Focus on Your Health

Featured Generation: Adults
Dear Friends,

I have been in health care for nearly 50 years and have been president and CEO of Howard County General Hospital approaching 24 years.

When I first learned of the opportunity to lead your community hospital, I had no idea it would be such a rewarding and fulfilling part of my personal and professional life. The professional experiences have been gratifying: seeing great changes in health care and how it’s delivered right here in our community, working with very committed Board of Trustees members, and an incredible administrative team to integrate our community hospital into Johns Hopkins Medicine and bringing the benefits of this affiliation to the residents of Howard County. The personal satisfaction of my time at HCGH has involved forming enduring relationships with my very dedicated coworkers, our talented and skilled professional staff and generous volunteers throughout the hospital, sharing in their experiences, whether it is celebrating a child’s graduation, mourning the loss of a loved one or recognizing a job well done.

It is truly an amazing potpourri of caring people I’ve had the honor and pleasure to work with throughout the years. Likewise, I’ve been fortunate to collaborate with so many people and organizations in our community that have given tremendous support to our community hospital with their time, treasure and talent.

My own family has needed the hospital on many occasions through the years – from the birth of seven of my 11 grandchildren, hospitalization of friends and family during illnesses, and the lifesaving treatment for one of my grandchildren, Dominick Broccolino [watch his story online http://bit.ly/dominickstory].

So, it is with a heart full of memories and emotion that I formally announce my plans to retire on January 15, 2014, at the end of this – the hospital’s 40th year. Thank you for the privilege of serving you, and thank you all for the support you have provided to me and my family during these 24 years.

Sincerely,

Victor A. Broccolino
President and CEO
Howard County General Hospital
In previous 40th anniversary issues of Wellness Matters, we focused on babies and children. In this issue, we feature stories and health information for adults. According to the 2010 census, adults ages 25–65 comprise the largest percentage of our local population as well as the largest proportion of total patients at Howard County General Hospital. Throughout the last 40 years, HCGH has expanded prevention, screening and treatment services to meet the unique needs of the adults we serve.

County residents of today are ethnically diverse, from a range of backgrounds, with a variety of health needs. From 2000 to 2010, the county’s Hispanic population grew an astounding 123 percent, while the Asian/Pacific Islander population grew by 116 percent compared to an overall population growth of 16 percent and a reduction in the Caucasian population of 5 percent. This increasingly diverse population is served by an equally diverse team of health care professionals. HCGH is proud to employ staff from more than 50 different countries. Hospital staff have spent considerable time and effort reaching out to our new ethnic populations to better understand their health care needs so we can develop programs and services responsive to these needs.

Prevention is an essential component of our health and wellness mission. The hospital has offered free lectures and screenings to the community for many years, addressing critical health issues for adults such as diabetes, heart disease and cancer. In this issue, you will learn more about some of the clinical services available today, along with healthy behaviors that will keep you in good health into the next phase of your life. (Visit hcgh.org/wellness for information about our prevention and wellness programs.)

Additionally, our cardiac and stroke programs extend beyond diagnosis and emergency treatment to include rehabilitation and support services, as does our cancer program. There is tremendous growth in our orthopedic program, helping to meet the needs of our aging, yet active, population. If you should need more highly specialized care, our connection with Johns Hopkins Medicine provides you with that access.

Today, adults are busier than ever, providing for their families and caring for both children and aging parents. As we have been since our inception, HCGH is here to take care of you, so you can continue the important work of taking care of others.
At age 37 in 1984, Jim Greco had his first heart attack. No longer able to perform his job as a Washington, D.C. firefighter, he retired in 1985 and moved to Columbia shortly thereafter. Today, at 66, he is one of the few surviving males in his family, one with a strong history of heart disease.

Helping Jim to rebound from a series of significant cardiac events throughout the last 28 years were several caregivers involved with the HCGH Cardiac Rehabilitation Program. “This program and these people are the reason I am here today,” Jim says.

The first such person is Anne Headrick, RN BSN, who started the cardiac rehabilitation program nearly 25 years ago with David Jackson, M.D., a local cardiologist. “In the early years, cardiac rehabilitation was a treadmill in a small office at the hospital,” remembers Jim.

Jim has endured a total of four heart attacks, quintuple bypass surgery, multiple implanted pacemakers and defibrillators, and an ejection fraction of only about 20 percent, meaning his heart could barely pump blood throughout his body. His heart was literally broken. After other treatments had been exhausted, cardiologist Steven Kaufman, M.D., ultimately referred him to Stuart Russell, M.D., a heart transplant specialist at the Johns Hopkins Comprehensive Transplant Center, who became involved in his care five years ago. Jim was placed on the waiting list for a new heart.

Jim waited almost three years – until finally, a heart that matched his needs became available. Although he never felt “that sick,” after the surgery, doctors remarked about how he had survived all those years with such a sick heart. “His heart was large, it looked much worse than our testing told us it was,” Dr. Russell says. Jim’s recovery and adjustment to life as a transplant recipient is ongoing and difficult at times, but he credits many people for saving his life.

Jim is grateful to his wife, Pam, to whom he proposed marriage the day before one of his heart attacks seventeen years ago. That day, the HCGH emergency room called her with the bad news and she has stayed by his side ever since. Jim says this kind of support was essential to his survival.

He also credits the clinical team in today’s Cardiac Rehabilitation Program, Preeti Benjamin and Suzie Jeffreys, among others. “I have been through cardiac rehabilitation four times and, as a result, I have healthy habits and was strong enough to be a transplant candidate,” says Jim.

The Cardiac Rehabilitation staff and classmates are his built-in support group, so he gives back by serving on a hospital committee and by participating with local organizations.

Jim, thankful to be alive, appreciates his family, the caring rehabilitation specialists, the gift of life from the person who donated his heart… and the miracles performed at Johns Hopkins.

To watch the full story on video, visit http://bit.ly/hcghgreco.
Jim Greco and countless other patients will tell you that you have no idea how important the Cardiac Rehabilitation Program is until you need it. But it’s not just the program or the regimen that is effective, it’s the people associated with the program who give cardiac patients the confidence and strength they need to change their lifestyles and prevent future cardiac events. There are doctors, nurses, therapists, clinicians and, surprisingly, other patients who encourage new participants to stick with the program, because they know it works.

Cardiac rehabilitation educates patients with heart disease about nutrition and lifestyle changes that can make significant improvements in their heart health and other complicating risk factors, like diabetes. Just as important, the program gives patients the skills needed to slow the progressive nature of their heart disease. Patients attend a series of monitored and supervised exercise sessions, combined with counseling about how to make real dietary changes to improve their health. Suzie Jeffreys, an exercise physiologist and member of the rehabilitation team with a particular interest in nutrition, explains, “Changing habits is difficult for patients. So we focus on the facts: portion control, reading labels, and eating more fresh food and less packaged food. We also help people weigh the risks and benefits of all of their food and lifestyle decisions.” Her passion for her work is contagious. Maybe that’s why patients take her advice to heart.

Preeti Benjamin, manager of Cardiac and Pulmonary Services at HCGH, who has been with the program since 2000, adds, “After a heart attack, patients can be afraid that exercise will harm them. It is actually beneficial. Patients will embrace change if given the proper encouragement and information.

“We tailor the treatment to the patient; our patients vary in age and fitness level, so we start slowly with the right approach for each person.”

Periodically, detailed educational seminars are given by cardiologists, so patients can better understand their conditions. Patients leave the program empowered and educated. Patients who come to class on day one don’t always stay. And, there are some patients who don’t follow their doctors’ advice to take the program. When asked what she would say to a patient considering cardiac rehabilitation, Preeti advises, “You’ll be so glad you did. You will feel better and have more stamina and energy. It helps you recover and get back to a better you.”

Some cardiac rehabilitation program “graduates” participate in a maintenance rehabilitation program the hospital also offers. Suzie says, “It’s one of our liveliest classes; the patients are friends and socialize after class. It’s a support system.”

David Jackson, M.D., a cardiologist who started the hospital’s program nearly 25 years ago, sums it up well: “When your patients want to come back to the program after it’s over, that’s a testament to how powerful this program is.”

View this video to learn more about the benefits of cardiac rehabilitation: http://bit.ly/hcghcardiac.

HCGH Cardiac Rehabilitation Program appointments: 443-718-3000.
Call 9-1-1
First and Fast

When heart attack strikes, time is muscle and swift action can save a life.

If you suspect you are or someone you know is having a heart attack, time and immediate treatment are of the essence; call 9-1-1 immediately! Howard County's Emergency Medical Services (EMS) first responders and Howard County General Hospital's cardiac team are at the ready to serve the community when time and expert cardiac care are needed most.

County Residents Benefit from Their own Gift of Lifesaving Technology

At HCGH, saving lives is a collaborative effort. Thanks to the generous donations from many individual members of our community, Howard County EMS staff can diagnose and begin treatment in the field and while en route to the hospital. Community donations helped purchase special equipment that allows EMS staff to transmit data to hospital specialists, activating an emergency response and mobilizing a team of cardiac specialists at HCGH. The team is ready to treat you upon arrival and can perform needed procedures quickly, thus reducing the chances of permanent damage to heart muscle.

George Groman, M.D., a Howard County cardiologist who worked with Johns Hopkins cardiologist Peter Johnston, M.D., to build this lifesaving program at the hospital, and his colleagues Michael Silverman, M.D., and Jerome Hantman, M.D., explain the importance of this effort on this video: http://bit.ly/hcgh911.

Teaching the Community to Save Lives

HCGH’s Wellness Center staff have been teaching cardiopulmonary resuscitation (CPR) to hospital employees for 29 years and to the community for 24 years. During that time, we have trained thousands of hospital and emergency management personnel, about 600 employees and 500 members of the community each year! Johns Hopkins also has a rich history related to CPR, having discovered that CPR could extend someone’s life long enough to get them to a medical professional.

To learn more about the history of CPR and how a dog led to the discovery of the effectiveness of chest compressions, watch this video: http://bit.ly/CPRhistory.

Register to learn CPR, at hcg.org/events.
Victor A. Broccolino, president and CEO of Howard County General Hospital (HCGH) since January 1990, known fondly by many as “Vic,” has announced his intention to retire in January 2014, just after the hospital completes its 40th anniversary year.

The hospital has experienced considerable growth during his tenure. Patients can choose from a wide range of specialists conveniently located on or near the hospital’s campus, which has doubled in size since he came to HCGH. Expanding the facilities and scope of services could be Mr. Broccolino’s most important accomplishments in the form of buildings, equipment and other important technologies that give Howard Countians access to top-quality health care.

Mr. Broccolino was instrumental in HCGH becoming part of Johns Hopkins Medicine and that forward-thinking vision continues to benefit patients in Howard County today.

An active member of the community, he has served on numerous boards and committees and is well known for his generosity and support of our community.

Mr. Broccolino’s career in health care has spanned nearly 50 years. Prior to coming to HCGH, he served as the chief executive officer of Bon Secours Baltimore Health Corporation from 1986 to 1989. Mr. Broccolino and his wife Tina have been married 50 years and have four grown children and 11 grandchildren.

When asked about what he’ll do in his retirement, Mr. Broccolino says he will spend more time with his wife, children and grandchildren. The employees and clinical staff he leaves behind at HCGH will no doubt carry on the culture of caring that he has instilled.

Thank you, Mr. Broccolino!
In 1970, Melissa Cunha Banach moved to Columbia when Howard County General Hospital (HCGH) was just a gleam in the community’s eye. As HCGH became established and grew, so did Melissa’s family. HCGH was there for her when it was time to give birth, and it was there to save her mother’s life after a sudden heart attack. But perhaps most importantly, HCGH and Johns Hopkins were there for Melissa as she battled two life-threatening diseases.

In 1998, Melissa was diagnosed with breast cancer. “I went in for a routine mammogram and then received that horrible call from the doctor.” Like most cancer patients, Melissa felt unable to think clearly. “As doctors are giving you rapid-fire instructions, your mind shuts down. You focus solely on the diagnosis and not really on the prognosis.”

Melissa was referred to Kiran Parikh, M.D., for surgery at HCGH and to radiation oncologist Sally Cheston, M.D., for radiation therapy. “I was treated with care and compassion at HCGH, but there were few additional support resources 15 years ago. I did a considerable amount of reading regarding breast cancer, nutrition and lifestyle,” says Melissa, who went back for periodic checks and has not had a recurrence of breast cancer.

Lightning Strikes Twice

In 2008, Melissa was diagnosed with a very rare muscle sarcoma—another cancer totally unrelated to breast cancer. Physicians first thought her symptoms were from a pinched nerve, but, as the pain continued to increase, she sought another opinion from local physiatrist Clark Brill, M.D. “He is a thoughtful, deliberative physician and, after listening carefully to my symptoms, he requested a new test, which showed a malignant tumor in my thigh. He saved my life,” Melissa says. Dr. Brill called The Johns Hopkins Hospital (JHH) immediately, and they were able to admit Melissa for treatment that same day.

Melissa stayed on the Hopkins campus for inpatient and outpatient treatment for four months and describes her experience as “incredible.” During her stay, she participated in an intensive treatment regimen that included continuous care, alternating weeks of chemotherapy and precisely targeted radiation therapy, supportive care and physical therapy. The medical team included orthopedic oncologist Kristy Weber, M.D., and radiation oncologist and sarcoma specialist Deborah Frassica, M.D., who directed Melissa’s complicated treatment.
“We treated Melissa with an intensive interdigitated therapy, alternating chemotherapy and radiation, and then followed with surgery. We use this type of therapy specifically for high-grade sarcomas that are very large and in patients who are young and healthy enough to withstand it,” Dr. Frassica explains.

Melissa praised the medical treatment team, saying: “Dr. Frassica is an exceptional physician. She directed a complicated radiation protocol with professionalism and compassion.” Melissa also had high praise for the nurses, adding, “The nurse navigator system helped me find my way through the treatment process and to the path to wellness.”

She realizes she was fortunate to have access to such high-caliber specialists at one of only a few sarcoma centers in the United States. Today, Dr. Frassica and Dr. Cheston practice in Howard County at Central Maryland Radiation Oncology (CMRO)—a unique collaboration between Johns Hopkins Medicine and the University of Maryland Medical Center. CMRO offers local patients access to the most advanced radiation therapy treatment and clinical trials available.

“We treat sarcoma patients right here in the community and in collaboration with the sarcoma team at Hopkins,” says Dr. Frassica.

Today, Melissa has become a benefactor, volunteering at the new Breast Center at HCGH. Resources like these help give better direction and explanation to patients, providing the bridge between diagnosis, treatment and eventual well-being.

“The beauty of living in Howard County is the access to the Hopkins network, which includes community hospitals and world-class medical research institutions. The referral process is seamless when you are part of the Hopkins network. Everyone is connected—from the family practitioner to the specialist,” says Melissa.

Cancer patients in Howard County have new resources and options that weren’t available at the time of Melissa’s diagnosis.

At the new Breast Center at HCGH, patients can receive digital mammography screening as well as comprehensive treatment options for breast cancer. Another hospital resource is Central Maryland Radiation Oncology (CMRO). Located in the Medical Pavilion on the HCGH campus, CMRO features world-renowned specialists and the most sophisticated equipment to treat a variety of cancers. “Our advanced technology allows us to manipulate the intensity of the radiation delivered to customize it to each patient. Using integrated CT scanning and image guidance, we can more accurately localize the treatment fields, resulting in less tissue damage,” describes Deborah Frassica, M.D. CMRO physicians work with other cancer specialists to provide this specialized treatment in the community, so patients undergoing treatment can reduce their stress and focus on healing.
History of the Claudia Mayer Cancer Resource Center

The Claudia Mayer Cancer Resource Center at Howard County General Hospital (HCGH) was founded 15 years ago as a unique combination of educational and aesthetic resources for cancer patients. It was a collaborative grassroots effort on the part of many, but it was the separate visions of two impassioned activists that gave the center its start. Columbia resident and journalist Lynne Salisbury envisioned a comprehensive cancer information center for patients and families, and activist Tina Broccolino, wife of HCGH President and CEO Vic Broccolino, recognized the needs of cancer patients for specialized aesthetic care.

During the initial planning stages, Tina asked Claudia Mayer, a Howard County resident with a true passion for life and a penchant for helping cancer patients in need, to help with the project. Claudia, wife of prominent community obstetrician and gynecologist William Mayer, M.D., had been one of the founders of the hospital’s Rave Reviews Consignment Shop.

Tragically, Claudia Mayer had been diagnosed with cancer several years earlier and died in 1996 at the young age of 47. In recognition of her spirit and courageous battle with cancer, Tina pledged to name the new image and information center in her honor. In 1998, its first year of operation, the center served 400 men, women and children with its educational resources; lending library; and full-service salon, staffed by volunteer stylists from local salons.

The center has expanded significantly throughout the past 15 years, providing more than 5,000 services last year. Counseling services, support groups, exercise classes and complementary medicine are just a few of the new services that have been added. And, 100 percent of the funding for the center is raised by the community through events, gifts and grants.

The Mayer family continues to be involved in the center, especially Claudia’s daughter, Michelle Mayer Motsko, an original member of Team CONQUER Cancer. An endurance sports training program that raises funds and awareness for the center, Team CONQUER Cancer was founded by Anita Broccolino.

To donate or support the center, visit hcgh.org/cmrc. If you or a loved one could benefit from these services, call 410-740-5858.

Claudia Mayer Cancer Resource Center Healing Garden.

Dr. William Mayer, Mary Catherine Cochran, and Vic and Tina Broccolino at the opening of the new Claudia Mayer Cancer Resource Center in the Medical Pavilion at Howard County in 2009.
What is Peripheral Nerve Stimulation (PNS) and how does it work? PNS is an evolving treatment modality for certain painful disorders. We use electricity to modulate the perception of pain. It uses vibrations to mask what the patient feels. The traditional neuromodulation technique was originally called Spinal Cord Stimulation (SCS). With SCS, the electrodes are placed in the spinal column directly over the spinal cord, and electrical stimulation is directed to certain areas of the spinal cord to produce a sensation in the brain that masks the pain. PNS places electrodes directly over peripheral nerves, and electrical stimulation is used to mask the nerve from delivering the pain stimulus to the brain. The implant can be programmed or controlled by a device that is placed over the battery. The battery is about the size of a silver dollar and is inserted under the skin and over the peripheral nerves. The procedure is performed under local anesthesia in an outpatient setting.

PNS has been available since the 1960s; what is new about this procedure today? The technology advances are enormous. The size of the implant is much smaller. The ability to place the electrodes under the skin and the longevity of the battery (which can last 10 years) make the procedure very simple and noninvasive.

What types of pain does PNS address? We treat neuropathic pain, meaning that it is the nerves that are causing the painful stimulation. The pain is usually described as a burning, electric or tingling sensation. PNS also can be helpful for other types of pain, including sharp, stabbing and aching sensations. We use PNS for low back pain from failed back syndrome, Facet disease, sacroiliac joint dysfunction, intercostal neuritis, post herpetic neuralgia, phantom limb pains, reflex sympathetic dystrophy and total joint replacement pain. The uses of PNS are basically limitless.

When should a patient consider PNS versus long-term drug therapy? PNS is another option we now have in our toolbox to treat painful disorders. It can be used early in the disease process or later after all else has been unsuccessful. It is an individual decision. Some patients choose PNS because they do not want to be on narcotics. Other patients may choose it to avoid another surgical intervention. A trial stimulation period is done before placing the permanent system.

What does this treatment mean for a patient’s quality of life? The success rate for lowering the reliance on narcotic or pharmacological management is very significant. More than 90 percent of individuals using this new technology say they would do it again.
Foundation Chair’s Letter

I am very excited to be elected chair of the Howard Hospital Foundation’s Board of Trustees. The Howard Hospital Foundation is a private, nonprofit organization entrusted to provide philanthropic support of Howard County General Hospital (HCGH). One of my primary goals as board chair is to guide efforts to raise and manage funds for the hospital during this critical time in the hospital’s history.

With new leadership at the hospital in the coming year and the changing health care environment, I want to ensure that the hospital can meet the needs of residents in the future, as it has for the past 40 years.

My family and I have had many positive experiences at the hospital during the 30 years I have been a Howard County resident. I have found the caregivers to be very kind and compassionate, making a hospital visit as pleasant as it can be. I look forward to supporting the hospital in this new role.

Sincerely,

Elizabeth Rendon-Sherman

2013-2014 Directory of Physicians

The new 2013-2014 HCGH Directory of Physicians has been published and mailed to county residents in June. This year’s directory lists the more than 900 physicians that practice at HCGH in more than 80 specialties and subspecialties. To request a copy, please call 410-740-7810.

CARDIOLOGY
Lili A. Barouch, M.D.
Johns Hopkins Cardiology at Columbia
5500 Knoll North Drive #170
Columbia, MD 21045
410-964-5303

Kabir Yousuf, M.D.
Maryland Cardiovascular Associates
5500 Knoll North Drive #250
Columbia, MD 21045
410-740-0549

GENERAL & COLORECTAL SURGERY
Justin C. Somerville, M.D.
Maryland Surgeons
10710 Charter Drive #230
Columbia, MD 21044
443-546-1600

INTERNAL MEDICINE
Jyothi Rao-Mahadevia, M.D.
2702 Back Acre Circle #290C
Mount Airy, MD 21771
301-707-5067

FAMILY MEDICINE
Rubina Alvi, M.D.
Family Medical Wellness Center
6020 Meadowridge Center Drive # U
Elkridge, MD 21075
410-698-1953

OBSTETRICS/GYNECOLOGY
Dana C. Baras, M.D.
Signature OB/GYN
10710 Charter Drive #200
Columbia, MD 21044
410-997-0580

UROLOGY
An Ngoc Hoang, M.D.
Chesapeake Urology Associates
7625 Maple Lawn Blvd., #210
Fulton, MD 20759
301-725-0134
Eat Well

- **Eat local!** Take advantage of local farms and eat fresh. Fruits, vegetables, milk, eggs and meat are produced locally and are available from a variety of sources including our farmers markets held Fridays on the HCGH campus.
- **Limit your salt intake.** The CDC reports nine out of 10 Americans eat too much salt. On average, we consume 3,300 mg of sodium per day. Current dietary guidelines recommend adults consume no more than 2,300 mg of sodium per day. Guidelines further limit consumption to 1,500 mg per day if you are older than 51, African American, or have high blood pressure, diabetes or kidney disease.
- **Limit saturated fats.** Saturated fat, found in meat, poultry and dairy products, increases unhealthy LDL cholesterol. Instead, use polyunsaturated and monounsaturated fats found in liquid vegetable oils, nuts and seeds.

Get Active

- **Exercise!** Get a minimum of 40 minutes of exercise at least four days a week. Find something you enjoy doing. Hiking, biking or gardening can all count towards these goals.
- **Discover the benefits of gentle motion classes** like yoga or tai chi. In addition to increasing flexibility and range of motion, these classes are great for relieving stress.
- **Activate your brain.** Puzzles, Sudoku and trivia aren’t just for children; completing mentally stimulating activities helps optimize your memory.

Achieve Your Ideal Weight

- **Know your body mass index (BMI).** BMI is a good indicator of how much of your body is composed of fat. A BMI between 25 and 29 is considered overweight and anything above 30 is considered obese. BMI = (weight in pounds x 703)/(height in inches x height in inches)
- **Read nutrition labels.** The first step to following dietary guidelines and reducing fat, sugar and salt intake is learning to interpret labels so you can calculate your average daily consumption.

Be Prepared

- **Take a CPR/AED class** so you can be prepared in the event of a life-threatening emergency. You can register at our Wellness Center.
- **Keep your immunizations up to date** and get your annual flu shot.
- **Wear sunscreen** with an SPF-30 or higher that protects against both UVA and UVB rays. Reapply every two hours. Avoid the midday sun between 10 a.m. and 4 p.m.
- **Family history** is a powerful screening tool. Take time to collect and organize your family medical history.

Keep your heart healthy

- **Know your numbers!** Cholesterol—HDL, LDL and triglycerides.
- **Control your diabetes or prediabetes.** If you need help, consider one of the hospital’s refresher courses on Living with Diabetes.
- **Measure your blood pressure regularly.** If hypertension is detected early and treated properly, the prognosis is good.

Screenings

- **Stay up to date with your health screenings including those for:** prostate, glaucoma, colon and skin cancer. In a majority of diseases, patients fare better when the disease is detected early.
- **Don’t forget your mammogram!** Visit our breast center at hcgh.org/breastcenter to make an appointment and learn more about screening guidelines.

special Events:

It’s not Breast Cancer, but
What is It?
Finding a lump in your breast can raise anxiety in all women. Learn from our experts about common conditions such as fibrocystic disease, fibroadenomas, and other disorders that cause pain and discomfort. Presented by Lisa Jacobs, M.D., Johns Hopkins surgical oncologist and director of the Breast Center at HCGH. Light refreshments will be served. 9/17, 6–8 p.m. Free.

Get the Skinny on Weight Loss
Research shows a healthy weight is important for better health. Make the decision to weigh less now and learn a new perspective that will support you in your weight-loss management. Presented by Raj Dua, M.D. 10/3, 7–8:30 p.m. Free.

Great American Smoke Out
Stop by for resources to help you quit smoking. Registration not required. Held in the HCGH Lobby. 11/21, 11 a.m.–2 p.m. Free.

Are You Tired of Being Tired?
Sleep has been shown as an important factor in overall health and disease prevention. Most of us do not get enough sleep. At this seminar, Johns Hopkins neurology sleep specialist and director of the Sleep Center at HCGH, Charlene Gamaldo, M.D., will discuss common sleep problems like sleep changes that come with age; insomnia, especially in women; and other disorders that get in the way of restful sleep. Helpful strategies to improve sleep and available treatments will be discussed. 10/17, 6–8 p.m. Free.

Preparing for Total Joint Surgery
Toni Keller, P.A., will help people considering total joint surgery learn more about what to expect and how to prepare for the best possible outcome. 10/29, 7–9 p.m. Free.

When Back Pain Keeps Coming Back
So many of us suffer from back pain caused by a variety of factors. Hear a panel of speakers from different disciplines discuss causes and treatments for back pain as well as solutions ranging from medical management and physical therapy to new pain management techniques and surgery. Presented by pain specialist Mark Matsunaga, M.D., orthopedic surgeon Oren Blam, M.D., and physiatrist John Collins, M.D. 10/23, 6:30–8:30 p.m. Free.

IMPROVING YOUR HEALTH

Living Well...Take Charge of Your Health
Learn to manage your health, develop a healthy eating and fitness plan, deal with pain and communicate with health professionals. 410-313-5980. Fridays, 9/6–10/11, 10 a.m.–12:30 p.m. $28.

Weight Loss Through Bariatric Surgery
Learn about weight-loss surgery from the Johns Hopkins Center for Bariatric Surgery. 410-550-0409 or hopkinsbayview.org/bariatrics. 8/28, 9/24, 10/22 or 11/5, 5–6:30 p.m. Free.

The Mall Milers

Healthy Lifestyles

Adult/Child/Infant CPR and AED
Learn the skills needed to clear an airway obstruction, perform cardio pulmonary resuscitation (CPR) and how to use an automated external defibrillator (AED). Earn a two-year American Heart Association completion card (not a health care provider course). 9/10 or 23, 10/9 or 24, 11/4 or 19, 5:30–9 p.m. $55.

Smoke-Free Lungs
Education and support for those wanting to quit or who have quit. Attend one or all sessions. 9/26, 10/17 or 11/14, 7–9 p.m. Free.

Kitchen Wisdom
Sample foods and learn how to spice up healthy meals with herbs and spices for a variety of taste. 10/7, 7–8:30 p.m. Free.

Rewiring Your Neural Pathways of Emotion
Examine emotional response patterns using imagery, visualization and meditation. 10/16, 7–8:30 p.m. Free.

Advance Directives
Understand what Advance Directives are, who needs them, how to get them and how to complete them. Leave with an Advance Directives document. 10/10, 6–7 p.m. Free.

2013 Diabetes Courses
Learn how to change habits and get practical, attainable solutions for staying healthy.

Choose from group classes during the day or evening or a one-on-one counseling program. Most insurance plans cover all or part of this program.

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. 10/13 & 17, 10/25 & 29, and 12/6 & 10, 8:30 a.m.–2:30 p.m. in The Bolduc Family Outpatient Center at HCGH. 443-718-3000.

Living with Diabetes:
Executive Summary
A condensed version of Living with Diabetes offered in the evening. 9/18 & 19, 10/23 & 24, and 12/4 & 5, 6–9 p.m. 443-718-3000.
**IMPROVING WITH AGE**

Medicare 101: What You Can Expect From Medicare
Original Medicare (Part A Hospital and Part B Medical) and Prescription Drug Coverage (Part D) will be reviewed. Learn what is covered, your costs, available benefit programs and how the programs work. Presented by the State Health Insurance Assistance Program (SHIP), Howard County Office on Aging. To register, visit hcgh.org or call 410-740-7601. 9/16, 10–11:30 a.m. Free.

Medicare 102: Why Medicare Isn’t Enough
Learn about Medicare Advantage, Health Plans (Part C) and Medicare Supplement Policies (Medigap). What should you consider when deciding which Medicare choices are right for you? Understand how plans vary, your costs and when is the best time to enroll. Learn how to protect yourself and Medicare from health care fraud. Presented by the State Health Insurance Assistance Program (SHIP), Howard County Office on Aging. To register, visit hcgh.org or call 410-740-7601. 9/30, 10–11:30 a.m. Free.

AARP Driver Safety
Classroom refresher for 50+ years. 9/16 or 10/14, noon–4 p.m. $12/ AARP members, $14/others.

**HEALTHY FAMILIES**

Happiest Baby on the Block
Parents and parents-to-be will learn techniques to quickly soothe baby. 10/8, 7–9 p.m. $50 per couple (includes parent kits).

Prenatal Class for Early Pregnancy
Parents-to-be learn about pregnancy’s early stages. 10/15, 7–9 p.m. Free.

Prenatal Exercise
Taught by a certified instructor. Physician permission required. Eight-week session beginning 9/24. Tuesdays, 6:30–7:30 p.m. or Thursdays, 6:30–7:30 p.m. $88/eight sessions.

Choose Your Pediatrician and Promote Your Newborn’s Health
Preparing for your new baby includes finding the right pediatrician for you before you deliver. Learn factors to consider and questions to ask when choosing your pediatrician. Discussion also will include ways you can promote the health of your newborn. Presented by Claudia Beck, M.D. 9/24, 7–8:30 p.m. Free.

Maybe Baby: Financial Issues for Expectant, New and Prospective Parents
A certified financial planner will discuss the financial issues involved in starting a family. Leave with an action plan to help you feel confident about your finances and be able to focus on being a parent. 10/21, 7–9 p.m. Free.

Maybe Baby: Health Issues to Consider Before Having a Baby
Learn about parent wellness, health care matters and other considerations when starting your family. Presented by Signature OB/GYN. 9/11, 7–8:30 p.m. Free.

**FOR CHILDREN AND TEENS**

Essentials in Babysitting
Learn to manage children, create a safe environment, and apply basic emergency techniques. 9/21, 10/19 or 11/16, 9 a.m.–1 p.m. $50.

Home Sweet Home
Children (8–12) and their parents learn safe, fun ways for children to stay at home alone. 9/28, 9–11 a.m. Free.

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

**FREE SCREENINGS**

Diabetes
11/6, 9–11 a.m.
Includes risk assessment and a blood test. Receive immediate results.

Podiatry
10/10, 9–11 a.m.
Podiatrist Marc Lipton, D.P.M., will examine one or two areas of concern.

Depression
10/10, 3–5 p.m.
Includes lecture; video; self-assessment; and an individual, confidential evaluation with a mental health practitioner.

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

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

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**Wellness Class Registration**

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

Advance registration is advised for all programs 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

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**View Our Online Seminars & Videos**

**Gallbladder Disease and Treatments**
Kevin Pei, M.D.

**Implantable Devices for People with Heart Conditions**
Eric Schwartz, M.D.
**CUTS Against Cancer**

**Annual Haircut-a-thon Event benefiting CMRCR**

**Sunday, September 22**

10 a.m.-3 p.m.

Medical Pavilion at Howard County, 10710 Charter Drive, Columbia

Join some of Howard County’s best salons for haircuts, manicures, seated massages, facial waxing, raffles and more—all to benefit the CMRCR.

To sponsor or learn more, visit hcgh.org/CUTS or contact abrocco1@jhmi.edu or 410-740-7570.

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**HCGH Farmers Market**

Fridays through October 25 / 2-6 p.m.

Rear HCGH Parking Lot C

Don’t forget to stop by the HCGH Farmers Market every Friday through October 25. Buy farm products grown and produced on local Howard County farms. Stay healthy and support our local agriculture!

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**AUGUST**

**Athleta Iron Girl Columbia and Rocky Gap Triathlons**

Sunday, August 18 / 7–10:30 a.m. and Sunday, September 8 / 7–10:30 a.m.

Centennial Park / Rocky Gap State Park

Cheer on 20+ members of Team CONQUER, representing the Claudia Mayer Cancer Resource Center (CMCRC) at HCGH at these two TriColumbia events. Women, men and teens of all levels of athletic ability welcome. Team raises awareness and funds for the CMRCR. Contact [hcgh.org/TeamCONQUER](http://hcgh.org/TeamCONQUER), [abrocco1@jhmi.edu](mailto:abrocco1@jhmi.edu), or 410-740-7570.

**SEPTEMBER**

**“Adults: Navigating to Better Health” Health Fair**

Saturday, September 28 / 11 a.m.–2 p.m.

The Mall in Columbia

Free

Participate in essential screenings including total cholesterol, glucose, blood pressure and body mass index. Receive information on heart disease and diabetes prevention as well as healthy lifestyle demonstrations, healthy food and gifts that promote good health.

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**OCTOBER**

**Johns Hopkins Cancer Survivorship Conference**

Saturday, October 19 / noon –4 p.m.

BWI Airport Marriott Hotel (1743 West Nursery Rd, Linthicum)

Patients and their caregivers will enjoy lunch, inspiring speakers and informative workshops at this first annual event. Seating is limited. For more details, click on News & Events (at top right) on [hopkinscancer.org](http://hopkinscancer.org), contact Barry Miller at 410-955-8934 or email milleba@jhmi.edu.

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**20th Annual Symphony of Lights Events**

Monday, November 25–Sunday, January 5, 2014

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](http://hcgh.org/drivethrough) Visit [hcgh.org/symphonyoflights](http://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.

For a complete listing of hospital events, visit [hcgh.org](http://hcgh.org).