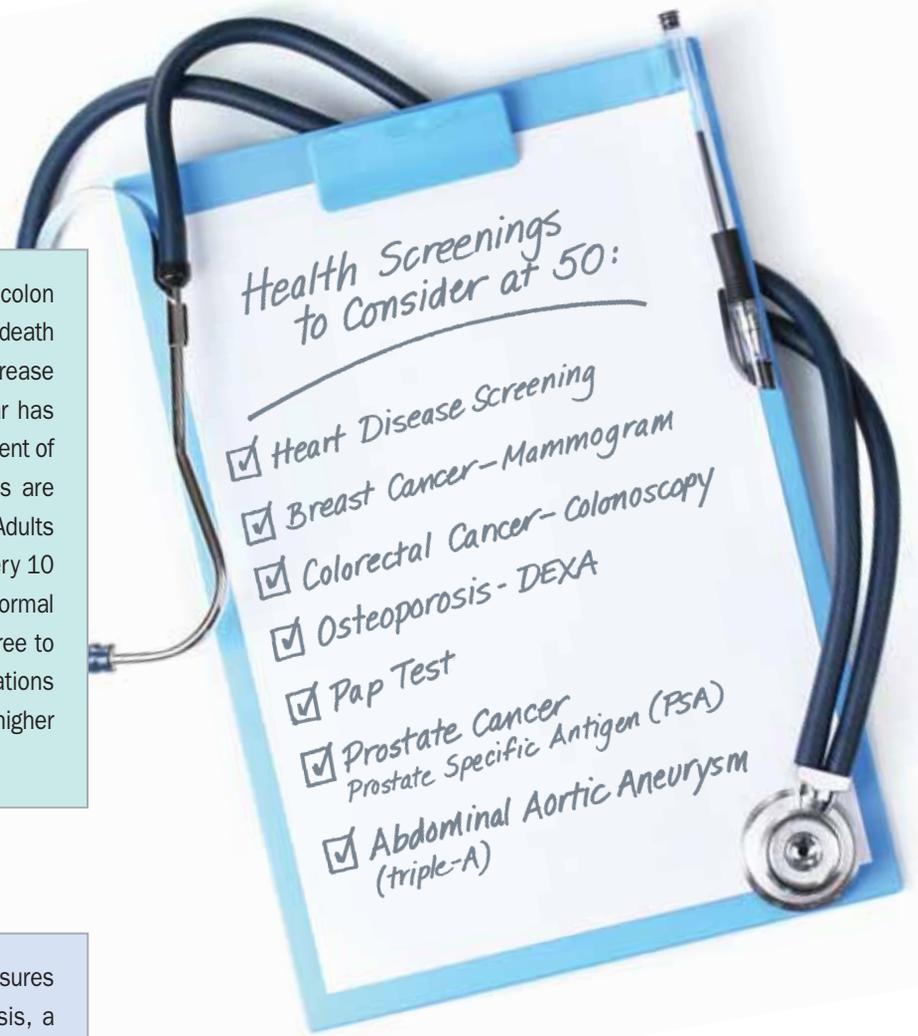
According to the American Heart Association (AHA), one in three Americans have heart disease, which is one of the top causes of death among women ages 40 and up. The AHA recommends you start getting your cholesterol checked as early as age 20. "Increases in your cholesterol and blood pressure are risk factors for heart disease; by monitoring your levels, we can identify health problems at their earliest stages," says Dr. Shah.

2. Breast Cancer—Mammogram

A screening mammogram, a digital image of the breast, is used to detect breast cancer and has been shown to decrease breast cancer mortality. "There is some debate about whether women should start receiving annual mammograms at age 40 or 50 to detect signs of breast cancer. Talk to your physician to weigh the pros and cons," says **Dr. Margot Watson**, a gynecologist on staff at HCGH. "While screening mammograms are not perfect, they are the best thing we have to detect breast cancer early. Keeping in mind that 90 percent of women who get breast cancer do not have a family history, it's important that you are familiar with your breasts. Pay attention to any persistent changes and bring them to your physician's attention."

3. Colorectal Cancer – Colonoscopy

According to the American Cancer Society (ACS), colon cancer is the second leading cause of cancer-related death in men and women combined. However, with the increase in early detection, the number of deaths every year has continued to decline for 20 years. “More than 95 percent of tumors associated with colorectal or colon cancers are detected during a colonoscopy,” explains Dr. Shah. “Adults age 50 and older should get a colonoscopy once every 10 years. However, if you have a family history or an abnormal colonoscopy, you should get a colonoscopy every three to five years. For African Americans, new recommendations suggest getting a colonoscopy at age 45 due to the higher incidence of colon cancer in this patient population.”



4. Osteoporosis – DEXA

A dual energy X-ray absorptiometry (DEXA) scan measures bone mineral density in order to detect osteoporosis, a bone-thinning disease. “Women should have their first DEXA scan between ages 60 to 65,” says Dr. Price, who recommends women continue DEXA screenings every two years depending on risk factors.

“While it’s important to maintain a healthy lifestyle by eating a good diet, exercising daily and not smoking, it’s just as vital to see a doctor for an annual physical exam.”

– Dr. Michelle Price

(continued on next page)



Dr. Michelle Price is an internist with Maryland Primary Care Physicians in Columbia. She specializes in care of patients ages 18 and up. **Appointments: 410-740-2900.**



Dr. Deepak Shah is a family physician with Johns Hopkins Community Physicians in Columbia. He specializes in the care of patients from newborns to seniors. **Appointments: 443-259-3770.**



Dr. Margot Watson is a gynecologist with Signature OB/GYN, a community specialty practice of Johns Hopkins Medicine in Columbia, and the chair of the department of OB/GYN at HCGH. She specializes in laparoscopic hysterectomy and contraception for complicated patients. **Appointments: 410-997-0580.**



Dr. Marc Applestein has been a member of Central Maryland Urology Associates for 24 years. He is a past president of the Maryland Urological Society and is currently chair of the department of Surgery at HCGH. **Appointments: 410-772-7000.**

5. Pap Test

“While I recommend women see a gynecologist every year, those between the ages of 30 and 65 should have a pap with HPV test every three to four years, assuming they have not had precancerous cells on their cervix on a recent pap,” says Dr. Watson. “After 65, you can stop having pap tests if you have had an adequate number of normal pap smears without precancerous findings. However, you should still continue to see your gynecologist every other year.”

6. Prostate Cancer— Prostate-Specific Antigen (PSA)

Prostate cancer is the second leading cause of cancer death in men according to the ACS. Recent studies have raised questions regarding the effectiveness of a PSA blood test. According to a recent statement from the American Urological Association (AUA), “The PSA test, when used appropriately, provides clinicians with valuable information to aid in the diagnosis and treatment of prostate cancer. Currently, there is not a comparable test or diagnostic available for this purpose.”

Both the ACS and AUA support PSA screening for the early detection of prostate cancer. While the ACS suggests screening begin at age 50, the AUA recommends obtaining a baseline PSA, along with a digital rectal exam of the prostate, at age 40. For individuals who have a family history of the disease or who are African American, testing should begin earlier. Screening should be considered for those who have a life expectancy of at least 10 years.

Dr. Marc Applestein, a urologist on staff at HCGH, agrees with these recommendations. “PSA testing has completely changed the face of prostate cancer mortality. It is an irrefutable fact that, since PSA testing began, there has been a dramatic 42 percent reduction in age-adjusted prostate cancer deaths. The same data has also shown a 75 percent reduction in the number of men who arrive at their doctor’s office with prostate cancer that has already spread. Men should have an open and frank discussion with their physician to determine if and when it would be in their best interest to undergo PSA testing.”

7. Abdominal Aortic Aneurysm (AAA)

Abdominal aortic aneurysm is an abnormal enlargement of the aorta, the body’s largest blood vessel. “For patients with AAA, commonly men and smokers ages 65 and older, the aorta weakens and starts to grow with pressure. This is dangerous because the aorta can eventually rupture, causing a life-threatening hemorrhage or even death,” says Dr. Shah. “During regular exams, your physician can review your complete medical history and perform a physical exam in order to determine if a common diagnostic procedure such as a CAT scan, MRI or ultrasound is necessary to detect AAA.” Visit <http://bit.ly/M0oCZ4> for more information from a Johns Hopkins specialist on AAA.

Join us **50+**
FOR THE
Expo

October 19, 2012

9 a.m.–4 p.m.

Wilde Lake High School

Sessions from HCGH physicians include:

Pain Management

Mark Matsunaga, M.D.

Anesthesiology and Pain Management Specialist
Comprehensive Pain Center

Managing Diabetes and Non-healing Wounds

Summit Gupta, M.D.

Geriatric and Wound Care Specialist
The Center for Wound Healing
Howard County General Hospital

Common Gastrointestinal Conditions

Preston Y. Kim, M.D.

Gastroenterologist
Digestive Disease Associates P.A.

And, featuring:

Heart to Heart:

Taking Charge of Your Own Cardiovascular Health

Lili Barouch, M.D.

Assistant Professor of Medicine
Johns Hopkins Medicine

No registration required, free to attend.

For more information, visit howardcountyyaging.org/50plusexpo.

Diabetes Complication: Non-Healing Wounds

What is Diabetes?

Diabetes is a metabolic disorder in which the body cannot produce or use insulin properly. Insulin, a hormone produced in the pancreas, regulates the amount of glucose (sugar) in the blood. Most of what we eat is broken down into glucose, the main source of fuel and energy for our body.

There are two common types of diabetes. Individuals with **Type 1** diabetes cannot produce insulin. “This was previously known as juvenile diabetes as it occurs most frequently in children and young adults—although it can strike at any age,” says **Dr. Heidi Karon**, an endocrinologist on staff at Howard County General Hospital, “Type 1 diabetes accounts for 5 to 10 percent of diagnosed cases in the U.S.”

“People with **Type 2** diabetes do not produce enough insulin or the cells in their body ignore the insulin their body produces,” explains Dr. Karon. “Accounting for 90 to 95 percent of all diagnosed diabetes cases, Type 2 diabetes mainly affects adults. African American, Latino, Native American, Asian American and Pacific Islander populations as well as the aging population are at a higher risk.”

Signs of diabetes can include:

- **Unquenchable thirst**
- **Increased urination**
- **Unexplained/unintentional weight loss**
- **Profound fatigue**
- **Dry itchy skin**
- **Blurred vision**

Associated Health Risks

Diabetes can increase your risk for several serious health problems including high blood pressure; stroke; eye problems that can lead to blindness; and kidney, nervous system and heart diseases.



Dr. Heidi Karon is board certified in endocrinology. She practices with Maryland Endocrine in Columbia. **Appointments: 301-953-2080.**

The Wound Connection

“People with diabetes should be especially careful with wounds,” notes Dr. Karon. “If you have poorly controlled diabetes and high blood sugar, you are at higher risk for infection. Even a small blister or scratch can lead to a major infection and become life threatening.”

The danger of wounds is compounded by the fact people with diabetes are often unaware they have an injury due to neuropathy (nerve damage caused by diabetes), resulting in reduced sensation. “A diabetic patient may have an open wound without even feeling it,” comments Dr. Karon. “Routinely examine your skin for any signs of injury, infection or skin discoloration, and do not walk barefoot. Also, never soak your feet in hot water as you can get a severe burn, causing a wound to develop.”

According to Dr. Karon, pay attention to any wound you have, and contact your physician if you experience any of the following:

- **Signs of redness, swelling, oozing or drainage**
- **Severe pain or numbness**
- **Unexplained fever**

“While diabetes is a chronic disease for which there is no cure at this time, you can take steps to live a healthy and productive life. Most diabetes complications can be avoided if you have the knowledge to manage your diabetes and see your doctor regularly,” says Dr. Karon.

HCGH offers several ongoing free education programs to help you manage your diabetes. Our diabetes programs have convenient day and evening hours and are recognized by the American Diabetes Association. For a listing of programs, see page 4.

The Center for Wound Healing at Howard County General Hospital

Wounds that fail to heal can diminish a person's quality of life and lead to other medical problems. The Center for Wound Healing offers an approach that uses the most advanced tools for the diagnosis and treatment of non-healing wounds including infection control, compression therapy, patient education and preventive measures to minimize the recurrence of wounds. Our goal is to help treat your wounds early before they become severe, so you can get back to enjoying life. **Appointments: 443-718-3160.**

For more information, come to the **Managing Diabetes and Non-healing Wounds Session**

at the **50+ Expo** with HCGH Geriatric and Wound Care Specialist **Summit Gupta, M.D.**

See page 8 for details.

Foundation Chair's Message

Dear Friends,

If you have visited a friend or family member in our all-private room patient pavilion or you have recently been a patient, you were probably pleasantly surprised by the transformation Howard County General Hospital has undergone.

Increasingly known for our reputation for award-winning care, a common thread among members of the Johns Hopkins Medicine family, at heart, we are really a community hospital comprised of individuals who care deeply about our patients and their families.

This individualized attention is something we repeatedly hear about from recent patients who not only mail in donations to support the hospital, but also express thanks directly to the hospital's staff and their caregivers.

"I am thankful to all the nurses," commented Indumati of Ellicott City. *"Your staff are the friendliest of any hospital in Maryland,"* remarked Howard of Ellicott City. *"The nurses worked very hard during my stay. I very much appreciate their dedication,"* commented Ziaul of Ellicott City. *"I applaud the competency and humanity at Howard County General Hospital,"* shared Julius of Silver Spring. *"I have been a patient a few times, and the care and professionalism could not be beat,"* remarked Bill of Columbia. *"Thank you for all your help and kindness,"* stated Edna of West Friendship.

This sampling of written remarks is a tangible reminder that we should be very proud of the kind of medical facility we have here in our backyard. Our patients' sentiments were recently echoed by *U.S. News & World Report*, which ranked multiple HCGH clinical specialties among the top in the nation...a gratifying acknowledgement for the entire hospital community.

By investing in significant facility improvements, utilizing state-of-the-art technology, employing world-class medical staff and empowering every employee with the opportunity to make a difference, HCGH offers its patients and their families with a special place to help live healthier, happier lives. The hospital foundation team is honored to play a part in ensuring a legacy for compassionate, award-winning care for years to come.

Warm Regards,



Paul G. Skalny, *Chair*
Howard Hospital Foundation



(left to right) Zachary,
Michael, Lynda, David
Schwartz and Melanie Faye

Memorializing a Grandmother

David G. Schwartz lost his wife Janice Faye six years ago. In the wake of that tragedy, his daughter Lynda and her husband Michael welcomed two grandchildren. Following the Jewish tradition, the children—Zachary, now 5, and Melanie Faye, who recently turned 3—were named so that their Hebrew names coincided with the Hebrew name of their late Nana.

An excited grandfather, David, who lives in New York, rushed down to be with his daughter and son-in-law for the birth of their children at Howard County General Hospital.

To honor and remember his beloved

wife, David purchased a personalized paver as part of Howard Hospital Foundation's entry plaza campaign. To further recognize his late wife, David requested that the engraved paving stone be placed near flowers to attract butterflies—creatures that were near and dear to her heart.

"Our family is a big supporter of organizations that help others, and Howard County General Hospital is a special place," says David. "Purchasing a paver was an easy decision to make since the hospital is where my grandchildren's lives started. I think it's a nice thing to do because years from now the family can go to the hospital and see that their grandfather thought enough to do this when they were born."

And with the birth of his grandchildren named in his wife's honor and the purchase of the paver at HCGH, David and his family have secured tangible reminders of the life and memory of a woman they loved dearly.

If you are interested in leaving a legacy for future generations by way of purchasing a paver that is custom engraved for you, call 410-740-7840 or visit hcg.org/pavers.

"Our family is a big supporter of organizations that help others, and Howard County General Hospital is a special place."

—David Schwartz

EMPLOYEE DONORS PITCH IN

Five years ago, HCGH launched the Pitch-In-To-Win employee giving campaign, providing employees with the opportunity to support the Campus Development Plan (CDP) through payroll deductions. As this campaign comes to an end, we are pleased to announce that the 370 employee donors who participated raised \$294,191.38. Through the generosity of these employees, coupled with the organizations and individuals who financially supported the CDP, the hospital built a new, five-level Patient Pavilion, converting previously non-private inpatient rooms to private and adding 90 additional rooms, and completed major renovations to hospital areas like Rehabilitation Services and The Wound Care Center.

HCGH employee Sandra Bates, who has worked at the hospital for 31 years, says HCGH holds special meaning to her, describing her relationship with co-workers, employers and community members much like her extended family.

“When I started working at the hospital, it was just beginning,” recalls Sandy, who saw her job as an opportunity to earn money and still care for her four children. “We were a small community committed to making the hospital the best we could make it.”

She demonstrated her commitment to HCGH initially through her work on the phone switchboard. “I’m from the old school where we put the switches into the switchboard to put the calls through at the appropriate time in the appropriate fashion,” explains Sandy, who credits the hospital, where her youngest child was born, with opening doors for her. “Working here gave me the avenue to do things I might not have done had I not been here,” says Sandy, who also supports the hospital through financial donations. “I don’t have much, but you reap what you sow... so the more good you put out there, the more you get in return.”

Her generous financial support and volunteer efforts have helped the hospital. “I can see the tremendous growth the hospital has experienced throughout the years,” says Sandy, now 70 years old. “But I see the need to go out in the community and pass on the hospital’s message that we have and always will be there.” She spreads this message by donating her time, volunteering at hospital events and in various areas throughout the hospital. “I see people coming in, and when I smile and say hello I see the changes in their attitude because they know we are there to care for them,” remarks Sandy, who has run into former co-workers, doctors and even the children of former co-workers who remark on the longevity of her career at HCGH. “People will say, ‘You are still here?’ and I respond ‘Where else would I be?!’”



*“I don’t have much, but you
reap what you sow...so the
more good you put out there,
the more you get in return.”*

—Sandra Bates

Iron Girl Half Marathon Proves Major Success

Proceeds benefited the Claudia Mayer Cancer Resource Center

More than 2,000 female runners woke up bright and early to participate in the Athleta Iron Girl Half Marathon on Sunday, April 29, one of 13 events held nationwide to empower women to live a healthy lifestyle and raise awareness about those living with cancer. Produced by the Mid-Atlantic's premier endurance event production company TriColumbia, the Athleta Iron Girl Half Marathon was the inaugural event in the Mid-Atlantic, drawing support from women from around the area as well as Olympic gold medalist Joan Benoit Samuelson, who showed her support by participating in the 13.1-mile event.

"Thanks to TriColumbia, the event sponsors and all the women who participated in this inspirational event, we raised about \$25,000 to support cancer patients at the Claudia Mayer Cancer Resource Center," Victor A. Broccolino, president and CEO of HCGH, said. "This event enabled the community to come together to show their commitment, support and encouragement for those living and coping with cancer—making a difference for HCGH and the cancer patients we serve."

For more about the 2012 event or to register for the 2013 Iron Girl Half Marathon, visit tricolumbia.org. Visit hcggh.org/cmcrc to find out more about the Claudia Mayer Cancer Resource Center (CMCRC) at HCGH.



(left to right) Michelle Mayer Motsko, Leslie Rogers, Ann Chopack, Tracy Broccolino, Sarah Norris; (front) Nicole Thomas

Pictured above are members of Team CONQUER Cancer, who participated in the Iron Girl Half Marathon. Team CONQUER Cancer is a group of men, women and teens who are inspired to get healthy, train and run races and triathlons as a way of supporting those with cancer by raising funds for the CMCRC. Visit hcggh.org/teamconquer.

Change Happens!

HCGH would benefit significantly from a change to your beneficiary designation on your IRA and/or 401(k). Donors receive the added benefit of gifting pre-tax assets. Please contact Sandy Harriman at HHF 410-740-7840 for the simple steps to follow to broaden your legacy.

A Lasting Relationship



Thanking Our Corporate Benefactors

The late Paul Newman once said, “I respect generosity in people, and I respect it in companies too. I don’t look at it as philanthropy; I see it as an investment in the community.” That sentiment is not lost on Sodexo, which just recently pledged \$200,000 to the hospital’s Campus Development Plan (CDP).

A worldwide leader in quality of life services, Sodexo partners within 1,600 hospitals throughout the United States. “While health care is our largest sector, we serve the needs of education institutions, ranging from K–12 and colleges including Howard Community College,” says Marc Goldberg, senior vice president, Sodexo Health Care. “We also have a large presence in business and industry, the government sector and the military.”

While their impact can be seen on a global scale, Sodexo takes pride in making a difference close to home. “In addition to managing and providing leadership to HCGH’s food and nutrition department, Sodexo has been a part of the larger Hopkins family, maintaining a business relationship with The Johns Hopkins Hospital since 1979,” comments Marc. “Sodexo values long-term relationships like these. We believe in reciprocating and are committed to giving back and being a part of the organizations we serve. This year, we decided to make an even larger commitment to the hospital through the Campus Development Plan.”

With headquarters in Gaithersburg and regional offices in Columbia, Sodexo has been a neighbor and a customer of HCGH, according to Marc. “Our Howard County roots can be seen not only in our business partnership, but also in the fact that many Sodexo employees call Howard County home. This closeness affords us the opportunity to witness and be a part of the hospital’s continued growth,” says Marc.

Sodexo, in partnership with HCGH, made a capital commitment earlier this year to fund construction upgrades to the cafeteria. Completed in late June, the cafeteria renovations include refaced counters, a new salad bar and food station, and a new grab-and-go merchandise case.

“Through the years, Sodexo has made giving back to HCGH a priority, enhancing the hospital experience for our patients, their families and employees,” remarks Sandy

“Through the years, Sodexo has made giving back to HCGH a priority, enhancing our hospital experience for our patients, their families and employees.”

—Sandy Harriman

Harriman, vice president of development, Howard Hospital Foundation. “In addition to the CDP, Sodexo has been a long-term supporter of our annual Symphony of Lights events and our golf tournament, making a difference in numerous hospital departments ranging from Labor and Delivery to Surgical Services.”

HCGH Ranked in U.S. News & World Report's Best Hospitals List

HCGH is very pleased to be recognized by *U.S. News & World Report* in Best Hospitals 2012–13, the publication's annual rankings for the top hospitals in America as well as its Metro Area Rankings. HCGH was ranked as a high-performing hospital in the Baltimore metro area for eight clinical areas: diabetes and endocrinology, gastroenterology, geriatrics, nephrology, neurology and neurosurgery, orthopedics, pulmonology and urology. To be included in the Metro Area Rankings, a hospital had to score in the top 25 percent among its peers in at least one medical specialty.

HCGH Selected to Participate in "Best Fed Beginnings" Program

HCGH is one of only 90 hospitals nationwide and one of two in Maryland selected for an unprecedented national effort to increase breastfeeding rates in U.S. hospitals through a program called Best Fed Beginnings, recently launched by the National Initiative for Children's Healthcare Quality. HCGH will work to achieve "Baby Friendly" designation during the next 22 months, which confirms the hospital has successfully implemented the American Academy of Pediatrics-endorsed Ten Steps to Successful Breastfeeding. "HCGH has been a leader in promoting breastfeeding as part of its overall maternal and newborn care," says President and CEO Vic Broccolino. "Attaining Baby-Friendly hospital status further demonstrates our commitment to promoting breastfeeding and the long-term health of our mothers and babies." Hear what one new mother thinks about our breastfeeding support program at: <http://bit.ly/PPT2ir>.

HCGH Recognized for Excellence by Becker's Hospital Review

HCGH was recently named by *Becker's Hospital Review* to its list of "100 Great Community Hospitals," the only community hospital in Maryland included on the national recognition list. There are 4,985 community hospitals in the United States. With the list, Becker's recognizes high-performing hospitals that demonstrate commitment to the health of the local population through clinical excellence, community involvement and various other efforts, based on information and rankings from a range of industry sources.

HCGH Conducts Health Behaviors Survey

In an effort to better understand the health needs of Howard Countians and plan for future health services, HCGH, in collaboration with the Howard County Health Department, the Horizon Foundation and the Columbia Association, is conducting a Health Behaviors Survey. This significant market research project will help the hospital and other organizations learn more about the lifestyles of those living in Howard County in order to determine how to best meet the needs of those residents. If you receive a call on your landline or cell phone from 410-280-3400 with the caller ID name, "Howard Health Survey," please answer the call! Encourage your friends, family and neighbors to do the same. The call will last about 15 minutes, on average, and no personal identifying information will be collected by the callers. Only residents 18 and older will be asked to participate. Thank you in advance for your support.



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

CARDIOLOGY

Vineet Dua, M.D.
Maryland Cardiovascular Specialists
3449 Wilkens Avenue #300
Baltimore, MD 21229
410-644-5111

Jonathan Safren, M.D.
Maryland Cardiovascular Specialists
5500 Knoll North Drive #250
Columbia, MD 21045
410-740-0549

Eric Schwartz, M.D.
Cardiovascular Specialists
of Central Maryland
10710 Charter Drive #400
Columbia, MD 21044
410-997-7979

INTERNAL MEDICINE

Raj Chawla, M.D.
Jagdish Shesadri, M.D.
14300 Gallant Fox Lane #205
Bowie, MD 20715
301-809-6494

Orsolya Polgar, M.D.
Johns Hopkins Community Physicians
6350 Stevens Forest Road #102
Columbia, MD 21046
443-259-3770

NEUROLOGY

Laura Reaven, M.D.
NeuroCare Center, LLC
8815 Centre Park Drive #220
Columbia, MD 21045
410-730-6911

OPHTHALMOLOGY

Vanessa Lima, M.D.
The Medical Eye Center
8860 Columbia 100 Parkway #101
Columbia, MD 21045
410-997-9900

OTOLARYNGOLOGY/ HEAD AND NECK SURGERY

Robert L. Henderson, M.D.
Ear, Nose & Throat Associates
10480 Little Patuxent Parkway #220
Columbia, MD 21044
443-535-9451

PLASTIC SURGERY

Danielle M. Dauria, M.D.
Metamorphosis Plastic Surgery
9171 Baltimore National Pike #205
Ellicott City, MD 21042
410-465-3600

PULMONOLOGY

Gary Kazlow, M.D.
8176 Lark Brown Road #102
Elkridge, MD 21075
443-661-4163

UROLOGY

Richard A. Kurnot, M.D.
Chesapeake Urology Associates
18109 Prince Phillip Drive
Olney, MD 20832
301-774-2525

Heart to Heart: KNOWING YOUR NUMBERS COULD SAVE YOUR LIFE

Did You Know?

Heart disease is the leading cause of death for both American men and women, according to the Centers for Disease Control and Prevention.

There are four main types of heart disease, also known as cardiovascular disease. **Heart valve disease** occurs when one or more of your body's four heart valves stops working properly. **Stroke**, a disease that affects the arteries leading to and within the brain, is the fourth leading cause of the death in the U.S., according to the American Heart Association (AHA). A **heart attack**, or coronary attack, occurs when the blood flow of oxygen to the heart muscle is severely reduced or cut off completely. **Arrhythmia** is a heart-rhythm problem when the heart beats too slow or too fast, causing the heart to pump blood ineffectively.

"To reduce the risk of heart attack, stroke or heart failure, it is important to maintain a good blood pressure and cholesterol level," says **Dr. Michael Kelemen**, a Johns Hopkins cardiologist on staff at Howard County General Hospital. "The average blood pressure level should be less than 120/80 mm Hg for adults 20 or older. Because it does not cause any visible symptoms yet increases your risk of stroke and heart attack, high blood pressure is referred to as a silent killer. So, it's important to monitor your blood pressure."

How to Read Your Blood Pressure

Blood pressure is often recorded as a ratio. The top number measures the pressure in the arteries when your heart beats. The bottom number measures the pressure in the arteries when your heart is at rest.

Blood Pressure Category	Top number (Systolic) mm Hg		Bottom number (Diastolic) mm Hg
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension) Stage 1	140-159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110

According to Dr. Kelemen, you should have an annual blood pressure screening if your blood pressure is normal. "However, if you have high blood pressure, your doctor may recommend more frequent screenings," says Dr. Kelemen.

Know Your Cholesterol Number

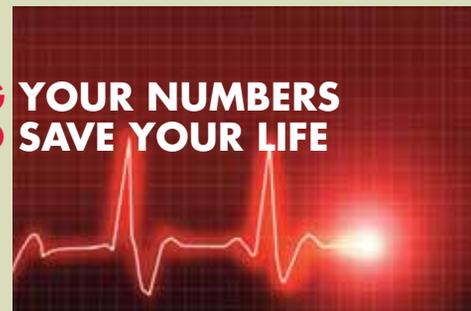
"Cholesterol is a chemical substance produced by the liver. There are two main types of cholesterol: good cholesterol (HDL) and bad cholesterol (LDL), which can clog your arteries and increase your risk of heart disease," says Dr. Kelemen.

Total Cholesterol Level	Category
Less than 200 mg/dL	Desirable level: lower risk for coronary heart disease
200 to 239 mg/dL	Borderline high
240 mg/dL and above	High blood cholesterol: you are twice as likely to develop heart disease

Source: AHA

Six things you can do to reduce your heart disease risk:

According to Dr. Kelemen



- 1. Do not smoke or quit now.**
The most negative factor on your overall health is smoking. Specifically, it's a major risk factor for heart and vascular disease.
- 2. Be active and exercise regularly.**
Aim to do something aerobic such as walking that increases your oxygen intake for 30–45 minutes every other day.
- 3. Eat a healthy diet and drink plenty of water.**
Try the American Heart Association diet or one that is low in saturated fats and mindful of carbohydrates.
- 4. Reduce and manage stress.**
Managing stress, a significant factor for coronary disease, can be easier said than done for some, so talk with your physician about your stress-reducing options.
- 5. Maintain a healthy weight.**
Patients with a high BMI (the ratio of weight to height) have an elevated risk for developing heart disease. However, losing weight is not the end all, be all. If you are exercising and eating a proper diet and do not initially lose significant weight, don't be discouraged. You are still moving in the right direction.
- 6. Take control of your blood pressure and cholesterol level.**
You can improve your good cholesterol through exercise, diet and weight



Dr. Michael Kelemen is a clinical cardiologist with Johns Hopkins Cardiology at Columbia and associate professor of medicine at the Johns Hopkins University. **Appointments: 410-964-5300.**

modification and make a big impact. While these things can help reduce your bad cholesterol, medications can also be used. Talk to your doctor to determine the best ways to address your high blood pressure and cholesterol levels.



For a referral to a cardiologist at HCGH, visit "find a doctor" on hcg.org.

calendar 2012 of Events:

September

Healthy Kids in Healthy Families Clinic

Saturday, September 8/11 a.m.–3 p.m. Free.

Lord & Taylor Court in The Mall in Columbia.

Bring your family for pediatric vision, asthma, height, weight and blood pressure screenings. Ask a pediatrician questions and learn about healthy nutrition and other tips for the whole family. Registration not required.

Medicare 101: What You Can Expect From Medicare

Monday, September 17/10–11:30 a.m. Free.

HCGH Wellness Center.

Do you have Medicare or will you have it soon? Do you provide care to someone covered by Medicare? This presentation will review Original Medicare (Part A Hospital and Part B Medical) and Prescription Drug Coverage (Part D). Learn the benefits of Medicare, your costs and how the plan works. Sponsored by the Senior Health Insurance Assistance Program (SHIP) and the Howard County Office on Aging. To register visit hcgh.org or call 410-740-7601.

2nd Annual Cattail Creek Tennis Classic

Thursday, September 20–Sunday, September 23

Cattail Creek Country Club.

Open to singles, doubles, combo and mixed combo—women and men—with USTA NTRP or approved club rating. Register July 10–September 18 at cattailcreekcc.com/classic. A portion of the proceeds benefit the Claudia Mayer Cancer Resource Center.

October

Medicare 102: Why Medicare Isn't Enough

Monday, October 1/10–11:30 a.m. Free.

HCGH Wellness Center.

This presentation will focus on gaps in Medicare and discuss Medicare Advantage Plans (Part C), and Medicare Supplement Policies (Medigap). Learn how to protect yourself and Medicare from healthcare fraud. Sponsored by the Senior Health Insurance Assistance Program (SHIP) and the Howard County Office on Aging. To register visit hcgh.org or call 410-740-7601.

50+ Expo

Friday, October 19/9 a.m.–4 p.m. Free.

Wilde Lake High School.

See page 8 for a listing of seminar topics.

Cancer Prevention and Early Detection Clinic

Saturday, October 20/11 a.m.–3 p.m. Free.

Lord & Taylor Court in The Mall in Columbia.

Speak with physicians about breast and colon health, nutrition, smoking cessation, and get fecal occult blood, pulmonary function, blood pressure, height and weight with body mass index screenings. Registration not required.

November

Fretz Autumn Extravaganza: A Harvest of Hope the Annual Celebration Benefitting

Claudia Mayer Cancer Resource Center

Thursday, November 1/6–9 p.m.

Fretz Kitchen Showroom, Columbia.

Join Chairs: Tina Broccolino, Carla Northrop and Mary Jayne Register for an evening of food by Carrabba's Italian Grill, fine wines by Gus Kalaris/Axios Wines, silent and live auctions, raffles, entertainment by DJ Doug and more! \$75 per person. To sponsor or donate an auction item, call 410-740-7570 or visit hcgh.org/Fretz.

Dazzle Dash Weekend

Saturday, November 17/5–7:30 p.m.—Runners only

Sunday, November 18/4–7:30 p.m.—Walkers only

Walk or run through the magical outdoor display of holiday lights. Enjoy activities for children of all ages, food, music, entertainment and giveaways. Register online at hcgh.org/dazzledash. Space is limited.

19th Annual Symphony of Lights Events

Monday, November 19–Sunday, January 6, 2013

Drive throughs open seven days a week from 6–10 p.m., including holidays; closed December 31 for the Midnight at 7 event. hcgh.org/drivethrough

Visit hcgh.org/symphonyoflights for \$5 discount coupon for drive throughs and to learn more about Symphony of Lights festivities: Tail Lights, Blinkin' Binkies, Midnight at 7.

40 Years of Memories

From fixing broken bones to birthing babies, HCGH has shared in your life experiences for 40 years. To help us celebrate the hospital's anniversary, we are asking you to send us stories about the care generations of your family have received at HCGH through the years so that we can share the most interesting stories with our community. Please email your story to contactus@hcgh.org.