Living Well with Chronic Conditions
President’s Message

Dear Friends,

I hope you are enjoying the summer fun with family and friends and are getting out to enjoy our beautiful state. Wasn’t the FIFA Women’s World Cup in soccer inspirational? Please be active like them, stay safe and remember to wear your sunscreen!

Just as important as staying active is keeping an eye on your health and listening to your body. Are there aches and pains or other symptoms that you have been ignoring? In this issue of Wellness Matters, we talk about a variety of chronic diseases and disorders that, with the proper diagnosis and treatment, are manageable and our physicians and specialists can help you incorporate treatment regimens that fit your lifestyle.

Consider exercise and physical activity as a part of your plans every day. It doesn’t matter if you walk slowly or run quickly, every small bit of movement helps improve your health, in body and in mind.

Personally, I have pledged to ride in the Ride to Conquer Cancer this fall. The two-day, 150-mile bike ride is a fundraiser benefitting The Johns Hopkins Sidney Kimmel Comprehensive Cancer Center and Howard County General Hospital. See the ad on the back page for more details.

Sincerely,

Steve Snelgrove
President

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.

Please direct comments regarding Wellness Matters to 410-740-7810.

Hospital Information: 410-740-7890

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UNDERSTANDING Rheumatoid Arthritis

Nearly 1.5 million people in the United States suffer from rheumatoid arthritis (RA). “Of these, approximately 75 percent are women,” says Moe Zan, M.D., a rheumatologist on staff at HCGH. “The disease is most common between ages 40 to 60 but you can be diagnosed at any age.”

Having a family member with RA can increase your likelihood of developing the disease, though individuals can still suffer from RA without having a family history of the disease.

RA is chronic autoimmune inflammatory arthritis that causes pain, stiffness, swelling and limited mobility and function of many joints. RA usually starts by affecting small joints in the hands and feet but can impact any joints. “However, this disorder is a systemic illness and can sometimes affect other organs, including the heart, lungs and eyes,” says Dr. Zan. “Other symptoms may include low-grade fever, firm bumps, loss of energy and loss of appetite.

“No one knows what triggers rheumatoid arthritis at this point, and since many diseases may behave like RA, if you or your primary care physician suspect RA, you should be evaluated by a rheumatologist to develop an appropriate management plan. This will help to avoid unneeded tests for conditions that can mimic RA symptoms.”

Although there is not yet a cure for RA, medicine can often put patients in remission where they have no signs of an active disease. “There is a lot of research targeting a cure,” says Dr. Zan, “but medication can dramatically improve or resolve symptoms of stiffness and swelling of joints, putting a patient in remission.” In addition to medication, exercise, rest, patient education and joint protection are also forms of treatment.

The Arthritis Foundation suggests those with RA remember:

- If left untreated, the inflammation caused by RA can result in permanent damage to joints or internal organs.
- The earlier treated, the better chance to prevent joint damage.
- Remission is possible.
- Your risk for heart disease is increased.
- Exercise helps. Aim for at least 30 minutes of low- to no-impact aerobics five days a week and, if possible, include strengthening exercises.
- Stress management and rest are also helpful.
- Keep open communication with your physician.

The HCGH Bolduc Family Outpatient Center offers physical therapy and exercise for those diagnosed with RA. Appointments: 443-718-3000.

Moe Zan, M.D., is a rheumatologist with Arthritis Care Specialists in Ellicott City. Appointments: 410-992-7440.
Lupus is a chronic, autoimmune disease that can affect any part of the body, most often the joints, skin and/or organs.

According to Steven Geller, M.D., an internal medicine physician on staff at HCGH, lupus is a disease of flares and remissions. “The most common symptoms are joint pain, facial rash and fatigue,” says Dr. Geller. “It can often be difficult to diagnose because the symptoms mimic a variety of other diseases. Generally, when a patient comes in with joint pain or a facial rash, we will do a blood test. The combination of a blood test and review of symptoms is how we diagnose this disease.”

The severity and types of symptoms you have determine if you need to see a specialist. “Generally a rheumatologist will treat lupus, but in some cases, it can impact other areas such as the kidneys and nerves, and we will suggest the patient see a different specialist,” notes Dr. Geller.

**Who Gets Lupus?**

Anyone can get lupus, but it is much more likely in women than men. Women ages 15 to 44 are the most common to develop lupus. Additionally, though all races and ethnic groups can develop lupus, women who are non-caucasian are more prone to be diagnosed with lupus.

“Lupus likelihood increases with family history,” says Dr. Geller. “If you have lupus, your children have a higher chance of having the disease.”
Lupus is not a contagious disease. Often mistaken for being contagious through sexual contact, this is not a disease that you can “catch” or “give” to someone.

Lupus Flares

Lupus is a disease of flares (when symptoms appear and the disease worsens) that come and go, lasting anywhere from a couple of weeks to many years. “Being out in the sun can cause a flare,” warns Dr. Geller. “Also, stress can make lupus flares worse.”

“In addition, sulpha drugs have been shown to cause flares,” says Chaim Mond, M.D., a rheumatologist on staff at HCGH who specializes in treating lupus, rheumatoid arthritis and osteoarthritis.

Treatment

Dr. Geller emphasizes that lupus is a disease that varies in severity. While some people may have very severe cases, others’ cases are so mild it barely affects them. There is not a cure for lupus; however, a variety of medications can treat the disease. “Many people are able to control their symptoms with medication,” explains Dr. Geller.

“One very common misconception that people have is that if you have lupus you will die from lupus. The reality is that more people have milder cases of the disease and, while they need to be treated, they can live a pretty normal life.”

- Steven Geller, M.D., an internal medicine physician at HCGH

As with any medical condition, patients should work to stay healthy. Dr. Mond recommends these tips:

- Join a support group.
- Exercise and stay active.
- Maintain a healthy diet (high in omega-3 fatty acids) and weight – this is additionally important because those with lupus have a slightly increased risk of developing cardiovascular disease.
- Get involved in your health care and see your doctor regularly.
- Avoid significant sun exposure and use high SPF sunscreen.
- Get sufficient rest and avoid stress.

Drug-induced Lupus

According to Dr. Mond, drug-induced lupus presents with lupus-like symptoms that have been caused by certain drugs. A whole host of prescription drugs are associated with this phenomenon. Some of these drugs are used to treat infection, hypertension, irregular heart rhythms and tuberculosis. Patients typically experience a milder form of lupus with a rash or joint aches. It is important to keep in mind that not everyone who takes these drugs will develop drug-induced lupus and typically, when you stop taking the medication, the lupus-like symptoms disappear.

Steven Geller, M.D., is an internal medicine physician with Centennial Medical Group in Elkridge.
Appointments: 410-730-3399

Chaim Mond, M.D., is a rheumatologist in Columbia.
Appointments: 410-580-1330
What you Must Know About Meningitis

Meningitis is often mistaken with the flu due to it sharing similar early symptoms. According to the Centers for Disease Control and Prevention (CDC), symptoms and signs of meningitis can begin to develop anywhere from several hours to several days from infection.

Symptoms may occur include: sudden high fever, stiff neck, confusion, vomiting or nausea with headache, severe headache, seizures, or light sensitivity among others. Symptoms for newborns may include constant crying, extreme sleeping, high fever, inactivity and lack of interest in eating.

Meningitis stems from a variety of causes, though most common are viral or bacterial. It is important to know the specific cause of the meningitis, as it determines the treatment and severity of each case, warns the CDC. Many cases of viral meningitis improve without treatment while bacterial cases can by life-threatening and require urgent antibiotic treatment.

Bacterial Meningitis vs. Viral Meningitis

With bacterial meningitis, the earlier you get treatment, the better the chance of preventing serious complications. This form typically develops when bacteria enters the bloodstream and makes its way to the brain and spinal cord.

According to Lindsay Fitch, M.D., a pediatrician on staff at HCGH, “meningococcal bacterial meningitis is very contagious – particularly in crowded living conditions such as dormitories or close contact situations such as sports – escalates quickly and can be deadly. That is why we immunize children at age 11 when they tend to start being exposed to these types of environments. Children who are medically or genetically at a higher risk can be vaccinated as young as two months of age. This includes those with diabetes, sickle cell disease, immune deficiency or who are of Native American descent. A booster dose is typically given in the late teens before children head off to college. Infant vaccines (PCV13 and Hib) also protect against other forms of bacterial meningitis.”

Viral meningitis is a more common form, occurring as a result of a virus such as measles, mumps, enterovirus, herpes and West Nile among others. This form of meningitis is milder than bacterial and evolves more slowly. “Viral meningitis doesn’t respond to antibiotics and should resolve on its own,” says Dr. Fitch. “However, as with any disease, trust your gut. If your child is lethargic and not responsive to you, and/or refusing to eat or drink, take them to their pediatrician. If they have a terrible headache and fever and neck pain - especially down the middle of the neck – go to the emergency room.”

Lindsay Fitch, M.D., is a pediatrician with Klebanow & Associates in Columbia. Appointments: 410-997-6400
Managing Mono

When it comes to mononucleosis (mono), Sharon Silverman, M.D., an internal medicine physician on staff at HCGH, answers questions you may have:

Q: How do I get mono?
Mono is caused by the Epstein-Barr virus and is transmitted through saliva. While you can get mono through kissing, you can also become infected by sharing utensils or from a cough or a sneeze.

Q: What are the symptoms?
Symptoms usually develop four-to-six weeks after exposure and may consist of mild to no symptoms in some younger patients to the more typical symptoms in adolescents and young adults. These symptoms may include fatigue, general discomfort, sore throat, fever, swollen lymph nodes in the neck or arm pit, swollen tonsils, a headache and possibly an enlarged spleen or liver.

Q: How do you test for mono?
The diagnosis is based on patient history, physical exam and blood work. The blood work may include a monospot test (that detects a type of antibody during certain infections) and can be negative in some cases. A more specific test can be ordered which measures antibodies to the Epstein-Barr virus.

Q: Can I get mono more than once?
In most cases, a person will get mono only once. Once someone is exposed, they develop antibodies and are unlikely to become infected again. However, in some rare cases, symptoms may reappear months or even years later. If you have had mono before and start to experience symptoms again, contact your physician as some mono symptoms can mimic other conditions.

Q: How is mono treated?
There is no specific treatment for the virus that causes mono. Treatment with medications may help symptoms and control fever and pain. Some people may develop a secondary bacterial infection and require antibiotics other than Amoxicillin which often causes a rash in people with mono. If tonsil and lymph node swelling is severe, steroids may be given to decrease inflammation.

Q: Is mono more common in children or adults?
Most adults have had mono whether they remember it or not. More than 90 percent of adults have antibodies to the Epstein-Barr virus and are immune. Most infections occur in teens and young adults.

Q: Does having mono predispose me for any other complications?
Mono can result in severe complications, although they are uncommon. These can include liver problems, such as hepatitis and jaundice; an enlarged spleen, which in rare cases may rupture; blood problems with low blood counts; or neurologic complications.

If you suspect you have mono, contact your primary care physician for an evaluation, blood tests, if indicated, and treatment based on your individual symptoms. While mono is very common, it is usually a self-limiting disease that resolves without significant complications.
Annual Awards
Celebrate Our Physicians

Congratulations to the first-ever winners of The Johns Hopkins Medicine Clinical Awards which recognize physicians and care teams who embody the best in clinical excellence:

Physician of the Year
HCGH oncologist and Past President of the Professional Staff Nicholas Koutrelakos, M.D., recently received the HCGH Physician of the Year Award. This honor is given annually to a physician who consistently achieves high standards in the practice of medicine and is looked upon as a role model by his peers. The nominee excels in leadership, collaboration, advocacy and innovation.

Other Awards:
Excellence in Service & Professionalism Award
Mindy Kantsiper, M.D., HCGH Hospitalist

Innovations in Clinical Care Award
Mark Landrum, M.D., Infectious Disease

Best Consulting Physician Award
Sheetal Wagle, M.D., Neurology

Clinical Collaboration & Teamwork Award
Brain Attack Performance Improvement Committee
(Team leaders: Susan Groman, R.N., Merrill Ansher, M.D., and Victor Urrutia, M.D.)

Armstrong Award for Excellence in Quality & Safety
James Zalucki, M.D., Colon and Rectal Surgery

SLEEP: There’s an App for That

Two new sleep mobile apps featuring Johns Hopkins and HCGH sleep specialists have been designed for both patients and physicians to help recognize the importance of sleep disorders and assist with diagnosis.

- MySleep101 Lite: This app provides a preview of the MySleep101 program. Free.
- MySleep101: This app features short, animated educational lectures and clinical cases. $3.99.

Both apps are available in the iTunes store and are compatible with iPhone, iPad and iPod Touch.

2015-2016 Directory of Physicians

The new HCGH Directory of Physicians has been published and mailed to county residents. 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.
New Chair of Board of Trustees and Professional Staff Officers

HCGH has announced the following new leadership: W. Brian McGowan, chair of the Board of Trustees; Mary A. Pieprzak, M.D., president of the HCGH Professional Staff; and Stephen T. Villanyi, M.D., vice president and secretary/treasurer of the HCGH Professional Staff.

W. Brian McGowan, former senior vice president at W.R. Grace, has been elected chair of the HCGH Board of Trustees. Mr. McGowan has been a member of the board for more than 15 years and has previously served as chair of the board, as well as chair of the board’s Finance Committee and treasurer.

Dr. Pieprzak joined HCGH in 1996. She received her medical degree from State University of New York at Buffalo School of Medicine, completed her internal medicine internship and residency at the University of Connecticut Health Center and served as chief resident from July 1992 to June 1993. She served fellowships in Hypertension and Nephrology at Boston University Medical Center. Dr. Pieprzak is a nephrologist with Mid-Atlantic Nephrology Associates, P.A.

A member of the HCGH professional staff since 2008, Dr. Villanyi attended medical school and completed his anesthesia residency at the University of Toronto and was certified by the Royal College of Physicians and Surgeons of Canada in 1990. He was certified by the American Board of Anesthesiology in 1997.

Flu: It’s that time of year again

With another flu season looming, this fall is the perfect time to get your flu shot. Flu shots are available at your doctor’s office, urgent care centers and pharmacies. Additionally, the Howard County Health Department offers the flu shot at numerous community events. For health department locations, call 410-313-7500 or visit http://bit.ly/hcflushot.

HCGH Recognized for Stroke Program

The American Heart Association/American Stroke Association’s Get With the Guidelines® program recognized HCGH with two awards: the Gold Plus Achievement Award and the Target: Stroke Honor Roll-Elite Quality Achievement Award for commitment and success for ensuring that stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence. For more information, visit hcgh.org/gwtg2015.

HCGH Announces New Community Giving Process

HCGH has released new Charitable Giving Guidelines and an online application process to make it easier for members of our community to submit requests and receive a timely response. We have carefully evaluated the specific health needs of the community as part of the Community Health Needs Assessment, and those needs will be given the highest priority, along with those charities that represent the needs of our diverse populations. To read the new guidelines and access the application, please visit: hcgh.org/requestfunding.
Scott Butler Named Chair of Howard Hospital Foundation

A resident of Howard County for more than 40 years, Scott Butler is excited to give back to his community in his new role as chair of Howard Hospital Foundation (HHF). For the past four years, Scott has served the foundation as a board member and chair of the annual HCGH Benefit Golf Classic, as well as on the HHF planned giving committee.

“Around the time I joined the board, our youngest was born prematurely,” reflects Scott. “The day she came home from the hospital, we rushed my mom to the HCGH Emergency Department where she was diagnosed with a brain tumor we didn’t know she had. I was so thankful for the level of care she received at HCGH and Johns Hopkins, as well as the support she received from the Claudia Mayer/Tina Broccolino Cancer Resource Center, that I vowed to commit myself to support HHF with all that I had.”

In this new era in health care, Scott says that the role of the foundation is to educate Howard County about the hospital’s needs. “Many people don’t know about the Maryland waiver and the important role that HCGH needs to play. I am looking forward to advancing our culture of giving that will benefit generations to come,” says Scott. “Howard County has consistently ranked nationally in the top 10 counties measured by income per capita, therefore our potential for impacting our community’s health and wellness through our great hospital is exciting.”

Scott is a Certified Financial Planner® with Northwestern Mutual and lives in West Friendship with his wife, Rachel, and three daughters.

How to Help Your Favorite Cause Forever

Have you ever considered establishing an endowment? It’s a powerful way to make a gift to the Howard Hospital Foundation that will last forever, while also realizing tax benefits for your kindness.

How It Works

- You give cash, securities or other assets to an endowment you create. Or, you can contribute to our already established endowment. If you can’t give up assets today, consider making the gift in your will, specifying that you would like your gift to be used to fund an endowment.

- We use a small portion of the fund to support our crucial needs, but the balance always remains invested in order to perpetuate the fund.

Did you Know?

Your endowment can finance a particular project, sustain a continuing program or provide for our current crucial needs.

For more information, contact the Howard Hospital Foundation at 410-740-7840 or visit hcgf.org/bhfplannedgiving.
Recognizing Care
That Stretched Outside the Walls

Dr. Gabriel Pinter, a retired physiologist and longtime resident of Howard County, has been a patient in the HCGH Emergency Department many times. After two recent visits, Dr. Pinter wanted to especially recognize a physician he felt had gone above and beyond with a donation to the Howard Hospital Foundation through the Honor a Caregiver program.

“I want to express my thanks for the kind and professional treatment I received by the nurses and physicians,” notes Dr. Pinter. “It was HCGH Emergency Department physician Dr. Robert Albrecht though who did something unusually magnificent. I had seen a specialist who wanted to treat me routinely and superficially, but Dr. Albrecht noticed something that others did not. After he made the diagnosis, he even called our family doctor to make sure I received the correct medicine – it is a wonderful thing he did caring for me so much beyond the walls of the hospital.

“I have tried to describe in my letter how truly grateful I am for him and the entire ER staff. They are wonderful, and it is a well-run and organized unit. I wouldn’t say that without the agreement of my wife who was the consultant physician in charge of emergency services of a large London hospital in the UK for more than 20 years. She is very aware of what should be occurring in an ER, and she too believes that the care I received was superior.”

If you would like to make a donation to honor an HCGH caregiver, call 410-740-7840 or visit hcgh.org/honoracaregiver.

Kahlert Foundation Donation Benefits Claudia Mayer/Tina Broccolino Cancer Resource Center

HHF recently received a $30,000 gift from the Kahlert Foundation to support the hospital’s Claudia Mayer/Tina Broccolino Cancer Resource Center.

“We wanted to help fund the excellent support the center provides to cancer patients and their families,” says Greg Kahlert, president of the Kahlert Foundation, a private family foundation in Maryland. “By giving to the center, we are helping people who have cancer.”

It’s a cause familiar to Greg, whose father had cancer for 12 years before he died. “Cancer services extended my father’s life and helped him endure a difficult disease in a healthy and positive manner,” says Greg. “We hope that our donation will help many other people. My wife Roberta and I have lived most of our lives in Howard County, and we are now fortunate enough to be able to give back to the community that we have lived and worked in and help others.”

“Of the many organizations the Kahlert Foundation could support, we’re honored to be chosen,” says Sandy Harriman, vice president of development for the Howard Hospital Foundation. “The cancer resource center will maximize the gift wisely and effectively to help people with cancer and their families.”
VIVIAN “MILLIE” BAILEY
Retires from HCGH Board of Trustees

A member of the HCGH Board of Trustees for more than 23 years, Vivian Bailey—fondly known as “Millie” to many—recently announced her retirement from the board.

Community volunteer, donor, fundraiser, supporter of the armed forces, WWII veteran, patron saint of Columbia’s Running Brook Elementary School and board member are some of the many words those who know Vivian might use to describe her. She even recently captured the attention of President Barack Obama who surprised her during a visit to the White House.

HCGH past president Vic Broccolino says, “Vivian is a fireball at age 97—maybe even a meteor shower that rains down from every direction—she is amazing.”

A resident of Howard County for more than 40 years, Vivian served on the Maryland Health Resources Planning Commission from 1982–1993 and was part of the approval process for the first MRIs and first CT scanners in the state. After she left the commission, she was elected to the HCGH Board of Trustees.

“In my almost 50 years in health care, Vivian was by far the best prepared board member I have ever met,” recalls Vic. “She was notorious for asking pointed questions. I never had to worry that something wasn’t analyzed.”

Past HCGH Board Member Ann Mech remembers working closely with Vivian on the hospital’s professional committee that reviewed physician applications and reappointments. “She would look at each detailed file and pick up on and question things to make sure that the highest level of care would be given at HCGH,” says Ann.

Vivian feels her reputation as a detailed reviewer is in her DNA. “When I worked for the Social Security Administration, I was known as the toughest reviewer,” says Vivian. “I transferred that to my work when I was on the HCGH Professional Committee.”

“Vivian is also a donor to the hospital and one of the inaugural members of the Legacy Society for planned giving,” says Steve Snelgrove, HCGH president. “She gave to the Campus Development Plan and even purchased a paving stone in the hospital’s entryway. Support from donors like Vivian is vital to our success.”

Vivian is also a staunch supporter of Running Brook Elementary School. “She is like a dog with a bone for that school,” says Vic. “She would get a list of needs from the principal and would hand out the list and say, ‘What are you going to do about this?’”

Her other passion? Deployed soldiers. Ann recalls driving Vivian to pick up donations for packages to send overseas, “She would get the donations and solicit friends to help with postage. Vivian sees a need and is a catalyst to get things moving.”

Vivian also continues to serve on the Howard County Police Citizens Advisory Council. What will she do next? “I am sure that I will find something else to give back to. I will keep busy—I promise you that,” says Vivian.

“If you sit and just watch TV, you are receiving information and your mind is not active. I encourage people to do something to keep their mind and body healthy. I would like to see people—to the extent that they can—contribute. When you shop for groceries, pick up extra cans of vegetables and take them to the food bank. Buy extra school supplies for kids every fall and take them to a school where parents might be hard-pressed to buy supplies for their children. Some people are not mindful that in Howard County we have needs. You don’t have to be rich. Those small contributions mean something and will help so much.”

— Vivian Bailey
HHF recently received a pledge from Kupcakes & Co. to fund HCGH’s purchase of a vein viewer for use in the Pediatric Emergency Department.

“Our daughter, Amanda, was chronically ill as a child and spent a lot of time in the hospital and emergency department,” says Michelle Kupiec, owner of Kupcakes & Co., a bakery in Elkridge. “The most traumatic thing for her was always getting an IV.” With that in mind, Michelle approached HHF and asked what they could fund that would help children in the department. Working with HCGH clinicians and discussing Amanda’s experience, they determined that the vein viewer would have a tremendous impact.

The vein viewer uses near-infrared light to provide real-time, high-definition digital visualization of the veins and valves on all skin tones allowing clinicians to quickly pinpoint veins and administer intravenous (IV) therapy. The information is captured and projected on the surface of the skin so clinicians can choose the best vein and avoid multiple, unnecessary punctures.

“With the vein viewer, we are no longer relying totally on feel,” says Laura Hagan, R.N., nurse manager of Howard County General Hospital’s Pediatric Emergency Department. “Before we had this technology, we used a light on infants’ hands in the dark. Now we can keep the lights on, visualize the vein and guide the needle, resulting in increased accuracy, and patient and staff safety and comfort.”

Sheila Donahue, R.N., director of HCGH Women and Children’s Services, adds, “A picture is worth a 1,000 words and this shows us so much. Also, fear is lessened for kids. We are finding that they are so enthralled with the light and how ‘cool’ it is that their focus is taken off what is happening to them.”

Kupcakes & Co. raised the money to purchase the vein viewer through the bakery’s annual Kupcakes with Santa event, which Amanda Kupiec developed five years ago. The employees of Kupcakes & Co. also donate their time working the event to bolster their donation.

“This gift is the perfect example of a donor purchasing something that connects their passion with a hospital need,” says Jan Hines, director of development for HHF.

“It was great for us to tangibly see our money being used in such a positive way,” adds Bill Kupiec, Amanda’s father. “We are excited to pay this pledge off so we can start working toward something else new.”

To contribute to the vein viewer, visit hcgh.org/veinviewer.
Wellness Classes
Registration advised for all programs—visit hcgh.org

SPECIAL EVENTS
Preserving Vision in the Aging Eye
Glaucoma, macular degeneration and cataracts are common diseases of the aging eye. Learn about these conditions and their treatment from Johns Hopkins Wilmer Eye Institute ophthalmologist Dean Glaros, M.D. 10/7, 7-8:30 p.m. Free.

A Look at Total Joint Replacement
Learn about total hip and knee surgery from health care professionals, past patients of Howard County General Hospital’s Joint Academy, and Richard Kinnard, M.D. 10/27, 7-9 p.m. Free.

Great American Smokeout
Stop by for resources to help you quit smoking. Walk-in, registration is not required. Held in the HCGH lobby. 11/19, 11 a.m.-2 p.m.

GET HEALTHY WITH DIET & EXERCISE
Weight Loss Through Bariatric Surgery
Learn about weight-loss surgery from the Johns Hopkins Center for Bariatric Surgery. 410-550-0409 or hopkinsmedicine.org/jhbmcbariatrics. 9/14, 10/13, 11/2, 5:30-7 p.m. Free.

Kitchen Wisdom
Sample food and learn how to spice up healthy meals with herbs and spices. 10/26, 7-8:30 p.m. Free.

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

The Healthy Weight Connection
Kick start individual lifestyle changes, including diet and exercise, to help you reach a healthier weight. Receive personalized guidance from a certified dietitian. Learn about various nutrition topics and participate in gentle yoga. Tuesdays and Thursdays, 9/15-11/10, 6:30-8 p.m. $195.

Living Well
Learn to manage your health, develop a diet and fitness plan, deal with pain and communicate with health professionals. 410-313-5980. Saturdays, 9/15-10/17, 10 a.m.-12:30 p.m. $195.

Looking to Lose Weight?
Our certified nutritionist and registered dietitian will discuss physiology and health challenges that affect your weight. 10/5, 7-8:30 p.m. Free.

Dietary Counseling
Discuss dietary concerns/goals with a registered dietitian. $40/half-hour visit.

Healthy Eating on the Go!
Join us for a discussion on eating healthy in a fast-paced world. Learn how the new food label can help us make better choices when dining out and how to prepare healthy lunches for $5 a day. 9/21, 6:30-8 p.m. Free.

HEALTHY HEART & LUNGS
Adult, Child and Infant CPR/AED
Learn skills to clear an airway obstruction, perform CPR and how to use an automated external defibrillator (AED). Earn two-year American Heart Association completion card (not a health care provider course). 9/10, 9/21, 10/1, 10/20, 11/4, 11/16, 5:30-9 p.m. $55.

Smoke-Free Lungs
Education and support for those wanting to quit or who have quit. 9/8, 11/10, 7-9 p.m. Free.

Cardiac Rehabilitation Program
Assistance for cardiac patients in the recovery phase following a heart attack, angioplasty or cardiac surgery.

Cardiac Rehabilitation Maintenance
Exercise for cardiac rehab program graduates. Tuesdays and Fridays, 8 a.m. or 9:30 a.m. $60 per month.

Pulmonary Rehabilitation Maintenance
Exercise maintenance for pulmonary rehab program graduates. Tuesday and Friday afternoons. $60 per month.

External Enhanced Counterpulsation Therapy
Noninvasive alternative treatment for patients with stage III or IV angina.

† To schedule an appointment, or for information about all cardiac or pulmonary rehabilitation programs and Medicare and insurance coverage, please call 443-718-3000.

Ongoing Support Groups: Support group contact information: hcgh.org or call 410-740-7601.
Cancer Support Groups: For information, call 410-740-5858.
**IMPROVING WITH AGE**

**AARP Driver Safety**
Classroom refresher for ages 50+. **11/9**, 10 a.m.–2:30 p.m. $15/AARP members, $20/others.

**Medicare 101**
Learn about Original Medicare (Parts A and B) and Prescription Drug coverage (Part D). Presented by the State Health Insurance Assistance Program, Howard County Office on Aging. **9/2**, 7–8:30 p.m. Free.

**Medicare 102**
Learn about Medicare Health Plans (Part C) and Medicare Supplement Policies. Presented by the State Health Insurance Assistance Program, Howard County Office on Aging. **9/16**, 7–8:30 p.m. Free.

**Fitness Fun for Seniors**
Individuals age 60 and older exercise at their own pace. Includes stretching and low-impact exercise. Mondays and Wednesdays, **9/14-11/4**, 9:30–10:30 a.m. $64/8-week session.

**Podiatry Screening**
Podiatrist Andrew Liss, D.P.M., will examine an area of concern on your feet. **11/3**, 6-8 p.m.

**AIDS Screening**
This World AIDS Day event includes a confidential AIDS screening, educational materials and local resources. Cosponsored with Chase Brexton Health Services. Walk-in, registration is not required. **12/1**, 9 a.m.-12 p.m.

**FREE SCREENINGS**

**Diabetes Screening & BMI with Stroke Assessment**
Meet with our registered nurses to receive a free diabetes and stroke screening which includes a blood glucose test, blood pressure screening, BMI (body mass index) measurement, stroke risk assessment and weight management information. **10/21**, 9-11 a.m.

**Depression Screening**
Includes lecture, video, self-assessment and an individual, confidential evaluation with a mental health practitioner. Walk-in, registration is not required. **10/8**, 3-5 p.m.

**HEALTHY FAMILIES**

**Happiest Baby on the Block**
Parents and parents-to-be learn techniques to quickly soothe baby. **10/20**, 7–9 p.m. $50 per couple (includes parent kits).

**Maybe Baby: Financial Issues for Prospective, Expectant and New Parents**
A Certified Financial Planner™ will discuss financial issues involved in starting a family. Leave with a plan to help you feel confident about your finances. **10/15**, 7–9 p.m. Free.

**Prenatal Class for Early Pregnancy**
Parents-to-be and those in the first trimester of pregnancy learn about pregnancy’s early stages. **10/27**, 7–9 p.m. Free.

**Choose Your Pediatrician and Promote Your Newborn’s Health**
Learn factors to consider and questions to ask when choosing your pediatrician and ways you can promote your newborn’s health. Presented by Edisa Padder, M.D. **9/16**, 7–8:30 p.m. Free.

**Prenatal Exercise**
Taught by a certified instructor. Physician permission required. Eight-week session, Wednesdays, **9/16-11/4**, 6–7 p.m. $88/eight sessions.

**FOR CHILDREN & TEENS**

**Essentials in Babysitting**
Learn to manage children, create a safe environment and apply basic emergency techniques. **9/26, 10/24, 11/14**, 9 a.m.–1 p.m. $50.

**Home Sweet Home**
Children (8-12) and their parents learn ways for children to stay at home alone. **9/26, 9-11 a.m.** Free.

**Kids Self-Defense**
Children (8-12) learn basic safety awareness and age-appropriate self-defense techniques. **10/24**, 9-11 a.m. $27.

**FREE SCREENINGS**

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Help Support the Hospital’s Ride to Conquer Cancer Team!

This two-day, 150-mile bike ride is a fundraiser benefiting The Johns Hopkins Sidney Kimmel Comprehensive Cancer Center and HCGH. The hospital team features physicians and staff who are taking this challenge to support cancer patients! Log onto the team website to sponsor us – we can’t do it without the support of our community! Visit hcg.org/conquer.

What inspired me to ride...

Nick Koutrelakos, M.D.: In honor of my father, and to reflect on those who have given me the strength to experience each day with courage and commitment. They have allowed me to put my life into proper perspective after practicing oncology for over 26 years.

Steve Snelgrove: To be an example as a hospital and community leader, and to honor my mother, a breast cancer survivor.

Peter Rogers: Supporting Johns Hopkins Medicine’s mission to treat cancer and vision to one day cure the disease.

Ryan Brown: In honor of my grandfather.

Debra Dennis: To make my friend a winner in the battle against cancer.

Eric Aldrich, M.D.: In honor of my mother.

Stacy Aldrich: In memory of my stepfather, my inspiration to become a nurse.

John Dunn: In memory of my father and so others don’t have to miss out on making memories. Read my personal story at hocowellandwise.org.

Kari Bernet: To connect with the hospital and my co-workers for a worthy cause.

Bill Chambers: In honor of my mother-in-law and in memory of family members I’ve lost.

Leslie Rogers: In honor of my mother and in memory of my family; and for the valiant work of the hospital’s cancer resource center.

Dave DiDonato: In honor and memory of family members who have fought the fight against cancer.

Steve Iampieri: In honor of my mother and the support provided by the hospital’s cancer resource center.

Keith Jackson: In memory of my parents, family members and a childhood friend who recently lost his battle with cancer.

Other HCGH riders include: George Groman, M.D.; Reza Alavi, M.D.; Harry Oken, M.D.; Maneet Sarai and Virginia Voight.

calendar 2015 of Events:

OCTOBER

17th Annual 50+ EXPO
Howard County Office on Aging
Friday, October 1/9 a.m. – 4 p.m.
Wilde Lake High School
Featuring exhibitors of interest to older adults, families, caregivers, care providers and professionals. Free. Call 410-313-6410 or visit howardcountyaging.org/50plusexpo.

Autumn Extravaganza
Saturday, October 3/6:30 – 10 p.m.
Marama Farms, Clarksville
To benefit the Claudia Mayer/Tina Broccolino Cancer Resource Center, this year’s event will feature delicious food by Iron Bridge Wine Company complemented by fine wines donated by Gus Kalaris of Constantine/Axios Wines. $100 per person. Email: AutumnExtravaganza@gmail.com.

Cancer Survivors Conference
The Johns Hopkins Sidney Kimmel Comprehensive Cancer Center
Saturday, October 10/12 – 4 p.m.
BWI Airport Marriott
Free annual conference for survivors and caregivers. Call 410-955-8934.

NOVEMBER

Howard Community College 5K Challenge Race
Sunday, November 1/8:30 a.m.
Howard Community College (HCC) Columbia Campus
HCC is partnering with HCGH and the Columbia Association. Proceeds support HCC’s student scholarship programs. Visit howardcc.edu/hccchallenge or call 443-518-1970.

Symphony of Lights
Exciting updates to this year’s event to be announced this fall at hcg.org/symphonyoflights.