Wellness Matters

SUMMER 2019

Shining Light on Surgery
New Minimally Invasive Surgical Options
A Patient’s Role in Recovery
Dear Friends,

It has been a busy winter filled with significant advances in the construction of our new building. Our new two-story addition of the hospital, which will add a new emergency room entrance and waiting area, a new inpatient Psychiatry Unit and a new Patient Observation Unit, is starting to take shape. Despite the weather this winter, we are on track to open the new space at the end of this year. You can keep track of our progress at hcghoftomorrow.org.

In this issue of Wellness Matters, we thank the many individuals and companies who donate to us every year. HCGH is fortunate to have the ongoing support of our donors who are committed to making HCGH the best hospital it can be. Please consider supporting the hospital and attend our Heroes in Health Care event in June honoring the heroic acts of HCGH staff. Read more on page 11.

Sincerely,

Steve Snelgrove
President
Preparing for Surgery

HCGH general surgeon Jennifer Schwartz, M.D., answers questions on what you can do to prepare for and recover from surgery.

Q: How can I properly prepare for surgery to reduce my risk of complications and infections?
Making healthy lifestyle changes will help improve your outcome. Eat a high protein diet and be in the best physical shape you can. The more active you are, the quicker you tend to bounce back. If you are overweight, losing even 5-10 pounds can have an impact on your healing.

Directly before surgery, the best way to lower risks is to follow the instructions your care team gives you carefully. Contact your surgeon or preoperative nurse immediately if you become ill before the procedure.

Q: Can smoking increase the risk of complications during and after surgery?
Yes. Smoking can increase your chance of wound infection, unplanned intubation, heart attack or stroke and slow wound healing. Nicotine causes blood vessels to constrict and decreases blood and oxygen flow that helps wounds heal properly. Smokers also face an increased risk of heart and lung complications like a heart attack or pneumonia from anesthesia. In abdominal surgery, specifically, smoker's cough increases the risk for hernia formation and recurrence. If you smoke, quit smoking at least 4-8 weeks before surgery and remain tobacco free for 4-6 weeks after surgery. This will give you the best chance of improved wound healing and decreased risk of wound infection.

Q: How can I be prepared on the day of the procedure?
Ensure that you fully understand the surgery and arrange for an adult to drive you home from the hospital. Do not eat or drink if you are instructed not to and check with your surgeon as to whether you should take your regular medication. Wear comfortable clothing and flat shoes and remove any body piercings. Bring a list of your current medications, completed insurance forms, photo ID and instructions regarding advance directives to the hospital. Finally, read your consent form carefully before surgery to ensure information is correct.

Q: How can I reduce the risk of complications on the day of surgery?
Be aware of the presurgical processes, and make sure the correct steps are being taken to ensure your safety. Staff should always ask for your name and birth date as well as check your ID bracelet before giving you any medication or performing a test or procedure. In the preoperative area, you will be asked to confirm the procedure and area on the body where it will be performed, and the location should be marked on your body prior to surgery.

Q: How do I ensure a healthy recovery?
Carefully read discharge instructions. Take pain medication only as instructed. When you no longer need it, dispose of it properly. It is normal to feel tired after surgery, and you can expect to need a nap in the middle of day. Balance the rest you need for healing with continued activity to avoid postoperative complications such as blood clots or pneumonia.
Seeing Cataracts Clearly

Cataracts are the leading cause of blindness in the world, but the condition can easily be corrected during a safe surgery. Yassine Daoud, M.D., an ophthalmologist with The Johns Hopkins Wilmer Eye Institute who is on staff at HCGH says, “Cataracts are so common that if you live a long life, you will develop a cataract at some point.”

What are cataracts?
Cataracts cause the lens of the eye to turn cloudy. As the condition progresses, opaqueness increases, and less light reaches the retina. In turn, your vision declines, and difficulties with sight will eventually interfere with your daily activities.

Understanding the Cause
Typically, cataracts occur after age 50. Women are more prone to developing them earlier, as are smokers. People who live in bright areas, near the equator or at high altitudes, are also at a greater risk. Additionally, the condition can be triggered by trauma to the eye, diabetes, corticosteroid medications or radiation treatment. Very rarely, patients can be born with the condition.

Corrective Treatment
“Cataracts must be corrected through surgery, and modern advances have helped make the procedure one of the safest in all of medicine. A lot has changed to allow us to fine-tune the procedure and provide even better outcomes with cataract surgery that not only removes the cataract but corrects vision,” Dr. Daoud says.

“With the introduction of newer ultrasound and laser surgery techniques in the last 10 years, the surgery became safer, faster and more predictable than ever before.”

– Yassine Daoud, M.D.

Cataract surgery is an outpatient procedure in which the affected lens of the eye is removed through a series of small, self-sealing incisions and replaced with a durable plastic lens that can be customized to suit the patient’s lifestyle and needs. In fact, Dr. Daoud notes, “Some lenses may even minimize or eliminate the need for glasses post-surgery in upwards of 80 percent of patients.” While the surgery used to take hours, current technology has made it possible to perform the procedure in under 10 minutes.

Recovering from Surgery
After surgery, patients can resume regular day-to-day activity. “People in Howard County like to be active,” says Dr. Daoud, “and while all patients heal differently, the vast majority can briskly walk the day after surgery.”

Those recovering from eye surgery should avoid rubbing the affected eye and will administer antibiotics in the eye to avoid infection.

What does vision look like after surgery?
Most patients will have good vision within days, and patients will achieve their best vision within a couple of weeks. Corrective glasses, if needed at all, are prescribed three to four weeks after the procedure.

CATARACT FACTS:
1. Untreated cataracts will always get worse, not better.
2. No matter how bad a cataract is, it can always be corrected.
3. After surgery, the cataract will not reoccur.
Gallbladder Disease: Risks, Symptoms and Treatments

Steven Cunningham, M.D., a general surgeon on staff at HCGH, discusses common symptoms associated with gallbladder disease and how it is treated.

Q: What is gallbladder disease?
The gallbladder is a sac located under the liver which stores and concentrates bile. When working properly, the gallbladder delivers bile into the small intestine to aid in the digestion of food, especially fatty foods. However, a variety of factors can cause that bile to crystalize into gallstones. Simply having gallstones, however, is not reason enough to remove the gallbladder. Approximately 15 percent of people in the U.S. have gallstones, of which only about 15-21 percent will have symptoms of those stones and need to consider having their gallbladder removed. More uncommon reasons to remove the gallbladder include cancer or functional gallbladder disorder (FGBD, also commonly known as biliary dyskinesia).

Q: What are the symptoms?
Gallbladder disease causes biliary pain, which is defined as episodic—not constant—pain in the upper right abdomen near the ribcage. Sometimes pain can radiate to the back and often occurs after eating, especially after eating fatty foods, and recurs often but not typically daily. Biliary pain is not relieved by bowel movements, changes in body position or taking an antacid and is not explained by another diagnosis. Nausea and vomiting are also common. You should see your doctor when these symptoms become severe enough to interfere with your activities of daily living or go to the Emergency Department if you have fever, sweats, chills (all of which can indicate infection), dark urine, light stools, yellow eyes (which can indicate biliary obstruction), or pain that is particularly severe or doesn’t resolve.

Q: Who is most at risk for developing gallbladder disease?
Risk factors for having gallstones include being female, age (40-50 is most common but they can occur at any age), pregnancy, a high-fat diet, fasting, rapid weight loss and obesity.

Q: How is it diagnosed and treated?
The initial imaging test for patients experiencing symptoms is typically an ultrasound. If gallstones are identified and are causing significant pain or a blockage, the gallbladder is generally removed, usually laparoscopically. If a mass or issue other than gallstones is discovered during the ultrasound, additional tests and treatment may be needed.

Q: What is recovery like after gallbladder removal?
Your gallbladder is not necessary to live a healthy life, and your body can function well without it. Typically, you can resume normal activities, and most people do not have to adhere to any dietary restrictions. Some patients experience looser bowel movements initially, but this generally resolves within a month or two. If you had your gallbladder removed through the most common minimally invasive surgical method, recovery is quicker.
Advances in Treating Back Pain

Traditional invasive spine surgeries can now be done using minimally invasive techniques that are newly offered at HCGH. Johns Hopkins Chief of Minimally Invasive Spine Surgery, Amit Jain, M.D., adds, “These techniques have allowed us to achieve excellent results that maximize patient safety and can frequently be done in an outpatient setting—often without the use of opioid prescription pain medicine during recovery.”

Spinal Stenosis
Lumbar spinal stenosis is a debilitating but common condition in which the spinal cord or nerves become compressed or pinched by the narrowing of the spinal canal. It can cause pain and discomfort in the back and legs, as well as numbness and tingling in the feet. Other red-flag indicators include trouble moving and bladder or bowel problems. If left untreated, spinal stenosis can lead to irreversible nerve damage.

When considering a diagnosis, your doctor may recommend tests including an X-ray, MRI and/or CT scan to evaluate the bones and nerves in your spine. After diagnosis, the severity of the compression informs the best course of action. Nonsurgical options such as physical therapy and nonoperative injections can help in mild cases. In cases of moderate to severe stenosis, the pressure causing the pain and discomfort may be relieved using a surgical procedure.

Surgical options for stenosis offered at HCGH are varied and include minimally invasive procedures. “Patients are often scared and think they need spinal fusion,” says Dr. Jain, “but it isn’t always the right answer. Many times, decompression alone, where we remove small sections of bone and bone spurs is very effective. This strategy results in lower risk for complications and faster recovery time.”

Following stenosis surgery, you will quickly experience relief. “Leg pain, numbness and tingling should resolve fairly rapidly,” says Dr. Jain, “and you can resume normal activities within six weeks to two months.”

Cervical Myelopathy
Cervical myelopathy is a silent and often painless condition caused by pressure on the spinal cord in the neck. It can result from trauma, congenital stenosis, degenerative disease or disc herniation. “Myelopathy is often the reason why many patients develop numbness and tingling in their hands and weakness in grip strength,” says Dr. Jain. The condition can also cause balance problems and pain in the neck and arms.

These symptoms are reversible with timely diagnosis and treatment. The condition is confirmed with an MRI, and surgery is often recommended. Some nonsurgical treatments such as physical therapy, medication and bracing may be very useful for treatment of mild cases. Cervical myelopathy that progresses poses the risk of irreversible damage to the spinal cord.

The most common surgery is anterior cervical discectomy and fusion. During surgery, a spinal disc is removed from the front of the neck through a one-inch incision and replaced with an artificial device that stabilizes the spine. The surgery boasts a 90-percent success rate, and you can expect to experience a dramatic improvement in symptoms.

Physical Therapy for Stenosis
“The main purpose of PT is to address pain and difficulty walking,” says HCGH Physical Therapist Thomas Costa, MSPT. “We build an individualized program of increasing movement so that patients can tolerate more activity. We focus on activities to increase flexibility—finding movements they can do that are not irritating and build a structured walking program. We meet them where they are and find a way to get them walking more often and longer in total—even if in smaller segments—increasing the total amount they move.” PT success depends on the degree of stenosis, a patient’s lifestyle and any underlying issues.
TOOLS YOU CAN USE TO KEEP YOUR SPINE HEALTH IN-LINE
from HCGH Physical Therapist Thomas Costa

MOVE! The body is designed to move. Inactivity plays a huge role in back and neck pain. Did you know that after 45 minutes of sitting, back pressure almost doubles in your lower back? Set a timer on your cell phone as a conscious reminder to get up and move.

Most problems I encounter with patients are from a LACK of movement—not from too much.

Sit UP Many people have poor body awareness—they don’t realize they are slumped in their posture. Poor posture can cause a host of issues including neck pain, thoracic pain, decreased lung capacity (because you are hunched over reducing your lungs ability to completely inflate) and a decrease in your grip strength—just to name a few.

When you are staring at a monitor, your posture is static, and you are not moving. Your best posture is your next posture. Every few minutes, move your neck and scan with your eyes in the distance.

The root cause of back pain for most patients I see isn’t from a single event but instead from an accumulation of lifestyle, static sitting, lack of flexibility and decreased movement awareness.

Our Role If you have been referred for physical therapy, before treatment a physical therapist will examine you, determine what movements you can tolerate and evaluate your strength, flexibility, posture and body mechanics.

One of the most valuable things we do is to educate people on their pain, prescribe strengthening exercises and therapy that increase their mobility and flexibility and teach them how to move with less or no pain.

Treating and Resolving Ankle Arthritis

Arthritis is a common condition that can cause pain, deformity and destruction in joints all over the body. When it affects the ankles, the impact to mobility can be particularly debilitating.

Arthritis is degeneration of the cartilage in a joint. Arthritis can cause pain, swelling and reduced mobility. When arthritis occurs in the ankles, walking and bearing weight on the ankle can be extremely painful. Nigel Hsu, M.D., a Johns Hopkins foot and ankle surgeon on staff at HCGH, notes that in the case of ankle arthritis, “the pressure of your whole-body weight on the small surface area in your ankle can cause significant pain and deformity when you walk.”

Arthritis becomes more common with age and is more likely to affect women than men. Genetics, weight, injury and past infections are all risk factors for developing arthritis.

Treatment Options

The treatment course for ankle arthritis depends on the symptoms. “If the pain isn’t excruciating and you are able to move, anti-inflammatory medication, activity modification and bracing are usually the first treatment and can be extremely beneficial. Even for more advanced arthritis, we can provide custom braces to eliminate bone-on-bone grinding that causes arthritic pain” says Dr. Hsu. Cortisone injections can also help reduce the swelling and provide temporary relief.

“When the pain is intolerable and the ankle is affecting day-to-day activities, it is time to consider surgery,” says Dr. Hsu. There are two types of surgery that provide relief to patients suffering ankle arthritis:

Ankle Arthrodesis: The diseased joint is removed for the bones to fuse together. The goal is to improve pain while eliminating ankle motion. Ankle fusion is durable and is a great option for patients with physically demanding jobs. The neighboring joints can become worn out from compensating for the lack of motion in the ankle.

Total Ankle Replacement: Metal and plastic implants are used to replace the diseased ankle joint. The goal is to improve pain while preserving ankle motion so the surrounding joints are protected from increased wear. This treatment is becoming popular with newer techniques and implants.

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The Tingle of Carpal Tunnel

It is that feeling that often wakes you from your sleep. It is that tingling and stinging sensation in your fingers as if they had fallen asleep. Is it carpal tunnel syndrome?

Caused when the median nerve that runs down the arm to the hand is compressed in the opening between the wrist and palm, carpal tunnel syndrome is a common condition. According to Sophie Strike, M.D., a Johns Hopkins hand surgeon on staff at HCGH, “The large median nerve travels through a narrow channel surrounded by bone on three sides called the carpal tunnel. When the tendons surrounding the nerve swell in an already tight tunnel, the nerve can be pinched resulting in numbness, tingling and pain in your first three fingers: thumb, index finger and middle finger.” It is typically only in one hand but can be in both.

Causes of carpal tunnel syndrome are often a result of a repetitive motion but can also be a result of pregnancy, thyroid or diabetes, or happen randomly.

Diagnosing and Treating

“While diagnosis is often made using a patient’s history and physical exam, to confirm a diagnosis of carpal tunnel syndrome, we can do a nerve conduction study to see if the nerve slows down at the carpal tunnel,” notes Dr. Strike.

“Nonsurgical treatment is always tried initially. You can wear wrist splints at night to keep the wrist straight, and cortisone injections that can locally improve swelling can be administered. Nonsteroidal anti-inflammatory drugs (NSAIDs) — pain relievers such as ibuprofen that reduce pain and inflammation— may also provide relief. If you have significant symptoms lasting more than six months or are starting to have muscle weakness in your hand, you should consider hand surgery to alleviate your symptoms.”

Carpal tunnel release surgery is an outpatient procedure performed through a small incision in your palm during which the surgeon opens the ligament to give the nerve more space. Dr. Strike adds, “Your fingers will be free to use after surgery, and you may experience some tenderness around the incision in your palm. However, typically within two-to-four weeks, you can return to all activities.”

Carpal tunnel syndrome can reoccur but commonly after 10 to 15 years as a result of scar tissue formation.

If you are experiencing symptoms, see your physician, as many conditions can be mistaken for the syndrome. “Sometimes people who have a pinched cubital tunnel nerve in the elbow will have similar sensations but in the pinky and ring finger. Neck problems can also mimic the symptoms of carpal tunnel syndrome,” says Dr. Strike.

Sophie Strike, M.D., is a hand surgeon with the Johns Hopkins Musculoskeletal Center in Columbia.

Appointments: 443-997-6754
Awards:

Johns Hopkins 2018 Clinical Awards

The awards program, established by the Office of Johns Hopkins Physicians, honors physicians and care teams for their commitment to the mission of Johns Hopkins Medicine and their consistent dedication to providing excellent patient care. Congratulations to the HCGH recipients:

**Physician of the Year Award:** Eric Schwartz, M.D.

**Innovations in Clinical Care Award:** Clarita Dawson, M.D., Gregory Kim, Isha John and staff

**Armstrong Award for Excellence in Quality and Safety:** Robert Linton, M.D., Jeanette Nazarian, M.D., Suchi Saria, M.D., and Anirudh Sridharan, M.D.

**Excellence in Service and Professionalism Award:** Ajay Gangalam, M.D.

**Clinical Collaboration and Teamwork Award:** Mindy Kantisper, M.D., Danielle McQuigg, Tiffany Mast and staff

**Best Consulting Physician Award:** Andrew Weiss, M.D.

The Daily Record’s 2018 VIP List of Very Important Professionals Successful by 40

Elizabeth Edsall Kromm, HCGH vice president of Population Health and Advancement

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INTRODUCING

New Johns Hopkins Services in Columbia

The Johns Hopkins Musculoskeletal Center, now open in Columbia, will treat orthopedic injuries and conditions and provide physical therapy and pain management. The Johns Hopkins Rehabilitation Network at Columbia will offer physical, occupational and speech therapy for conditions such as stroke, neuromuscular diseases and lymphedema. The centers feature a diverse group of Johns Hopkins physicians and therapists that work together to bring you the right diagnosis and treatment at the right time. All adult outpatient physical, occupational and speech therapy, which has taken place in HCGH, will now be offered in this new center, located adjacent to the hospital campus.

Charter Building
10700 Charter Drive, Suite 205
Columbia, MD 21044

Appointments:
Adult physical therapy (pain or orthopedics): 443-997-6754
Adult physical, occupational and speech therapy (other conditions): 443-997-5476

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Congratulations to our HCGH Top Docs

The following physicians on the staff at HCGH were named 2018 Top Docs by Baltimore magazine:

**CARDIOLOGY:**
- **ELECTROPHYSIOLOGY**
  - Ajay Soodan, M.D.
- **INTERVENTIONAL**
  - Jon Rodney Resar, M.D.

**ENDOCRINOLOGY**
- Heidi A. Karon, M.D.

**FAMILY MEDICINE**
- Elizabeth Bower, M.D.

**GENERAL GASTROENTEROLOGY**
- Rudrajit Rai, M.D.

**CLINICAL GENETICS**
- Carol L. Greene, M.D.

**INTERNAL MEDICINE:**
- **GENERAL**
  - Harry Oken, M.D.

**HEMATOLOGY**
- Nicholas W. Koutrelakos, M.D.

**NUCLEAR MEDICINE**
- Stuart A. Rabinowitz, M.D., Ph.D.

**ORTHOPEDICS:**
- **GENERAL**
  - Morris Brian Polsky, M.D.
  - Scott L. Silverstein, M.D.

**PATHOLOGY**
- Jonathan I. Epstein, M.D.

**PODIATRY** *(non M.D.)*
- Marc Lipton, DPM

**PEDIATRICS:**
- **PEDIATRIC CARDIOLOGY**
  - William Reid Thompson, M.D.
- **PEDIATRIC ENDOCRINOLOGY**
  - Barry J. Reiner, M.D.
- **PEDIATRIC NEUROLOGY**
  - Edward S. Gratz, M.D.
- **PEDIATRIC PULMONOLOGY**
  - Laura M. Sterni, M.D.
- **PEDIATRIC SLEEP MEDICINE**
  - Laura M. Sterni, M.D.
- **PEDIATRIC SPORTS MEDICINE**
  - Scott M. Adams, M.D.

**PEDIATRIC SURGERY:**
- **GENERAL**
  - David J. Hackam, M.D., Ph.D.
  - Isam Waddah Nasr, M.D.
  - Dylan Stewart, M.D.

**Women’s Health:**
- **GYNECOLOGIC ONCOLOGY**
  - Kimberly L. Levinson, M.D.
  - Rebecca Lynn Stone, M.D.

**UROGYNECOLOGY**
- Conrad J. Duncan, M.D.
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to our community and sponsors!

SYMPHONY OF LIGHTS
benefiting
HOWARD COUNTY GENERAL HOSPITAL

Thank You presented by
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Howard Community College • Howard County General Hospital Professional Staff
KIMCO Realty Corporation - The Village Center Merchants at Dorsey’s Search, Harper’s Choice, Hickory Ridge, Kings Contrivance, River Hill and Wilde Lake
Merriweather Post Pavilion • MyGym • SECU • Wegmans

Symphony of Lights Highlights by the Numbers:

Nearly $500,000 GROSS FUNDS Raised to benefit HCGH

314,000 LED light bulbs shone in the light displays

4,100 Facebook page likes

4,800 (A record!) Guests attended the Festive Families Walk

“Partnering with the Symphony of Lights and Howard County General Hospital provided Johns Hopkins Medical Imaging an opportunity to connect with our patients. Through our participation, we were able to share in seeing all the smiling families together around the holiday season.”

—Tom Marshall, Johns Hopkins Medical Imaging

THANK YOU to the community members who supported HCGH by driving through the lights, attending Festive Families or volunteering.
Sweet Event Supports HCGH Once Again

Michelle and Bill Kupiec, owners of Kupcakes & Co., supported HCGH for the seventh year in a row through their annual Kupcakes with Santa event. Staff donated their time, and combined with all sales, nearly $5,000 was raised to fund their pledge for the purchase of equipment for the Pediatric Rehabilitation Gym at the hospital.

“We toured the HCGH pediatric gym and wanted to help them grow, just as our county is growing,” says Michelle Kupiec. “We decided our next Pay-it-Forward project should directly benefit the children treated in the gym. By helping the hospital purchase specific equipment, we knew it would directly impact their daily needs. We love knowing that what we are donating can make a big difference in the lives of these children.”

Kupcakes & Co. also donated $15,000 in 2015 to purchase a vein viewer for use in the HCGH Pediatric Emergency Department.
Thank You

While our space here is limited, please know our gratitude is not. Below we gratefully acknowledge those who made gifts of $1,000 or more between January 1 and December 31, 2018.

Howard Hospital Foundation wishes to thank all our philanthropic supporters. These generous contributions ensure our continuing success in providing quality patient care and delivering the promise of health to all of Howard County.

$1,000,000 – $5,000,000
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Kay Y. Ota-Berman†
and Sanford A. Berman
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Susan Lancelotta
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in memory of our parents
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† Deceased
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Recognizes donors who have demonstrated a commitment to the health and wellness of Howard County by giving $100,000 or more to support the hospital’s efforts.

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Blossoms of Hope,
  The Howard County Cherry Tree Project
Shirley Bossom†
Tina and Victor Broccolino

Howard Hospital Foundation inducted inaugural members into the Jim Rouse Visionary Society during an event in September 2018.

(l. to r.) Paul Skalny, chairman of the Howard County General Hospital board of trustees, Steve Snelgrove, president of Howard County General Hospital; Evelyn Bolduc and J.P. Bolduc, inductees into the Jim Rouse Visionary Society; Vic Broccolino, former president and CEO of Howard County General Hospital.

Mary and Thomas Knott†
Donald Miller†
Clare Openshaw
Grace and John Payne
Eileen and David Powell
Joan Reisfeld
Emmy Lou and William† Volenick
F. Jean Warthen†
Karen and John Whiteside
Eugene “Pebble” Willis†

Jim Rouse Visionary Society Recognizes donors who have demonstrated a commitment to the health and wellness of Howard County by giving $1 million or more to support the hospital’s efforts.

Kay Y. Ota-Berman†
and Sanford A. Berman
Lundy Family Foundation
Howard County General Hospital Volunteer Auxiliary
Howard County Government
The Bolduc Family Foundation
The Horizon Foundation
The Rouse Company Foundation
W.R. Grace Foundation

PNC Bank
Eileen and David Powell
Quest Diagnostics
Hillery and Alton Scavo
Security Development
Shade Construction Company
Sodexo
The Columbia Bank
The Herman & Walter Samuelson Foundation
The Kahler Foundation
The Rylang Group
U.S. Foodservice
F. Jean Warthen†
Wells Fargo Bank
Karen and John Whiteside
Whiting-Turner Contracting Company
Julie and Jim Young

Legacy Society members who have named Howard County General Hospital in their will, trust, life insurance or retirement account and have notified the Howard Hospital Foundation of their intent include:

Vivian C. “Millie” Bailey
Kay Y. Ota-Berman†
  and Sanford A. Berman
Shirley Bossom†
Jean Hartman
George Huber

Mary and Thomas Buescher
Cardiovascular Specialists of Central Maryland
Chanceland Farm
COLA
Constellation,
  An Exelon Company
Dancel Family Foundation
Davis, Agnor, Rapaport & Skalny
Mim and Steve Dubin
Susan and Robert Fischell
Fred Frederick Family Foundation/
  Betty Anne and Fred Frederick
Mary and Kingdon Gould Jr.†
Fern and Wilson Hoerichs
Norma E. and Roger Hoff Sr.
H. Elizabeth and Peter Horowitz
Howard County Anesthesia Associates
Howard County General Hospital Professional Staff
George Huber
Cynthia and E. Wayne Jackson
JJAM Enterprises
Johns Hopkins Emergency Medical Services
JPB Partners
Charles T. and Mary S. Langmead
Leach Wallace Associates
Mary Agnes and Fred T. Lewis
LG-TEK
M&T Bank
Macy’s
Majmudar Family Foundation
Moira Mattingly and Jeff Leco
Dorothy and W. Brian McGowan
Charles Miller Jr.
Donald Miller†
Dessie and James† Moxley Jr.
Judy and William Munn
Carla and Creig Northrop
  and The Northrop Team
Janet and Harry Oken,
  Painted Veil and Rounders
  Movie Premiere
David Paul
Grace and John Payne
Christina and Don Pistorio

Leadership Council
Recognizes donors who have demonstrated a commitment to the health and wellness of Howard County by giving $100,000 or more to support the hospital’s efforts.

Anonymous
Apple Ford Lincoln
Vivian C. “Millie” Bailey
Bank of America Merrill Lynch
Blossoms of Hope,
  The Howard County Cherry Tree Project
Shirley Bossom†
Tina and Victor Broccolino
Patricia and Thomas Buescher
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Howard Hospital Foundation inducted inaugural members into the Jim Rouse Visionary Society during an event in September 2018.

(l. to r.) Paul Skalny, chairman of the Howard County General Hospital board of trustees, Steve Snelgrove, president of Howard County General Hospital; Evelyn Bolduc and J.P. Bolduc, inductees into the Jim Rouse Visionary Society; Vic Broccolino, former president and CEO of Howard County General Hospital.

Mary and Thomas Knott†
Donald Miller†
Clare Openshaw
Grace and John Payne
Eileen and David Powell
Joan Reisfeld
Emmy Lou and William† Volenick
F. Jean Warthen†
Karen and John Whiteside
Eugene “Pebble” Willis†

Jim Rouse Visionary Society Recognizes donors who have demonstrated a commitment to the health and wellness of Howard County by giving $1 million or more to support the hospital’s efforts.

Kay Y. Ota-Berman†
and Sanford A. Berman
Lundy Family Foundation
Howard County General Hospital Volunteer Auxiliary
Howard County Government
The Bolduc Family Foundation
The Horizon Foundation
The Rouse Company Foundation
W.R. Grace Foundation

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Wellness Classes

SPECIAL EVENTS

When Back Pain Keeps Coming Back

So many suffer from back pain caused by a variety of factors including injury, arthritis or degenerative disc, or muscular strain. Join Johns Hopkins spine surgeon Amit Jain, M.D., for an informative discussion about back pain causes and treatments as well as solutions ranging from medical management and physical therapy to pain management techniques and new surgical options. Held at the HCGH Wellness Center. 4/24, 6:30 - 8 p.m. Free.

Advanced Care Planning

Our staff will help you think through your care wishes, complete an advance directive and electronically store your documents for providers to access. An advance directive assigns a health care agent who will speak for you should you be unable to communicate. It can also include a living will, a document that communicates your health care wishes. Already have an advance directive? Having your advance directive on file at the hospital allows providers to follow your wishes if you are ever at the hospital and unable to communicate. Walk-in, first-come, first-serve. Registration not required. Held at Trellis Center, 10760 Hickory Ridge Road, Columbia on the third Thursday of each month. 3 – 7 p.m. For more information, contact 443-518-6684 or kshelto7@jhmi.edu. Free.

Hope Cares Wellness Screening

Screening includes risk assessment for prediabetes and stroke; blood pressure and BMI measurement and resources for healthy living. Held at Hope Bible Church, 9112 Guilford Rd., Columbia. 3/30, 9 a.m.–2 p.m. Free.

Youth Mental Health First Aid

This program is designed to teach parents, teachers, school staff, neighbors, health and human services workers and other caring citizens how to help an adolescent (age 12–18) who is experiencing a mental health or addictions challenge or is in crisis. For those who live or work in Howard County. Held at St John Baptist Church, 9055 Tamar Dr., Columbia, MD. 3/30, 8:30 a.m.–5 p.m. Free.

Mental Health First Aid

This nationally recognized course will familiarize you with the signs, symptoms and frequency of mental illness. Learn how you can provide effective and appropriate assistance, which can save lives, promote recovery and reduce stigma. For those who live or work in Howard County. Held at the HCGH Wellness Center 4/19. Held at the HCGH Patient Pavilion 1 Classroom 6/7. 8:30 a.m.–5 p.m. Free.

Healthy Families

New Moms Support Group

Open to first-time mothers who delivered at HCGH and their babies, up to 5 months old. Share experiences with other new moms. Includes support, referrals, guest speakers and discussion of parenting topics. Held at Slayton House, 10400 Cross Fox Lane, Columbia. Thursdays, 4/18 – 6/6, 11:30 a.m.–1 p.m. Free.

Skin Cancer Screening

Our dermatologist will examine your area of concern. Due to time required, screening does not include a full body check. Claudia Mayer/Tina Broccolino Cancer Resource Center at HCGH, 10710 Charter Drive, Suite G050, Columbia. 5/14, 5–7 p.m. Free.

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Ongoing Support Groups: Visit hchg.org/events or call 410-740-7601 | Cancer Support Groups: Call 410-740-5858
HEALTHY HEART & LUNGS

Family & Friends CPR
Learn the lifesaving skills of adult hands-only CPR; child CPR with breaths; adult and child AED use; infant CPR; and relief of choking in an adult, child or infant. This course provides students with the most hands-on CPR practice time possible and is appropriate for anyone interested in learning the skills to save a life. This course is not for health care providers or anyone needing a professional certification or completion card. Held at Slayton House, 10400 Cross Fox Lane, Columbia. 4/24, 5/1, 6/25 or 7/29, 6-9 p.m. $45.

GET HEALTHY WITH DIET & EXERCISE

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

Dietary Counseling
Discuss your dietary concerns and goals with a registered dietitian. $40 for a half-hour visit. For dates, times, and location, visit hcgh.org.

CLASS LOCATIONS HAVE CHANGED
Please see class description for location.

REGISTRATION
hcgh.org/events – online registration
410-740-7601 – information
410-740-7750 – physician referral
410-740-7990 – TDD
Advance registration is advised for all programs unless noted. Payment due at registration. A $25 cancellation fee will be applied to cancellations made less than one week before class. For Childbirth Classes, there is an additional $35 online service fee. Refunds will not be given less than 24 hours before class starts. For cancellations due to low enrollment, a full refund will be issued.

INSURANCE
Some insurance plans cover or reimburse for the cost of certain wellness and prevention classes. Be sure to check with your health care plan for more information.

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

CARDIOLOGY
Sirisha Donekal, M.D.
Maryland Primary Care Physicians
11055 Little Patuxent Parkway, #205
Columbia, MD 21044
410-740-0789

GENERAL SURGERY
Negar Golesorkhi, M.D.
Maryland Surgeons
10710 Charter Drive, #230
Columbia, MD 21044
410-546-1600

INTERNAL MEDICINE
Debra B. Goldman Curtis, M.D.
Centennial Medical Group
8186 Lark Brown Road
Elkridge, MD 21075
410-730-3399
Charles E. Sheehan III, M.D.
2850 N. Ridge Road, #103
Ellicott City, MD 21043
410-465-8119

ORTHOPAEDIC SURGERY
Jessica Figureoa, M.D.
Potomac Valley Orthopaedic Associates
10700 Charter Drive, #100
Columbia, MD 21044
410-992-7800

ORTHOPAEDIC SURGERY (continued)
Dustin Ray, M.D.
Vector Health
7625 Maple Lawn Boulevard, #100
Fulton, MD 20759
888-544-3339
Matthew Wilkening, M.D.
Johns Hopkins Orthopaedics
10700 Charter Drive, #140
Columbia, MD 21044
443-546-1550

RADIATION ONCOLOGY
Sarah McAvoy, M.D.
Central Maryland Radiation Oncology
10710 Charter Drive, #6030
Columbia, MD 21044
443-546-1300

UROLOGY
Robert A. Goldfarb, M.D.
Chesapeake Urology Associates
10710 Charter Drive, #130
Columbia, MD 21044
410-772-7000
Construction Update
Much has happened since our building project launched last year. After temporarily moving the emergency room entrance to the hospital’s main entrance, we began construction.

The new addition is roughly 40 percent complete and is expected to open by the end of 2019.

In the past few months, we’ve seen many developments, including:

- installation of roof structural steel and roof decking
- electrical tie-ins from the new building to the existing building
- pouring of floor concrete slabs and beginning to erect steel columns and beams

To learn more, visit hcghoftermorrow.org.

Calendar 2019 of Events:

Latino Health Fair
March 23/12–4 p.m. Free.
Wilde Lake Interfaith Center
Co-sponsored by HCGH and St. John the Evangelist Catholic Church. Receive numerous health screenings.

We Walk for Wellness
Saturdays, April 6/October 26/9–10 a.m.
North Laurel Community Center parking lot
New registrations: 8:45 a.m. Program: 9 a.m. Free.
Commit to increase your physical activity in 2019. Join our guided walking/exercise group led by a personal trainer. Discover the personal benefits of regular exercise. For more information, call 410-740-7601.

Quit Tobacco
Wednesdays, April 3/24/10:30–11:30 a.m. Free.
Howard County Health Department, Columbia
This tobacco cessation program includes support, education, interactive classes and assistive medication, if needed. An optional 15-minute breathing and relaxation session will be offered at the end of each class. For those who live or work in Howard County. Register at hcgh.org/events.

Medicare 101
April 9/7–8:30 p.m. Free. Administrative Offices of Department of Community Resources and Services, Columbia
June 10/2–3:30 p.m. Free. North Laurel 50+ Center, Laurel
For those new to Medicare, learn about Original Medicare (Parts A and B) and Prescription Drug coverage (Part D). Presented by SHIP, Howard County Office on Aging and Independence. Registration required: 410-313-7389.

Medicare 102
April 16/7–8:30 p.m. Free. Administrative Offices of Department of Community Resources and Services, Columbia
June 17/2–3:30 p.m. Free. North Laurel 50+ Center, Laurel
For those new to Medicare, learn about Medicare Health Plans (Part C) and Medicare Supplement Policies. Presented by SHIP, Howard County Office on Aging and Independence. Registration required: 410-313-7389.

Using Medicare’s Plan Finder
May 7/8:30 p.m. Free. Administrative Offices of Department of Community Resources and Services, Columbia
Learn how to use the Plan Finder tool on medicare.gov to compare and review the Medicare prescription drug plans. Presented by SHIP, Howard County Office on Aging and Independence. Registration required: 410-313-7389.

Living Well with Hypertension
May 14/4–6:30 p.m. $5. Elkridge 50+ Center, Elkridge
Learn to manage high blood pressure to reduce your risks and improve your health. Registration required: 410-313-3506.