Wellness Matters

YOU'RE IN THE RIGHT NEIGHBORHOOD FOR EXCELLENT HEALTH CARE

New Approach To Hip Replacement Has Patients Up and Walking

Benefits of Breast Reduction

Know Your Cholesterol Numbers

SPRING 2012
President’s Message

Dear Friends,

At Howard County General Hospital, we are always striving to streamline our systems and make coming to our hospital as positive an experience as possible for everyone who comes through our doors, be they patients, physicians, visitors or staff.

A new and exciting change that HCGH patients will experience in the not-too-distant future is the implementation of Epic, a medical software system that will integrate medical records across the Johns Hopkins Health System into one central database. This system will go live in June 2013 at both HCGH and Sibley Memorial Hospital, one of our sister hospitals. Health care providers will be able to consult one electronic source for ambulatory and inpatient medical records in order to keep track of patients as they move among many different departments and to other clinical sites.

The fact that HCGH and Sibley are the first hospitals in the Hopkins system to implement Epic illustrates the strength of and opportunity for collaboration among community hospitals in the Hopkins health system. With Epic, both hospitals will be able to streamline internal processes, transforming employee work routines as well as enhancing access to patient information for health care providers in the hospital or from their offices.

The adaptation of cutting-edge technology is just one of the many benefits that membership in Johns Hopkins Medicine has afforded us. As indicated in the results of a consumer perception survey conducted late last year, our neighbors confirmed that they are in the right neighborhood for excellent health care. While the hospital received high marks for numerous services, it ranked first for maternity, gynecology, orthopedics, ear, nose and throat, rehabilitation, and urology.

We are honored to have received such high praise from our community through this survey. We are very thankful for the opportunity to be your provider of choice in meeting your health care needs, and we value your continued support of the hospital, as your confidence in us validates the work we do every day.

In other recent accomplishments, the hospital was recognized for achievements in eliminating blood stream infections by the Critical Care Medicine Collaborative and the U.S. Department of Health and Human Services. In addition, the hospital received a three-year accreditation as a Community Hospital Comprehensive Cancer Program through the American College of Surgeons’ Commission on Cancer. You can learn more about these noteworthy awards on page 15.

I thank all our dedicated staff, physicians and volunteers whose tireless efforts to care for our patients and their families not only merit these awards and positive community comments, but also enable the hospital to continue to provide the excellent health care you should expect from HCGH.

Sincerely,

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

CONTENTS:

3 The Benefits of Breast Reduction
6 Wellness Classes
8 Giving Matters
12 Know Your Numbers
14 On the Board
15 Hospital News
16 Mark Your Calendars

Have you or someone you know benefited from Orthopedics, Urology,
Ear, Nose and Throat and/or Rehabilitation? Then please consider...
Women with large breasts are often plagued by back, neck and shoulder pain. For many, the discomfort can even limit physical activity. Breast reduction surgery is a solution if weight loss and physical therapy have been tried first and failed to resolve the pain.

How is Breast Reduction Performed?
“Breast reduction surgery is a two- to three-hour outpatient procedure performed under general anesthesia,” explains Dr. Sarah Mess, a plastic surgeon on staff at HCGH. “During this procedure, excess breast fat and tissue are removed, keeping the nipple intact, and the extra skin is removed and tightened. This gives patients a lift as well as a reduction. The goal is to have proportionate breasts and relieve discomfort.”

Am I a Candidate for Breast Reduction Surgery?
According to the American Society of Plastic Surgeons, the following are factors to help determine if you are a candidate for breast reduction surgery:
- Are you physically healthy?
- Do you have realistic expectations?
- Do you smoke?
- Are you bothered by the feeling that your breasts are too large?
- Do your breasts limit your physical activity?
- Do you experience back, neck and shoulder pain caused by the weight of your breasts?
- Do you have regular indentations from bra straps that support heavy breasts?
- Do you have skin irritation beneath the breast crease?
- Do your breasts hang low and have stretched skin?
- Do your nipples rest below the breast crease when your breasts are unsupported?
- Do you have enlarged areolas caused by stretched skin?

In addition, Dr. Mess recommends that breast-reduction candidates be 18 years and older with a stable bra size. “We have seen patients as young as 16 and up to their mid-70s,” says Dr. Mess. “Ideal candidates typically have a DD or larger bra size and are non-smokers. We also recommend women wait until they are finished having children and breastfeeding, as reduction could affect breastfeeding.”

For best results, Dr. Mess suggests that patients who plan to lose weight do so prior to having breast reduction surgery.

Added Benefits of Surgery
“We often find it challenging to get good mammogram images or do a comprehensive physical exam of women with large breasts,” says Dr. Lisa Jacobs, a Johns Hopkins breast surgical oncologist on staff at Howard County General Hospital. “We have to do mammograms in segments, which can mean from year to year the comparison of your mammogram is not exact. Furthermore, if there is something deep in the tissue, we could miss it. Having a breast reduction can help enhance screening and breast exams.”

“Some large-breasted women experience yeast infections and other skin conditions as a result of their breasts lying against the chest,” explains Dr. Mess. “By eliminating the skin overlap, breast reduction surgery removes the risk of infection.”

Postpartum Breast: Now and Later
April 11 / 7–8:30 p.m. Free.
Breast Reduction: Latest Advances and Medical Benefits
June 13 / 7–8:30 p.m. Free.
Both programs presented by Sarah Mess, M.D. and Lisa Jacobs, M.D. at HCGH Wellness Center. Register online at www.hcgh.org.

Weighing the Benefits of Breast Reduction
There are two common methods to perform this procedure: the traditional method or a minimally invasive technique known as an anterior approach,” explains Dr. Mess. “In traditional hip replacement, the surgeon will make one large incision that is eight to 10 inches behind the hip, disconnecting muscle connected to the femur and exposing your hip joint in order to insert the artificial joint.”

**Traditional Versus Anterior Approach**

In contrast to the traditional method, the direct anterior approach spares your tissue by allowing the surgeon to work between the muscles and tissues without detaching them from the hip or thigh bone. “During this procedure, the surgeon makes one small incision on the front (anterior) of your hip as opposed to the side or back,” explains Dr. Mess. “By sparing the tissue from trauma and using a smaller incision, this procedure can lessen the patient’s blood loss, ease pain following surgery, shorten your hospital stay, reduce the appearance of scars, speed healing and improve mobility faster. While patients typically experience pain the first couple of days, the recovery is much quicker with this procedure. I definitely notice how quickly they can get off the walker.”

Such was the case for Bruce, who underwent anterior hip replacement surgery on October 17, 2011. He left the hospital within days and went to a rehab center for five days before returning home. “When I woke up from surgery, the pain was gone. I couldn’t believe it,” recalls Bruce. Dr. Mess told Bruce the most important thing he could do was to walk. “I walk every day, and I feel great. I can walk without a cane and do not have any pain. I can go up and down stairs like it’s nothing. While I still have a slight limp, it keeps getting better, and Dr. Mess says it will be gone completely one day. Everyone in my neighborhood was amazed that I was up and moving so quickly.”

For Dr. Mess, the anterior approach to hip replacement is the preferred method on the right patient. “Bruce is like most of my patients following this procedure; most are well into their recovery at the two-week marker, whereas patients who undergo a traditional hip replacement may reach that point at two months,” says Dr. Mess, who stresses that like any surgical procedure, there are potential risks, and recovery time differs for each individual. “Talk to your physician to discuss the pros and cons in order to determine if hip replacement surgery is right for you.”

For 30 years, Bruce Barry, 62, of Columbia, Md., started his day by climbing into the seat of his truck to drive. In fall 2011, Bruce found himself in pain getting out of the rig after a long day and limping into his home every night.

“This went on for a couple of days until my leg just collapsed one night when I stood up,” recalls Bruce. “I went to the Howard County General Hospital emergency department, and the doctors did some tests.” An X-ray revealed that Bruce’s hip had degenerated, and he was referred to an orthopaedic surgeon. When cortisone failed to help, Dr. Charles Mess Jr., an orthopaedic surgeon on staff at HCGH, told Bruce he would need hip replacement surgery, which replaces diseased parts of the hip joint with new, man-made pieces.

According to Dr. Mess, there are several medical conditions that can lead to the breakdown of the hip joint and the need for hip replacement surgery. These conditions include severe and debilitating osteoarthritis, which is the most common cause, as well as rheumatoid arthritis, a chronic inflammatory disease that results in joint pain, stiffness and swelling.

“Your overall health and activity level are especially important factors when predicting if your hip replacement surgery will be a success,” explains Dr. Mess. “Those with chronic disorders or conditions that result in severe muscle weakness are more likely to recover much slower from hip replacement surgery. Also, people in poor health, those at a high risk for infections, those who have already had a hip replacement and morbidly obese patients are not good candidates for this surgery. However, patients with these problems are not excluded from joint replacement surgery.” According to the National Institute of Arthritis and Musculoskeletal and Skin Diseases, recent studies also suggest that those who have surgery before advanced joint deterioration occurs recover more easily and experience better outcomes.

**How is Hip Replacement Surgery Performed?**

Your hip joint is located where the top of the thigh bone (femur) meets your pelvis, or hip bone. The ball at the top of the femur fits in a socket in the pelvis to allow a wide range of motion. During hip replacement surgery, the ball portion and any damaged cartilage on the surface of the hip bone are removed before an artificial joint is attached to the femur.
After Alternative to Traditional Hip Replacement Surgery

“When I woke up from surgery, the pain was gone. I couldn’t believe it... I walk every day, and I feel great... Everyone in my neighborhood was amazed that I was up and moving so quickly.”

Dr. Charles Mess Jr. is an orthopaedic surgeon with Potomac Valley Orthopaedic Associates in Columbia. He specializes in orthopaedic sports medicine and joint replacement surgery.

The Anterior Approach to Hip Replacement

February 28 / 7–9 p.m. Free.
HCGH Wellness Center
Learn the latest techniques for treating hip arthritis and the benefits of the anterior approach in surgery. Presented by Charles Mess Jr., M.D.
Register online at www.hcgh.org

For a referral to an orthopaedic surgeon on staff at HCGH, visit www.hcgh.org or call 410-740-7750.
**Wellness Classes**

**HEALTHY FAMILIES**

### Maybe Baby?
**Health Issues to Consider Before Pregnancy**
Learn about important choices to consider when starting your family. Presented by Wenjie Sun, M.D. March 28, 7–8:30 p.m. Free.

### Prenatal Exercise
Taught by a certified instructor. Physician permission required. Thursdays, March 22–May 10, 6:30–7:30 p.m. $88/eight sessions.

### Maybe Baby?
**Financial Planning for New and Prospective Parents**
Learn about the financial aspects of being a parent. April 12, 7–9 p.m. Free.

### Prenatal Class for Early Pregnancy
Parents-to-be learn about pregnancy's early stages. April 18, 7–9 p.m. Free.

### Baby Signing
Learn 100 basic signs to help your baby communicate. March 24, 9–11:30 a.m. $40/person or $75/couple. Review DVD included.

### Happiest Baby on the Block
Parents and parents-to-be will learn techniques to quickly soothe baby. April 17, 7–9 p.m. $50 per couple (includes parent kits).

### Choose Your Pediatrician and Promote Your Newborn's Health
Learn ways to promote your newborn's health. Presented by Catherine Mailander, M.D. March 29, 7–8:30 p.m. Free.

**HEALTHY LIFESTYLES**

### Adult/Child/Infant CPR & AED
Earn a two-year American Heart Association completion card. This is not a health care provider course. February 21; March 1, 13 or 28; April 9 or 18; and May 3, 5:30–9 p.m. $55.

### Smoke-Free Lungs
Education and support for those wanting to quit or have quit. Attend one or all sessions. February 16, March 15 or April 26, 7–9 p.m. Free.

### Moving through Anger
Identify and learn to manage your anger triggers. April 17, April 24 or May 1, 7–8:30 p.m. $40.

### Couples Massage
Learn to reduce stress and promote well-being. Register by couple. Upper body: March 2, 7–9 p.m. Lower body: March 9, 7–9 p.m. $50 per couple for one class; $90 per couple for both.

### Advance Directives
Learn how to appoint or be appointed a health care agent. Leave with an Advance Directives document. March 8 or May 10, 6–7 p.m. Free.

### Health Check:
**Prostate Cancer Screening**
Includes PSA blood test. Colorectal kits available at the screening and April 23–27, noon–5 p.m. $7 for kits.

### Event: Anterior Approach to Hip Replacement
**February 28/7–9 p.m. Free.**
Learn the latest techniques for treating hip arthritis and the benefits of the anterior approach in surgery. Presented by Charles Mess Jr., M.D.

### Event: Custom Knee Replacement for Those with Arthritis
**March 1/7–9 p.m. Free.**
We will discuss the newest technology for patient-specific, custom-made knee implants. Learn more about arthritis, when it’s time to consider replacement surgery and the benefits of a custom prosthesis. Presented by Nick Grosso, M.D.

### Event: A Mind-Body Approach to Pain
**March 20/7–8:30 p.m. Free.**
Change your relationship with pain and alter the pain experience using the latest mind-body techniques.

### Event: Topic of Cancer
**April 26/4–7 p.m. $15.**
Prostate cancer screening including PSA blood test. Colorectal kits available at the screening and April 23–27, noon–5 p.m. $7 for kits.

### Event: Breast Reduction: Latest Advances and Medical Benefits
**June 13/7–8:30 p.m. Free.**
Presented by Sarah Mess, M.D., and Lisa Jacobs, M.D.

### Event: A Mind-Body Approach to Pain
**March 20/7–8:30 p.m. Free.**
Change your relationship with pain and alter the pain experience using the latest mind-body techniques.

### Event: Advance Directives
**March 9, 7–9 p.m. $50 per couple for Adult/Child/Infant CPR & AED.**
Learn how to appoint or be appointed a health care agent. Leave with an Advance Directives document. March 8 or May 10, 6–7 p.m. Free.

### Event: Smoke-Free Lungs
**Education and support for those wanting to quit or have quit. Attend one or all sessions. February 16, March 15 or April 26, 7–9 p.m. Free.**

### Event: Couples Massage
**Learn to reduce stress and promote well-being. Register by couple. Upper body: March 2, 7–9 p.m. Lower body: March 9, 7–9 p.m. $50 per couple for one class; $90 per couple for both.**

### Event: Advance Directives
**Learn how to appoint or be appointed a health care agent. Leave with an Advance Directives document. March 8 or May 10, 6–7 p.m. Free.**

### Event: Health Check:
**Prostate Cancer Screening**
Includes PSA blood test. Colorectal kits available at the screening and April 23–27, noon–5 p.m. $7 for kits.

### Event: Breast Reduction: Latest Advances and Medical Benefits
**June 13/7–8:30 p.m. Free.**
Presented by Sarah Mess, M.D., and Lisa Jacobs, M.D.

### Event: 3 Keys to Mastering Stress
**Learn to take control; build support systems; and incorporate physical activity, time management and relaxation techniques. March 21, 7–9 p.m. Free.**

### Event: To register for Childbirth and New Parent Classes, as well as for Sibling Tours and Birthing Center Tours, go to www.hcgh.org.

Online Registration: www.hcgh.org  •  Program Information: 410-740-7601  •  Registration advised for all programs
**Improving Your Health**

Living Well... Take Charge of Your Health
Chronic disease management program for those living with chronic conditions and caregivers. Wednesdays, April 18–May 23, 10 a.m.–12:30 p.m. 410-313-5980. $28.

Individualized Weight Loss Counseling
Discuss dietary concerns/goals with a registered dietitian. Payment required when appointment is scheduled. $35/half-hour visit.

Weight Loss through Bariatric Surgery
Learn about weight-loss surgery from Johns Hopkins Center for Bariatric Surgery, February 28, March 27 or April 24, 4–6:30 p.m. 410-550-0409 or www.hopkinsbayview.org/bariatrics. Free.

Nutrition and Cancer
Individualized counseling for those wanting to lower certain cancer risks or undergoing cancer treatment. $90.

The Mall Milers

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 maintenance 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 www.hcgh.org or call 410-740-7601.

Phase II Pulmonary Rehabilitation Program
Exercise and education to assist pulmonary patients with various forms of 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.

**FOR CHILDREN AND TEENS**

Kids Self-Defense
Children (8–12) learn basic safety awareness and age-appropriate self-defense techniques. March 3, 9–11 a.m. $27.

CPR for Teens
Teens (11–15) learn CPR & AED for adult, child and infant. Earn a two-year American Heart Association Heartsaver CPR completion card. March 31, 9 a.m.–12:30 p.m. $48.

Self-Defense for Young Women
Teens (12–15) learn physical and psychological strategies of self-defense. March 17, 9–11 a.m. $35.

Home Sweet Home
Children (8–12) and their parents learn safe, fun ways for children to stay at home alone. June 2, 9–11 a.m. Free.

**Improving with Age**

AARP Driver Safety
Classroom refresher for 50+ years. $12/AARP members, $14/others.

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

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

Fitness Fun for Seniors
Exercise to music at your own pace for ages 60+. $32.

**FREE SCREENINGS**

Family Vision and Hearing
March 21, 9–11 a.m.

Skin Cancer
May 22 and 24, 5–7 p.m. Dermatologist will examine one or two areas of concern.

**What Is Pre-Diabetes?**
Understand what pre-diabetes is and how to prevent/delay actual diabetes. March 7, 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 nurse educator how to manage diabetes. 443-718-3000.

Living with Diabetes
Learn from an endocrinologist, podiatrist, psychologist, diabetes nurse educator and dietitian. 443-718-3000.

Living with Diabetes: Executive Summary
Condensed version of Living with Diabetes offered in the evening. 443-718-3000.

**Wellness Classes Registration**

Register for HCGH’s Wellness Classes at www.hcgh.org
Advanced registration is advised for all programs at www.hcgh.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.

410-740-7601 – information
410-740-7750 – physician referral
410-740-7990 – (TDD)

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

**Online Registration: www.hcgh.org • Program Information: 410-740-7601 • Registration advised for all programs**
Foundation Chair’s Message

Dear Friends,

2011 marked my first year as chair of the Howard Hospital Foundation. In my initial message to you, I talked about what inspired me to join this organization—my appreciation for the superior health care offered by HCGH and my passion for community involvement. Six months in, it has already been a very rewarding experience for me to witness the generosity of so many of our neighbors who share my passion for giving to the hospital that gives so much to us. I am delighted to review the successes of the past six months and to thank you for your role in helping us get here.

We are pleased to welcome Sandy Harriman as the new vice president of development for HHF. With a proven record of success in cultivating relationships with key constituents as well as accomplishing fundraising goals and securing significant contributions, we believe Sandy will be a valuable addition to our organizations. Please join us in welcoming Sandy to the hospital and the foundation and wishing her success in her new role.

HHF also welcomed eight new members to our board of trustees this year. Within this new board, we formed committees that focus on major gifts, including corporate gifts and planned giving. New board member Larry Butera, along with Dick Lombardo, will also chair the first Invitational Golf Tournament on Monday, June 11, 2012, at Cattail Creek Country Club. We believe these new committees and the invitational golf tournament will put us on the right track toward our fundraising goals.

Since July 1, 2011, we have raised $1,519,065 for the Campus Development Plan, which includes our third $1 million gift—this most recent gift is from Dr. Sanford A. Berman and Dr. Kay Y. Ota-Berman. To date, we have $24,483,264 towards the $30 million goal. Nine more donors also reserved their place in HCGH history this year by purchasing paving stones for the Entry Garden.

This year, we enjoyed another record-breaking Fretz Autumn Extravaganza event for the Claudia Mayer Cancer Resource Center. Blinkin’ Binkies, a family friendly, walk-through event at the Symphony of Lights, exceeded expectations with a crowd of more than 1,500 participants.

As you will read in the following pages, the foundation also administers scholarships for aspiring nurses, funded by the Hoerichs Family. To date, we have been able to sponsor seven students in their nursing education at Howard Community College.

It is because of neighbors like you that I am able to recap the year’s many successes. I hope you will continue to give what you can to HCGH and strengthen the ability of the hospital to provide patients with high quality health care today and tomorrow.

With thanks,

Paul G. Skalny, Chair, Howard Hospital Foundation
In 2010, Jennifer Weinstein noticed that her 6-year-old daughter, Maddy, seemed to be having a lot of right-side weakness and was falling over more than usual. Jennifer decided it was time to see their pediatrician. Maddy was referred to Johns Hopkins for a CAT scan, and her family anxiously awaited the results that same evening.

“It’s never a good sign when the doctor takes the whole family into a special waiting room,” says Jennifer. “The doctor told us, ‘Madison has a brain tumor. She has cancer.’”

Maddy underwent surgery to remove most of the stage 1 tumor and had a second surgery a few days later. Following her surgeries, Maddy was transferred to Kennedy Krieger for almost three months to begin rehabilitation.

“After the first phase of her rehabilitation, we were referred to The Bolduc Family Outpatient Center at Howard County General Hospital for Maddy’s outpatient therapy,” Jennifer says. “We like that HCGH is so close to our home in Ellicott City and that we can receive all of her therapies in one location.”

Maddy receives occupational therapy, physical therapy and speech pathology at the JJAM Pediatric Gym in the Bolduc Center once a week, down from three times a week when she first visited the center. When Maddy came to the Bolduc Center, she had difficulty lifting her arm in front of her. Today, she can carry items and move her arm in all directions. Maddy uses the SaeboFlex—the “Terminator Hand,” as she calls it—to work on her grasping and motor skills. Jennifer says that one of Maddy’s biggest successes has been wearing sneakers for short distances without a brace.

“When we first began therapy, Maddy couldn’t put her feet flat on the ground,” explains Jennifer. “Now she says it feels weird to just wear sneakers without wearing a brace. It’s really nice to see her be able to do things that she was doing before the tumor. She’s an amazing human being and a normal, happy 7 year old.

“Andrea, Christine, Imelda and everyone at the center have been absolutely amazing with her,” Jennifer praises. “They are so flexible and accommodating with us, and we’re very happy with what they’ve accomplished in this short time.”

What’s In a Name? 
Naming Opportunities at HCGH

Naming opportunities allow HCGH to thank and recognize donors—whether they are individuals, corporations, foundations or organizations—with a lasting and tangible tribute at the hospital. The HCGH campus has a number of areas that have been designated for donor recognition. HHF prides itself on working with donors to develop a recognition opportunity that will be truly meaningful to the supporter.

The Pediatric Gymnasium within the Bolduc Family Outpatient Center was recently named for JJAM, a company owned by the four children of Evelyn and JP Bolduc who named the Outpatient Center with their gift to the hospital. John Bolduc of Coral Gables, Fla.; Anne Bolduc Jang of West Friendship; Jim Bolduc of Annapolis; and Mary Bolduc Glagola of Ellicott City took the cue from their parents in choosing a naming opportunity within the Outpatient Center for their own gift.

“Our parents have set the example and have taught us that we have a responsibility to the community. We wholeheartedly believe in giving back,” explains Mary Glagola.

“Each of us has young children, some of whom have needed physical, speech and occupational therapy. We appreciate what a state-of-the-art facility means to the family as well as the young patients. Anything we could do to make therapy appointments for young patients easier and, hopefully, more successful was important to us. Selecting the gymnasium as our area of choice was an easy decision for us.”

For more information on naming opportunities and charitable giving at HCGH, contact the Howard Hospital Foundation at 410-740-7840 or foundation@hchg.org.
Lasting Legacy of Parents’ Sacrifice & Values

For Mukesh and Varsha Majmudar giving to the Howard Hospital Foundation is more than a donation, it is a family affair. Recently the family made a $250,000 gift to the Campus Development Plan in honor of the sacrifices and accomplishments of their late parents and grandparents, Natver and Rama Majmudar and Govind and Sharada Parikh.

According to Mukesh Majmudar, the family’s patriarch and president/CEO of Star Hotels/Star Global Ventures, Natver Majmudar, who was born and raised in India, came from a very modest upbringing. “Although he could not complete high school, he was a leader with the courage to dream high and the ability to take a risk to fulfill those dreams,” says Mukesh. “Once Natver realized that his children would have better opportunities, he did not hesitate to spend his lifelong savings to send his children to America. Rama, although not formally educated, recognized the importance of educating her children. The only goal of their lives was to educate and infuse both strong values and character into their children so they could carve a better life for themselves.”

Govind and Sharada, on the other hand, grew up in an upper-class environment, but, according to Mukesh, they personified modesty in its fullest sense. “Govind was a community leader known for bringing people together and encouraging individuals of all ages to become involved in community service. Credited for creating a community bank, school and temples to support the community in India, Govind continued this work in the United States as well,” says Mukesh, who describes Sharada as an introvert who lived out the values espoused by her religion every day.

“Our parents’ incredible sacrifices and examples of helping others have paved the path for our success and seeds of philanthropy,” says Mukesh. “This is why there is no better way for us to recognize and celebrate their legacy than through a contribution in their memory for a cause that was so near and dear to their heart: health care. They believed character and health are more important than wealth and are among the very few essential ingredients for a successful life.”

“We chose Howard County because it is more than just a place; it is where our family achieved success beyond our imagination,” shared Varsha. “This is why we strongly believe it is our obligation to help the community which helped us grow. We cannot think of any better place to give back than to Howard County General Hospital.”

“Living in Howard County for more than a decade, we have seen firsthand the quality of care this hospital provides and the strides it makes to continue to improve its facility,” continues Mukesh. “We are excited not only to honor our parents but also to contribute to the ongoing success the hospital has exemplified.”

A Life-Changing Gift

In July 2006, after graduating from Louisiana State University with a biological sciences degree, Myra Njapau-Dove moved home to Maryland. Her mother had just undergone brain surgery, and Myra spent many hours by her mother’s bedside.

“The nurses who cared for my mother were my inspiration.”

“The nurses who cared for my mother were my inspiration,” says Myra. “Once I saw how they cared for and nursed my mother, I knew this is what I wanted to do.”

Because Myra’s mother was an employee at Howard County General Hospital, Myra was eligible to apply for The Hoerichs Nursing Scholarship through the Howard Hospital Foundation. The scholarship is awarded to employees of HCGH or their children for a maximum of two years and covers tuition, books and fees. To date, HHF has sponsored seven students in nursing education at Howard Community College.

Myra graduated from Howard Community College’s accelerated nursing program in July 2009. She sat for the National Council Licensure Examination for Registered Nurses (NCLEX-RN) in September and is now working as an RN at HCGH through the RN fellowship program. In the next year, Myra plans to attend graduate school and earn a master’s degree in advanced nursing practice. She hopes to one day become a nurse anesthetist.

“I cannot begin to express what this scholarship has done for me,” Myra says. “It has been a life-changer. Before being awarded the scholarship, I had to work part time to keep up with my living expenses. I could not afford textbooks; I borrowed the ones I could from the library. I owned one school uniform due to financial reasons. Simply put, the scholarship lifted a heavy burden off my shoulders. I was able to buy textbooks, another uniform and work less during school. Words cannot express how thankful I am to the Hoerichs Family for establishing this scholarship.”
Cindy Thompson had recently been diagnosed with stage 2 breast cancer and was leaving her first consultation at Maryland Oncology Hematology when she noticed an open door across the hall. It was the door to the Claudia Mayer Cancer Resource Center.

“I walked in and was immediately welcomed by Diane, who introduced herself to me,” says Cindy. “I was so dazed and disoriented that all I could say was, ‘Hi, I’m new.’ Without missing a beat, Diane said, ‘Well, New, sit down.’”

Since her diagnosis in May 2011, Cindy has taken advantage of many of the services that the CMCRC has to offer, including acupuncture, the information library, genetic counseling services and the on-site salon.

“The center is a wonderful resource for whatever you need,” Cindy explains. “If I want to do crafts, I can do crafts. If I want to read, I can read. Sometimes it’s just a safe place for me to go after receiving treatment to wait for my husband to pick me up.”

The CMCRC is able to offer services such as these because of the generous support of the community and donors. On November 10, a sellout crowd of more than 350 people attended the annual Autumn Extravaganza, the center’s signature fundraising event led by volunteer chairs Tina Broccolino, Carla Northrop and Mary Jayne Register. A large, all-volunteer committee produced the fun and festive evening, which included food donated by Carrabba’s Italian Grill and wine by Constantine Wines.

Thanks to lead sponsors including Apple Ford, The Albright Foundation, Howard County General Hospital’s Professional Staff, Nika’s Hair Studio and The Fretz Corporation, the event was the single largest fundraiser for the CMCRC in its history.

“The Autumn Extravaganza is such a big deal to us at CMCRC,” says Leslie Rogers, director of the CMCRC. “Because of the funds raised at the Autumn Extravaganza, we are able to launch new educational programs like Lunch and Learns; hold support groups; and keep our lending library up to date with the latest cancer-related publications, books and information.”

“Sometimes if I get lonesome, I just go to the center,” Cindy says. “From the moment I walk in, I feel so welcome.”

Because of events like Autumn Extravaganza, the CMCRC will continue to be able to serve every “New” who walks through their doors.

On August 5, 1984, Joan Benoit Samuelson made history as the world’s first women’s Olympic marathon champion. On April 29, 2012, TriColumbia Association and the Claudia Mayer Cancer Resource Center will be making history for the women of Howard County with the inaugural Iron Girl Columbia Half Marathon and Coed 5K. The first race of its kind in the Mid-Atlantic region, the Iron Girl event will be empowering women toward a healthy lifestyle while benefiting the CMCRC.

Joan Samuelson, an icon in the sport of running, is the face of the Iron Girl event. Blazing the way as a pioneer for women, Joan Samuelson has won the Boston Marathon twice and still holds the fastest times for an American woman at the Chicago Marathon and the Olympic Marathon. Running isn’t the only way that Joan has been a role model to women. She has given back to her community on many levels, and her passion for women’s health and fitness has distinguished Joan among her colleagues.

“I am excited and honored to have the opportunity to partner with TriColumbia Association and the Claudia Mayer Cancer Resource Center,” says Joan. “I hope that my personal experiences and background will inspire women to become Iron Girls as well as help raise awareness for these two remarkable organizations.”

For more information and to register for the 2012 Iron Girl Columbia Half Marathon & Coed 5K, visit TriColumbia.org or call 410-964-1246. Team CONQUER, the CMCRC’s athletic charity team, also has spots open for this race. Call 410-740-7570 or visit www.hcgh.org/TeamConquer to learn more.
Cholesterol can be both ‘good’ and ‘bad,’” explains Dr. George Groman, a cardiologist on staff at Howard County General Hospital. “Because having too much of one kind and not enough of the other can put you at risk for coronary heart disease, heart attack or stroke, it is important to understand the difference between the two and know the amount of each in your blood.”

**Good Versus Bad**

“Good cholesterol (HDL) helps keep the bad cholesterol (LDL) from building up on the walls of the arteries supplying blood and oxygen to your heart and brain. This build-up narrows the arteries and makes them less flexible—a condition called atherosclerosis. If a clot forms and blocks the artery, you can have a heart attack or stroke,” says Dr. Groman. While your body naturally produces LDL, your genes and the food you eat can elevate your LDL levels, putting you at risk. In addition to your HDL and LDL levels, it’s important to monitor your triglyceride level. You can have elevated levels of this fat, which is formed by your body, if you are overweight/obese, physically inactive, smoke, consume excessive amounts of alcohol and have a diet very high in carbohydrates. “Often, people with high triglyceride levels have high LDL and low HDL levels,” comments Dr. Groman.

**Testing**

The American Heart Association (AHA) recommends all adults age 20 and older should have a fasting lipoprotein profile—which measures total cholesterol, LDL (bad) cholesterol, HDL (good) cholesterol and triglycerides—once every five years if there are no other cardiac risk factors. “This test is performed after you fast for nine to 12 hours,” explains Dr. Cecily Agcaoili, a primary care physician on staff at HCGH. “To get a comprehensive picture of your heart disease risk, your doctor will factor in the reported total cholesterol, HDL, LDL and triglyceride levels as well as other risk factors including your age, gender, family history, if you smoke, have high blood pressure or diabetes.”

What is My Ideal Cholesterol Level?

According to the AHA, the following is a breakdown of what is considered an ideal cholesterol level and what to be on the lookout for:

**Ideal:**
- A total cholesterol level of less than 200 mg/dL
- An HDL level of 60 mg/dL and above
- An LDL level of less than 100 mg/dL

**Higher Risk:**
- A total cholesterol level of 200 mg/dL or higher
- An HDL level less than 40 mg/dL for men
- An HDL level less than 50 mg/dL for women
- An LDL level of 160 mg/dL and above
157

Resources in Our Community

According to Marilyn Smedberg-Gobbett, support network coordinator for WomenHeart of Central Maryland, a program of the National Coalition of Women with Heart Disease, being educated about heart disease, knowing your numbers—blood pressure and cholesterol—as well as your family history is vital. HCGH holds an ongoing WomenHeart Support Group that provides education and expert speakers. Call 443-854-8333 for information about group meeting times and locations.

Sign up to participate in Get Active Howard County, a 10-week, community-wide physical fitness initiative to increase awareness of healthy lifestyle habits and motivate people to engage in 30 minutes of moderate physical activity at least five days per week. For more information and to register your team starting March 10, 2012, visit www.wepromotehealth.org and click on the link for Get Active Howard County.

In April 2011, longtime friends of HCGH, Emmy Lou and Bill Volenick, dedicated a new cardiac exam bed in honor of a beloved doctor through the Howard Hospital Foundation. The donation came complete with a plaque that reads:

This ECHO bed was donated “with heartfelt thanks”
by Emmy Lou and Bill Volenick to honor cardiologist Jerome Hantman, M.D.

The Volenick’s relationship with HCGH and Dr. Hantman began in January 1982 when Bill experienced a heart attack during a “surprise” snowstorm. Dr. Hantman made his way to the hospital in more than a foot of snow to treat Bill. “To this day, Dr. Hantman quips that when he looks at Bill’s EKGs, he still sees snowflakes,” Emmy Lou laughs. “Dr. Hantman came and he conquered. We’ve been with him ever since.” The couple often jokes that Bill is a “frequent flyer” at HCGH. “We have a lot of strong ties to HCGH,” says Bill. The Volenicks have been generous donors since 1984 and are charter members of the Howard Hospital Foundation Legacy Society. “Dr. Hantman and HCGH have always been there for us. It’s nice to be able to give back when they have given us so much,” says Emmy Lou. March 30 is National Doctors Day. To honor your physician with a contribution to the Howard Hospital Foundation, call 410-740-7840.
Larry Butera
Board Member, Howard Hospital Foundation; President and Founder, L2 Integrated Solutions

Larry Butera has wasted no time developing plans to raise money for the Howard Hospital Foundation since joining the board in 2011. “Even having grown up in Howard County, I didn’t understand the needs or the economics of our community hospital. My assumption was the affiliation with Hopkins funded the hospital. I know now the importance of philanthropy and the critical role it plays,” says Larry Butera. “When I toured the NICU and saw babies as small as my fist in incubators that the foundation purchased, I was amazed. I have no doubt that once our community is aware of the hospital’s needs, they too will want to support the foundation.”

To that end, Mr. Butera is spearheading an exclusive, invitation-only golf event at Cattail Creek Country Club this summer to help expand the hospital’s reach to potential donors who are not currently philanthropic supporters. “From my perspective, the hospital is on a trajectory that started 15 years ago from a care delivery standpoint to be one of the top community hospitals in the country,” says Larry. “With the philanthropic support of our community, it will be a model hospital for communities around the country.”

Mr. Butera is president of L2 Integrated Solutions, a consulting firm working primarily with the DoD and Intelligence Community and associated companies located in Clarksville. He currently resides in West Friendship with his family. Mr. Butera is active in coaching youth sports in Howard County. He is an active member of the Navy League of the United States, Surface Navy Association and many professional organizations. In the previous year, Mr. Butera and his wife Jean have been active in supporting and raising funds for the Boys Hope/Girls Hope of Baltimore.

Clarita Frazier Dawson, M.D.
Board Member, Howard County General Hospital Board of Trustees
President, Howard County General Hospital Professional Staff

A member of the HCGH professional staff since 1995, Dr. Clarita Frazier Dawson is an anesthesiologist with Howard County Anesthesia Associates. She has served HCGH as chair of the Clinical Department Review Committee for anesthesiology. During her years of service, she has also been the director of obstetrical anesthesiology and participated in the performance review committee, which oversees aspects of care for HCGH.

Through her various leadership roles, she has seen HCGH function as part of the community, which she sees as one of the hospital’s greatest strengths. “The Wellness Center does a wonderful job of offering programs to educate the community, which enables patients to come and learn about new procedures,” says Dr. Frazier Dawson.

“We have also seen an increase in our services thanks to our affiliation with Johns Hopkins, which provides us with opportunities and resources that directly benefit our patients,” comments Dr. Frazier Dawson. “This partnership will pave the way in the future for HCGH to further standardize care and utilize best practices across the Hopkins system. From the implementation of electronic records in order to facilitate improved access to medical information to integrating families into the care of the patient to create more family centered care, HCGH follows the Hopkins model, which is focused on excellence in patient care.”

Dr. Frazier Dawson and her family reside in Glenelg.

David Williams
Board of Trustees, Howard County General Hospital; Chairman and Chief Executive Officer, Merkle Inc.

“I lived in Howard County for 20 years and have hundreds of employees who currently live here, so I wanted to get involved with an organization that had a great impact on the community,” says David Williams, CEO of Merkle, a custom relationship marketing agency for fortune 500 companies headquartered in Howard County.

“The hospital has the community’s pulse and is able to respond to new needs,” says David, who has seen HCGH’s quality of care and resources increase dramatically during his two years on the board. “The hospital’s numerous awards speak to our excellence, and our tie to Johns Hopkins Medicine plays an important part in that. There are many areas in which HCGH excels, and I believe the breadth of those specialties will only continue to expand over time.”

Mr. Williams currently serves on both the board of directors and executive committee of the national Direct Marketing Association. He resides in Annapolis.
New Professional Staff Officers Named for 2012

The HCGH Professional Staff has elected Clarita G. Frazier Dawson, M.D., as president of the professional staff for 2012. A member of the professional staff since 1995, Dr. Frazier is an anesthesiologist with Howard County Anesthesia Associates. She received her medical degree from the University of Maryland School of Medicine. Serving with Dr. Frazier Dawson will be oncologist Nicholas W. Koutrelakos, M.D., as vice president and nephrologist Mary Pieprzak, M.D., as secretary/treasurer.

HCGH Reaccredited as Community Hospital Comprehensive Cancer Program

HCGH has received three-year accreditation as a Community Hospital Comprehensive Cancer Program by The Commission on Cancer (CoC) of the American College of Surgeons. The hospital further received commendation by the CoC on seven key areas including prevention and early detection programs. This accreditation is a testament to the caliber of cancer services offered at HCGH. It also sends a strong statement to our patients that they will have access to the full scope of services required to diagnose, treat, rehabilitate, and support cancer patients and their families.

HCGH Receives Award for Preventing Bloodstream Infections

The U.S. Department of Health and Human Services and the Critical Care Societies Collaborative—composed of the American Association of Critical-Care Nurses, American College of Chest Physicians, American Thoracic Society and Society of Critical Care Medicine—presented Howard County General Hospital with a Sustained Improvement Award for Achievements in Eliminating Central Line-Associated Bloodstream Infections (CLABSI). HCGH is one of only 37 hospitals in the United States to receive this honor. These are the leading cause of health care-associated infections in acute care hospitals.

HCGH Ultrasound Department Receives Reaccreditation

The HCGH Ultrasound Department has successfully completed the re-evaluation process for the American College of Radiology (ACR). First accredited by ACR in early 2009, the unit, which covers obstetrical, gynecological, general, vascular, peripheral and cerebrovascular sonography, has received extended accreditation for an additional three years.
March
Cardiovascular Clinic
Saturday, March 3 / 11 a.m.–3 p.m. Free.
Center Court in The Mall in Columbia.
Walk-in. Registration not required. Visit our booths and speak with our physician experts. Participate in screenings including height and weight measurements, total cholesterol, glucose, blood pressure and body mass index.

Latino Health Fair
Saturday, March 10 / noon–4 p.m.
Wilde Lake Interfaith Center in Columbia.
Cosponsored by HCGH, Priority Partners, St. John the Evangelist Catholic Church, the Howard County Health Department and Alianza de la Comunidad. Receive numerous health screenings, clinical breast exams and HIV testing. Attend health presentations by Johns Hopkins physicians in Spanish and obtain educational information about cardiac risk, mental health, stroke awareness, diabetes, nutrition and physical activity.

Pretty In Pink Luncheon:
an official Blossoms of Hope event
Friday, March 30 / 11 a.m.–3 p.m.
Turf Valley Resort, Ellicott City. $50 per person.
Enjoy retail therapy with 70+ vendors; a luncheon with pink champagne; and a fashion show featuring Simply Divine Boutique, Growing Up Shoppe, Octavia II, and Lee Anderson. Proceeds benefit Claudia Mayer Cancer Resource Center. To register, call 410-423-0812 or visit bit.ly/gg5S5e.

April
CPR Across Howard County
Saturday, April 28 / 9 a.m.–noon. Free.
HCGH Wellness Center.
American Heart Association Family & Friends CPR for the adult and child victim. This course is for the community and is not a certification course. Register at www.hcgh.org.

TCA Iron Girl Half Marathon
Sunday, April 29
Columbia Town Center.
Join Joan Benoit Samuelson, the inaugural Gold Medalist in the Women’s Olympic Marathon, at the first Athleta Iron Girl Columbia Half Marathon. This inspirational all-women’s event is about empowering women toward a healthy lifestyle. Proceeds benefit Howard County General Hospital’s Claudia Mayer Cancer Resource Center. To learn more, call 410-740-7570 or visit TriColumbia.org.

May
22nd Annual Benefit Golf Classic
Monday, May 21 / 10:30 a.m.
Turf Valley Resort, Ellicott City.
Registration: 10:30 a.m., Lunch: 11 a.m., Tee time: noon
All proceeds from our Annual Benefit Golf Classic will benefit HCGH. Register now to secure your tee time by calling the Howard Hospital Foundation at 410-740-7840 or visit www.hcgh.org/benefitgolfclassic.

For a complete listing of all the Howard County General Hospital events, please visit www.hcgh.org.