

WINTER  
2011-2012

# Wellness Matters



HOWARD COUNTY  
GENERAL HOSPITAL

JOHNS HOPKINS MEDICINE



## A Recipe for Success

Helpful tips to prevent or manage diabetes

## Treatment for Varicose Veins

## The Importance of Getting Your Flu Shot

YOU'RE IN THE RIGHT NEIGHBORHOOD FOR EXCELLENT HEALTH CARE

# President's Message

Dear Friends,

Howard County General Hospital is more than just a community hospital; we are your partner on the road to wellness and continued good health.

The personal investment that HCGH physicians, employees and volunteers make in the lives of our patients and their families can be seen every day at the hospital as well as in our ongoing efforts to improve the services and programs offered at HCGH. Our recently established Palliative Medicine Program is an excellent example of how we look to meet the needs of the whole person. The program addresses the diverse needs of our patients and their families—relieving and preventing suffering, while improving quality of life. Learn more about this program on page 8.

Enhancements to our programs and services also can be seen throughout the facilities on our campus. The Campus Development Plan is now complete, resulting in HCGH having some of the most modern health care facilities in the state of Maryland. Plans for future growth and improvements are already underway as we continue to identify and address ways to meet the evolving and future health care needs of our ever-changing community.

As we come to the close of 2011, this is an excellent time to invest in the future of HCGH, ensuring that the award-winning health care services that you and your family have come to expect and rely upon for nearly 40 years are available to future generations. I encourage those of you who are interested in supporting the hospital through donations of time or money to contact the Howard Hospital Foundation, and I welcome and greatly appreciate your support because your support makes our good deeds possible.

Just as your generous support bolsters and validates our daily efforts to improve the health and well-being of our community, so does the news that HealthGrades® has once again ranked our critical care program as one of the best in the nation in its recent study. I thank all the HCGH physicians, nurses and other co-workers who made this recognition possible; these accolades are a celebration of your tireless efforts on behalf of our patients and their families.

As you prepare to ring in the New Year, I invite you to join us for another magical season of Symphony of Lights, a family oriented, drive-through spectacular, as well as the many other events associated with the show. Also back by popular demand is Midnight at 7, our New Year's Eve celebration for families that culminates with great fireworks at 7 p.m. I hope to see you at these events, and, on behalf of all of us at HCGH, I wish you and your family a happy and healthy year ahead.

Sincerely,

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



# Wellness Matters

Volume 15, No. 4 Winter 2011-12

HOWARD COUNTY  
GENERAL HOSPITAL  
JOHNS HOPKINS MEDICINE

## Could You Have Diabetes?

Learn telltale signs, risk factors, preventative steps and management tips to combat this disease **4**



Pictured on front cover: Irma Fleet

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

Is there a medical topic you are interested in learning more about?  
We welcome ideas from you for subject matter to cover in future issues of *Wellness Matters*.  
Please send your article ideas to [contactus@hcgh.org](mailto:contactus@hcgh.org).

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

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Telephone Number: 410-740-7810, Hospital Information: 410-740-7890, TDD: 410-740-7990, Website: [www.hcgh.org](http://www.hcgh.org).

With cold weather upon us, it is also the start of flu season. “Typically, each year five to 20 percent of the population gets the flu,” says **Dr. Mark Landrum**, an infectious disease specialist and chair of the Infection Control Committee at Howard County General Hospital. “The influenza virus is spread from person to person. Infection can cause illness in adults and children and can be life threatening due to complications. The Centers for Disease Control and Prevention recommend that all individuals ages 6 months and older receive the flu vaccine every year; this gives protection from the flu and prevents the spread of flu to individuals most at risk, like those with cancer, who are pregnant or have low immune systems.”

### What do you know about the flu?

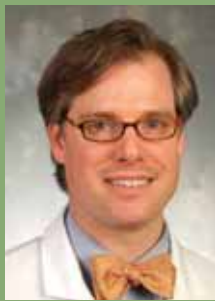
## True or False?

TRUE FALSE

- 1. The flu is typically spread through coughs and/or sneezes.**
- 2. The “stomach flu” and influenza are the same thing.**  
 “Many people confuse the stomach flu, a popular term for stomach or intestinal disease, with influenza, which is a respiratory disease,” explains **Dr. Jacob Cherian**, an internist on staff at HCGH.
- 3. A flu vaccine can’t give you the flu.**  
 “It is 100 percent true that you have no chance of developing the flu from the flu vaccine,” explains Dr. Landrum. “The viruses in the flu shot are not live, and the viruses in the nasal spray are weakened; this means they cannot cause infection. The flu vaccine is safe and has been extensively studied. The flu vaccine significantly reduces your chance of getting the flu.”



**Dr. Jacob Cherian** is a board-certified internist practicing in Columbia.



**Dr. Mark Landrum** is board certified in infectious disease and practices with Infectious Disease Associates in Ellicott City.

# FLU FACT vs. FICTION

TRUE FALSE

- 4. Getting the flu shot in December or later is not too late.**  
 “Flu season can start as early as November, peaking at the end of January/the beginning of March, but can occur as late as May,” says Dr. Landrum, “While vaccinations can continue into the winter months, you should get your vaccination as soon as you can. Keep in mind that it takes two weeks from the time you get the vaccine to develop protective immunity.”
- 5. I got a flu shot last year, so I don’t need one this year.**  
 “The virus strains in the vaccine are selected each year based on the worldwide monitoring of influenza viruses,” says Dr. Landrum. “A new flu vaccine is produced each year to provide protection against the influenza viruses most likely to circulate. The immunity from last year’s flu shot may not provide protection from the strains circulating the next year.”
- 6. Washing your hands is the best thing you can do to protect against the flu.**  
 “While preventative actions like covering your cough or washing your hands are important everyday steps to curbing the spread of germs that cause the flu, a flu vaccine is the best way to prevent getting the flu,” says Dr. Cherian, who stresses proper cough etiquette. “Make sure to cover your mouth when you cough. In addition to washing your hands frequently, do not touch your face with your hands.”
- 7. You can spread the flu to others before you have symptoms.**  
 “Most healthy adults can infect others as early as one day before symptoms develop and up to seven days after becoming sick,” explains Dr. Cherian. “So, not only can you pass on the flu to someone else before you know you are sick, but you can also pass on the flu while you are sick.”

For more information about the flu, visit [www.flu.gov](http://www.flu.gov).

## Be on the look out for:

- Fever
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Muscle aches
- Nausea\*
- Vomiting\*
- Diarrhea\*

### Flu Vaccine

**December 8/3–6 p.m.** \$25.  
 In partnership with Johns Hopkins Outpatient Pharmacy.

\*These symptoms can occur with the flu, but are more common in children than adults.

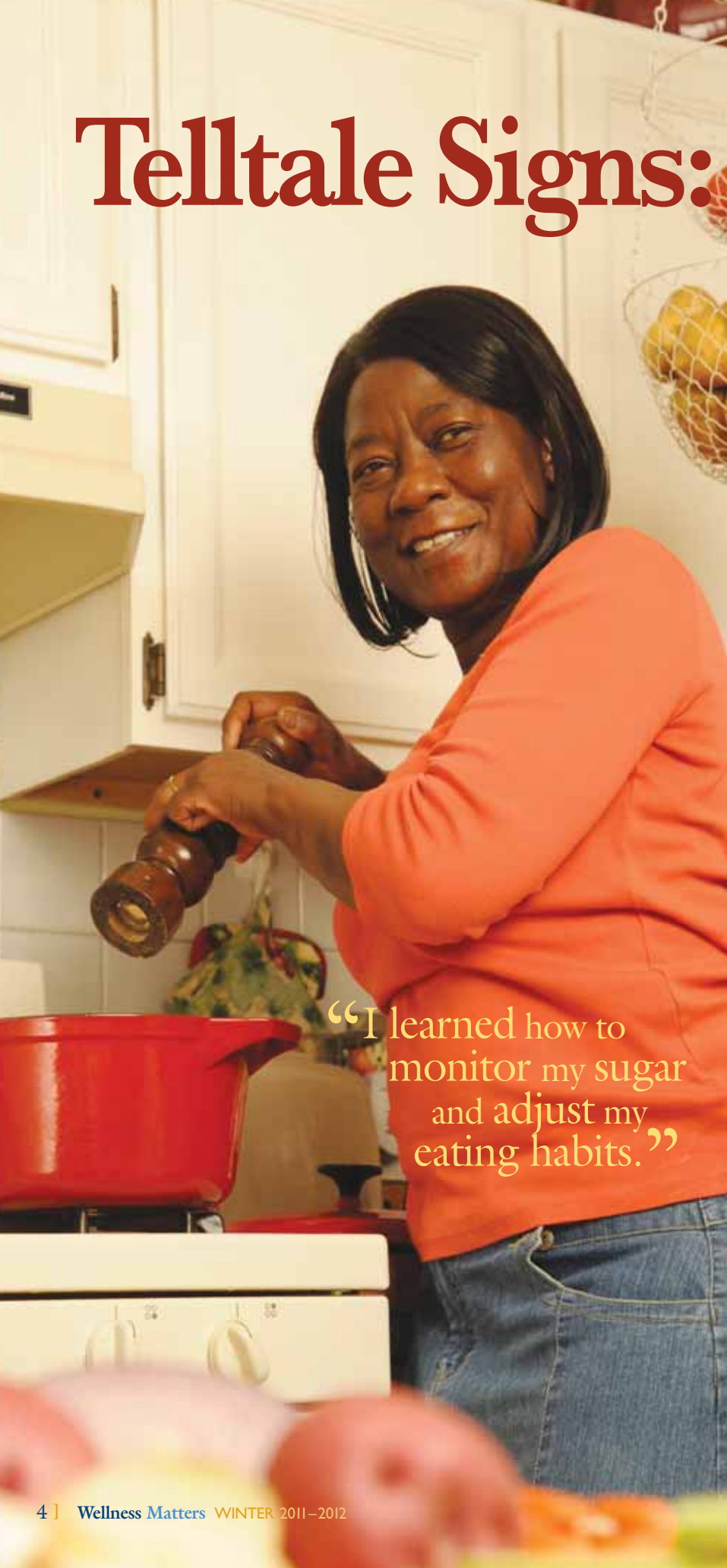
# Telltale Signs:

# Type 2

It was June 2009, and Irma Fleet was feeling very, very tired. “I had no energy to do anything,” she recalls. “I just wanted to sleep.” Irma loved to read her Bible, and the words had begun to get extremely blurry too. During a two-day period, she found that her vision had worsened to the point she was unable to drive. Thinking she needed glasses, she scheduled an appointment to have her eyes checked. Still not feeling herself, Irma also found she had developed an unquenchable thirst. “It didn’t matter what I drank or how much I drank, I was always thirsty,” she says.

While visiting her mother, who has diabetes, Irma decided to test her blood sugar. The reading was 560. “I didn’t know very much about diabetes and didn’t think that was too high,” notes Irma. “When I mentioned it to my daughter who works in health care, she told me I should have gone to the hospital.” Instead, Irma waited to see her doctor during a regularly scheduled appointment the following week. Blood work came back with a blood sugar level of 360 and a diagnosis of type 2 diabetes.

According to the American Diabetes Association, 25.8 million people in the United States have diabetes in addition to the estimated 7 million people who are undiagnosed. This disease can result in serious medical conditions including heart disease, high blood pressure, stroke, blindness and amputation.

A woman with dark hair, wearing an orange long-sleeved shirt and blue jeans, is smiling and grinding pepper from a wooden mill into a red pot on a stove. The kitchen has white cabinets and a wire basket hanging on the wall.

“I learned how to monitor my sugar and adjust my eating habits.”

# Diabetes

## Pre-Diabetes: What Is It and What Can You Do About It?

**December 7/ 7–9 p.m. \$15.**  
Understand what pre-diabetes is  
and how to prevent or delay  
getting actual diabetes.  
To register for this event  
visit [www.hcgh.org](http://www.hcgh.org).

### What Causes Type 2 Diabetes?

When you eat, your body breaks down sugars and starches into glucose, the basic fuel for your body's cells. Insulin helps your body use glucose for energy by taking the sugar from the blood into the cells. For those with type 2 diabetes, the body does not produce enough insulin or the cells ignore it; this results in the build-up of glucose in the blood instead of it going into cells.

### Symptoms

Irma had many symptoms without realizing she had diabetes. "Early detection of symptoms and receiving treatment can decrease your chance of developing diabetes complications," explains **Dr. Rosalie Naglieri**, an endocrinologist on staff at Howard County General Hospital. "However, because many type 2 diabetes symptoms seem harmless, diabetes often goes undiagnosed."

#### Symptoms can include:

- Frequent urination
- Extreme thirst or hunger
- Unusual weight loss
- Being extremely tired and irritable
- Frequent skin, gum or bladder infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands or feet

### Risk Factors

"Risk factors include age, a family history of diabetes, being overweight, lack of regular exercise, high blood pressure and high cholesterol," says Dr. Naglieri. "Also African Americans, Latino Americans, Asian Americans and Pacific Islanders, American Indians and Alaska Natives have a higher risk of developing diabetes compared to Caucasians. In addition, women who had gestational diabetes or a baby weighing 9 pounds or more are at increased risk."

### Prevention

"Making healthy lifestyle choices can prevent or delay the onset of type 2 diabetes," says Dr. Naglieri, who recommends taking the following steps:

- Eat more fruits and vegetables, whole grains and proteins. Opt for low-fat milk and lean meats as well as use healthy fats (vegetable oils, avocado, olives, nuts and seeds) in moderation.
- Aim for a minimum of 30 minutes of exercise most days. Walk, garden, swim or clean your house—anything that increases your heart rate and makes you break a light sweat.
- Maintain a healthy weight. Losing 10–15 pounds can help control your diabetes, reduce your risk for other medical issues, increase your energy and improve how you feel about yourself.

"Before starting an exercise routine, talk to your doctor to determine your healthy weight and establish safe exercises you can perform to reach your goals," says Dr. Naglieri.

Irma has armed herself with knowledge about diabetes. "My endocrinologist suggested I take the Johns Hopkins Diabetes Education Program at HCGH," says Irma. "I learned how to monitor my sugar and adjust my eating habits. I make my own soup and have found it helps to cook for myself and know what goes into a meal."

### Management

"While there is no cure for type 2 diabetes, it can be managed. Making good food choices and staying active as well as taking medicine and checking your blood glucose (if prescribed by your doctor) can help keep your blood glucose in a healthy range," explains Dr. Naglieri. "As there are different medications that work in different ways and a variety of blood glucose monitors, your doctor can help you navigate using these tools to help keep you healthy."

Today, Irma has been able to go off her diabetes medication and control her sugar with diet alone.

**For referral to an endocrinologist on staff at HCGH, visit [www.hcgh.org](http://www.hcgh.org) or call 410-740-7750.**



**Dr. Rosalie Naglieri** is a board-certified endocrinologist with Maryland Endocrine in Columbia.

# special Events:

## Great American Smoke Out

November 17/11 a.m.–2 p.m.

HCGH Lobby.

Stop by for resources to help you quit smoking. Registration not required. Free.

## Flu Vaccine

December 8/3–6 p.m.

In partnership with Johns Hopkins Outpatient Pharmacy. \$25.

## Wilmer Eye Institute: Your Child's Vision: What Parents Need to Know

December 8/7–8:30 p.m. Learn about normal visual development, how vision impacts learning, ocular safety, and common complaints and what to do about them. Presented by **Anya Trumler, M.D.** Free.

## Varicose Vein Screening

December 12/5–7 p.m.  
Little Patuxent Specialty Care Center  
Presented by **Richard Feinberg, M.D.**, director, Johns Hopkins Vein Center at Howard County. To register, call 410-550-VEIN (410-550-8346) or visit [www.hopkinsmedicine.org/veincenters](http://www.hopkinsmedicine.org/veincenters). Free.



## IMPROVING YOUR HEALTH

### The Mall Milers

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

### Weight Loss through Bariatric Surgery

Learn about weight-loss surgery from Johns Hopkins Center for Bariatric Surgery. November 29 and January 31, 4–6:30 p.m. 410-550-0409 or [www.hopkinsbayview.org/bariatrics](http://www.hopkinsbayview.org/bariatrics). Free.



### Individualized Weight Loss Counseling

Discuss dietary concerns and goals with a registered dietitian. Payment is required at time appointment is scheduled. \$35/half-hour visit.

### External Enhanced Counterpulsation Therapy

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

### Blood Pressure Screening & Monitoring

For a list of times and locations, go to [www.hcgh.org](http://www.hcgh.org) or call 410-740-7601.

### Nutrition and Cancer

Individualized counseling for those wanting to lower their risks of certain cancers or undergoing treatment for cancer. \$90.

### Phase II Pulmonary Rehabilitation Program

Exercise and education to assist pulmonary patients with various forms of lung disease. 443-718-3000.

### HCGH Pulmonary Rehabilitation Maintenance Program

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

### Phase II Cardiac Rehabilitation Program

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

### HCGH 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.

### Pre-Diabetes: What Is It and What Can You Do About It

Understand what pre-diabetes is and how to prevent or delay actual diabetes. December 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 from eating to medication to getting better. 443-718-3000.

### Living with Diabetes

Learn from presentations by an endocrinologist, podiatrist, psychologist, diabetes nurse educator and dietitian. 443-718-3000.

### Living with Diabetes: Executive Summary

A condensed version of Living with Diabetes offered in the evening. 443-718-3000.

Online Registration: [www.hcgh.org](http://www.hcgh.org) • Program Information: 410-740-7601 • Registration advised for all programs

## HEALTHY LIFESTYLES

### Adult/Child/Infant CPR & AED

Earn a two-year American Heart Association completion card. This is not a health care provider course. December 14, January 10 or 31, and February 7, 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. December 1 or January 19, 7–9 p.m. Free.

### Women's Self-Defense

Women age 16 and up learn and practice highly effective and easy-to-learn techniques designed for adult situations. April 28, 9 a.m.–noon. \$50.

### Healthy Weight, Healthy You

Part 1 – **Looking to Lose Weight**

**This Year:** Plan meals that tantalize taste buds, provide balance in your diet and promote well-being. January 16, 7–8:30 p.m.

Part 2 – **Kitchen Wisdom:** Participate in cooking demonstrations. January 23, 7–8:30 p.m. Register for one or both parts. Free.



## HEALTHY FAMILIES

### Prenatal Class for Early Pregnancy

Parents-to-be will learn about the early stages of pregnancy. January 25, 7–9 p.m. Free.

### Prenatal Exercise

Taught by a certified instructor. Physician permission required. Thursdays, January 12–March 1, 6:30–7:30 p.m. \$88/eight sessions.

For information and to register for Childbirth and New Parenting Classes as well as Tours, go to [www.hcgh.org/baby](http://www.hcgh.org/baby)

### Sibling Preparation Tour

Register at least **8 weeks before due date** to schedule a tour for siblings age 4–12. Free.

### Birthing Center Tour

Register at least **8 weeks before due date** to schedule a tour of the labor/delivery/recovery unit. Free.

### Happiest Baby on the Block

Parents and parents-to-be will learn techniques to quickly soothe baby. January 11, 7–9 p.m. \$50 per couple (includes parent kits).

### Baby Signing

Learn 100 basic signs to help your baby communicate. March 3, 9–11:30 a.m. \$75 per couple/\$40 per person.

## FOR CHILDREN AND TEENS

### Kids Self-Defense

Children ages 8–12 learn basic principles of safety awareness and age-appropriate self-defense techniques. March 3, 9–11 a.m. \$27.

### Home Sweet Home

Children ages 8–12 and their parents learn safe, fun ways for children to stay at home alone. January 28, 9–11 a.m. Free.

### Self-Defense for Young Women

Teens ages 12–15 learn physical and psychological strategies of self-defense. March 17, 9–11 a.m. \$35.

### Essentials in Babysitting

Learn to effectively manage children, create a safe environment, and apply emergency techniques. November 19, January 21 or February 11, 9 a.m.–1 p.m. \$50 includes lunch.

## IMPROVING WITH AGE

### Be Seated

Seated fitness program for adults 50 and older. \$36.

### Fitness Fun for Seniors

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

### AgeWell

Ongoing exercise program for ages 60 and older. 410-313-7213.

### AARP Driver Safety

Classroom refresher for 50 years and older. \$12/AARP members, \$14/others.

## Wellness Classes Registration

### Register for HCGH's Wellness Classes at [www.hcgh.org](http://www.hcgh.org)

Advanced registration is advised for all programs at [www.hcgh.org](http://www.hcgh.org), unless otherwise noted. Payment is due at time of registration. Cancellation fees will be applied for cancellations made less than a week before the class. Refunds will not be given once the class starts. For cancellations due to low enrollment, a full refund will be issued.

[www.hcgh.org](http://www.hcgh.org) – online registration & to find a physician

410-740-7601 – information

410-740-7750 – physician referral

410-740-7990 – (TDD)

### HCGH Wellness Center

10710 Charter Drive, Suite 100, Columbia, MD 21044

**Ongoing Support Groups:** For a list of support group contact information, go to [www.hcgh.org](http://www.hcgh.org) or call 410-740-7601.

# The Big Picture People

**Howard County General Hospital recently began a Palliative Medicine Program, which focuses on improving the quality of life for those with chronic, debilitating and life-limiting illnesses.**

This care is delivered by a multidisciplinary team comprised of a physician, nurse practitioner, social worker and chaplain. The team focuses on relieving pain and other physical symptoms; preventing emotional and spiritual suffering; and facilitating patient and family meetings to define goals of care, including advance directives.

## **Is Palliative Medicine the Same as Hospice?**

“Many people think palliative medicine is synonymous with hospice,” says **Dr. Danielle Doberman**, a board-certified hospice and palliative medicine physician on staff at HCGH and director of the Palliative Medicine Program. “While the two share a common philosophy, palliative medicine differs from hospice in that it is provided independent of a patient’s life expectancy.”

## **What Role Does Palliative Medicine Play in Hospital Care?**

“Palliative medicine helps with treatment options,” explains Dr. Doberman. “As a physician, I evaluate what is going on medically in the patient’s body, and I explain what is happening in laymen’s terms. Other members of the team focus more on family support. Together, we assist the patient and family with merging their personal goals with health care reality. The nurse practitioner and I also evaluate a patient’s physical comfort.”

Dr. Doberman continues, “With modern health care, there is a lot doctors can do to help a patient. It is very easy to agree to a treatment plan, but patients and family need to ask about outcomes. What are the consequences of our technology? We help the family map out a plan A, plan B and plan C. We also help educate about the likely quality of life of the patient following different treatment plans. You might say to me ‘My mom wants to live at all costs.’ But what does that mean in reality for her quality of life?”

In modern health care, patients often see a variety of subspecialists who consult on their care, each focusing on a different organ system. For Dr. Doberman, the palliative medicine team “helps focus on the forest, not each individual tree. We are the big picture people.”

The palliative medicine team is able to provide perspective by enlisting the expertise of a diverse group of health care practitioners including those in chaplaincy, social work and case management.

“I review patient cases every day to familiarize myself with their situation,” explains Barbara Sadler, R.N., a case manager who works closely with the Palliative Medicine team. “By making rounds with the doctors as we discuss prognosis, we can introduce ideas and explain the disease process and treatment options. We spend time with the families and help them process what is happening by keeping them apprised of any updates. Our presence reminds families and patients that we are a resource to them, frequently making a difficult situation easier for everyone.”

“The palliative medicine team is able to provide perspective by enlisting the expertise of a diverse group of health care practitioners including those in chaplaincy, social work and case management.”



# *Understanding the Impact of Palliative Medicine for Patients and Their Families*



(left to right): Barbara Sadler R.N.; Danielle Doberman, M.D.; Kathy Blackford, Nurse Practitioner

## **Who is a Candidate for Palliative Medicine?**

According to Dr. Doberman, many palliative medicine patients have family members who are at a crossroad. “We see patients and families facing an emotional crisis—perhaps an adult child is having trouble coming to grips with their mother’s decision about her medical care,” says Dr. Doberman. “We also see those dealing with a physical crisis such as a chronic illness in an acute flare state where medical treatment options need to be weighed.”

Palliative medicine also assists patients who have end-stage illnesses, such as cancer, by discussing symptom-management techniques and advance directives. This highly sensitive time is a perfect illustration for Dr. Nishi Rawat, a critical care physician on staff at HCGH, of the powerful impact that the Palliative Medicine Program has on patients and families.

“There is always tension between life and death in the ICU. We attempt to bring patients back from death’s door aggressively; when we are unsuccessful, we engage families

in discussions about death and dying,” explains Dr. Rawat. “These conversations can be very jarring, and the Palliative Medicine team smoothes the transition by keeping patients and families informed, opening communication channels and serving as a source of strength. Many times, patients have never discussed dying or making health care decisions that can radically change their lives; the Palliative Medicine team helps bring patients and families together on the same page, navigating emotional conversations and choices.”

Given the impact on patients and families alike, it is not surprising that health care providers such as Dr. Nishi Rawat welcome the Palliative Medicine Program to the hospital with open arms. “We all work together as part of a team, creating the best plan for all involved,” says Barbara Sadler.

The Palliative Medicine program was generously supported by the Howard Hospital Foundation through a contribution by Cliff Hughes and Shirley Bossom.

# Foundation Chair's Message

Dear Friends,

If your family is anything like mine, the holiday season is often chaotic. And, with two energetic children and an active social calendar, managing the excitement of Christmas can be somewhat overwhelming. Through it all, however, we always find time for our favorite family traditions—traditions that have become a part of our fabric.

My children particularly like decorating our Christmas tree while playing our favorite holiday songs; sipping hot chocolate; and carefully placing, throughout our home, the many nutcrackers given to us by my mother over the years. One of my favorite holiday traditions is my extended family's Christmas dinner toast, which gets passed from family member to family member, year after year. Traditions like these remind me of the importance of family, not just during the holidays, but year round.

HCGH is also big on tradition, boasting a long history of clinical excellence and a commitment to both outstanding patient care and the Howard County community. For 17 years, HCGH's Symphony of Lights has been a holiday ritual for residents of Howard and surrounding counties. Originally beginning as a small community fundraising event for the hospital, Symphony of Lights has grown to be the must-see holiday event in Maryland, with more than 100,000 neighbors sharing their holidays with us every year. The festivities have also expanded to include various walk-through events (including one Fido can enjoy!) and Midnight at 7, a New Year's Eve celebration for the entire family.

For members of the Seiger family, who have attended every year for more than a decade since their first son, Matt, was in preschool, the holidays in Howard County are not complete without a visit to Symphony of Lights. For Tim Hartman and Lindsay Kyzer, who got engaged under the twinkling lights last year, Symphony of Lights is not just a part of their holiday tradition, but is now a chapter in their love story as well.

Let us not forget that Symphony of Lights is a major fundraiser for HCGH, helping to raise funds for cutting-edge equipment and program development at the hospital. So, as you are enjoying family traditions that will hopefully continue on for generations, you are also helping to strengthen your community by supporting HCGH's world-class medical care that's right around the corner.

If Symphony of Lights is not yet a part of your family's holiday tradition, we hope you will consider joining us this year. If Symphony of Lights is already on your must-do holiday list, we welcome you back. I'll see you under the lights.

Happy holidays from my family to yours,



Paul G. Skalny, *Chair*  
Howard Hospital Foundation

For more information on Symphony of Lights, please visit [www.hcgh.org/symphonyoflights](http://www.hcgh.org/symphonyoflights) or follow us on Facebook at [www.facebook.com/symphonyoflightsfestivities](http://www.facebook.com/symphonyoflightsfestivities). Don't forget to check out the \$5 off coupon on the back cover of this issue of *Wellness Matters*.



## Is Charitable Giving One of Your Holiday Traditions?

A new, life-saving technology that reduces treatment time for heart attack patients; private patient rooms that promote healing and improve medical outcomes; a scholarship for aspiring nurses to ensure compassionate care at HCGH today and tomorrow—these are just some of the ways that your dollars are put to work through the Howard Hospital Foundation. When you support HCGH, your gifts care for your Howard County neighbors, fund programs to make them better and maintain the facilities where it all happens.

Your donation, large or small, has a positive impact on the well-being of our community, strengthening the ability of the hospital to provide patients with high-quality health care. When you make a pledge to HCF, you know your money is invested in the health of generations to come.

There are many ways you can help bring healing to your community and make a difference. You can contribute in honor of a loved one, join our Legacy Program, donate online, or even donate with your mobile phone using our Text to Give Program.

To show your support of HCGH, please visit [www.hcgh.org](http://www.hcgh.org) or call 410-740-7840. We hope you will consider supporting HCF this holiday season. Year-end charitable gifts provide much-needed support for the hospital and may produce significant tax savings for you.

## HELP US HELP YOU

**Text "HCGH" to 20222 to donate to  
Howard County General Hospital:  
A Member of Johns Hopkins Medicine**

\*A \$10 donation will appear on your next mobile bill.  
Messaging and data rates may apply.

# Your Dollars at Work

## Saving the Lives of our Neighbors with LIFENET®

One year ago, new, life-saving equipment known as LIFENET was brought to Howard County, thanks to funding from the Howard Hospital Foundation. The launch of the LIFENET System was directly paid for by donations from our community, by neighbors like you.

Implemented through a partnership between Howard County General Hospital and Howard County Department of Fire & Rescue Services, LIFENET is the first web-based system of its kind that enables paramedics in the field to alert hospital care teams and provide them with critical patient data in real-time aboard the ambulance. LIFENET has the goal of reducing time to treatment (called door-to-balloon time, or D2B) for patients in Howard and surrounding counties who experience a dangerous type of heart attack known as STEMI (ST-segment elevation myocardial infarction) that poses a serious threat to the heart muscle.

The American Heart Association estimates that close to 400,000 people in the U.S. experience STEMI every year. When D2B time is 90 minutes or less, studies show that patient outcomes significantly improve, and hospital stays are shorter.

With the LIFENET system, D2B time in Howard County has been cut more than 10 percent, down to 61 minutes. Because of this equipment, heart attack patients in our county have a real shot at survival.

Frank Persico's story demonstrates in a very real way how donations from you can help save the lives of your Howard County neighbors.

Not many men can say their wife helped save their life. When Frank Persico, 58, of Fulton, had tightness in his chest and shooting pains in his arm, his wife Stephanie's decision to call an ambulance did just that. Luckily for the Persicos, the ambulances in Howard County are equipped with LIFENET.

"When the ambulance pulled into my driveway, I actually walked out of my house and shouted, 'Let's go!'" laughs Frank. "I climbed into the ambulance and onto the gurney. I wanted to get moving."

On board, the team of EMTs hooked Frank up to an EKG, which showed that Frank was experiencing STEMI. With the LIFENET System, Frank's EKG was transmitted directly to the waiting physicians at Howard County General Hospital.

During the ride to the hospital, an EMT asked Frank questions to keep him conscious. When he asked Frank his age, Frank began to answer and then stopped.

"I told him that my father died of a heart attack when he was 58," remembers Frank. "The EMT said to me, 'You're not going to die in my truck.'"

It was then that Frank went into ventricular fibrillation (V-fib) and lost consciousness until he arrived at the hospital. The EMT later told him that he had to "shock" Frank with the defibrillator three times.

"When we got to the hospital, it was like watching ER on TV," Frank says. "My wife told me afterward that there were 12 people waiting for me." Those 12 people were the team of the HCGH Cardiac Catheterization Lab who had been alerted to Frank's situation because of the LIFENET System.

"Countless numbers of minutes have been saved and people helped by being able to activate the intervention team early," explains Dr. Matt Levy, an emergency physician on staff at HCGH and associate medical director of Howard County Department of Fire & Rescue Services. "That is directly because of the LIFENET System."

Following angioplasty and stent surgery with Dr. William R. Herzog, Frank was able to go home four days later and even held a work staff meeting in his home the day after his arrival.

Today, Frank is back to work and is participating in the cardiac rehabilitation program at HCGH. He recently enjoyed a trip to Italy and is looking forward to getting back into the Columbia Gym.

Things could have turned out very differently had his wife allowed Frank to drive himself to the hospital.

"If you think you may be having a heart attack, don't drive yourself. Call an ambulance," urges Dr. Peter Johnston, medical director of Interventional Cardiology. "Every minute counts when it comes to the heart, and LIFENET gives heart attack patients a fighting chance."

"When I had my heart attack, I had no idea what LIFENET even was," says Frank. "But without that technology, would they have been able to send my information to the hospital? Would they have had 12 people waiting for me? Would they have been as prepared?"

Frank goes on to say, "I think had LIFENET existed in 1976, my father might still be alive today. I'm very thankful that LIFENET exists, even if I didn't know it exists. LIFENET likely saved my life."



Stephanie and Frank Persico



# A Special Way to Say “Thank You”

When Sophie Ann Fine entered this world, she was four weeks premature; weighed just 4 pounds, 15 ounces; and had erratic breathing due to developmental lung problems. Rather than spending the first week of her life in her mother’s arms, Sophie spent her first eight days cared for by the dedicated doctors and nurses in the The Lundy Family Neonatal Intensive Care Unit (NICU) at HCGH. It was a scary time for Sophie’s parents, Zach and Jaime Fine of Woodstock.

“She was so small, and she was hooked up to so many tubes,” remembers Zach. “It was confusing and heartbreaking for us as new parents to have to leave the hospital without our baby. But the doctors and nurses in the NICU took great care of Sophie and of us.”

When Sophie thankfully recovered more than a week later and was able to leave the NICU, Zach and Jaime wanted to find a way to say thank you to the devoted staff who helped their little girl pull through. The Fines decided to support the NICU through a gift made to the Howard Hospital Foundation.

With the Fines’ generous contribution, Rene Adams, nurse manager of the NICU, was able to purchase journals for families to use during their time in the unit. Most newborn baby books do not apply to the same timeline and milestones of a prematurely born baby, and so these journals provide some normalcy for families in the NICU. The NICU journals can be used to track the baby’s progress, record doctors’ notes to relay to family members, and to jot down questions to remember to ask physicians. Additionally, with the Fines’ donation, a plasma TV was purchased for the NICU waiting room to comfort families who spend many long hours there waiting for good news.

“We look back and realize how blessed we are to have a healthy, happy daughter, and we really have the doctors and nurses in the NICU to thank.”



Sophie Ann celebrates her first birthday.



“It means a lot when we hear the stories of families who appreciate, and are using, the journals, and are more comfortable during their time in the NICU,” says Zach. “It is great to know that we were able to help a family through a very scary and trying time. We were in their place not too long ago.”

Today, Sophie Ann Fine is a bubbly toddler with a smile that can light up any room.

“The HCGH NICU is near and dear to our hearts,” Zach declares. “We look back and realize how blessed we are to have a healthy, happy daughter, and we really have the doctors and nurses in the NICU to thank.”

Their gift to HHF was Zach and Jaime’s first experience with charitable giving, but it won’t be their last. The Fines plan on supporting the upcoming Blinkin’ Binkies event at Symphony of Lights on December 13.

“This giving thing is all new to me,” says Zach. “But it is so worthwhile when you see the effect your support really has.”

The Fines were able to see firsthand that a financial gift to HHF directly impacts the care of our patients. Every gift counts toward improving the care that all of

us receive. “Even if you can’t

afford to give financially, give time in some way,” urges Zach. “It is so rewarding to see that you really can help others.”

There are many ways you, like Zach and Jaime, can help bring healing to your community and make a difference. You can contribute in honor of a loved one, join our Legacy Program, donate online, or even donate with your mobile phone using our Text to Give Program by texting “HCGH” to 20222.

With your help, we can make sure that patients like Sophie Ann have many happy, healthy birthdays to come. To show your support of HCGH, please visit [www.hcgh.org](http://www.hcgh.org) or call 410-740-7840.

## Doctors Giving Back



Campus Development Groundbreaking for the new patient pavilion in September 2007



Jerry Levine, M.D.

**It is often said that HCGH has a unique culture of caring and compassion.** We are fortunate to have a team of physicians as committed to the hospital as they are to their patients. Not only do they dedicate their time and talent each day, but many of the physicians also support the hospital financially, with charitable contributions to the Physician Giving Campaign of the Campus Development Plan.

The Campus Development Plan is the largest expansion and renovation in HCGH's 36-year history. Charged with raising \$30 million from public and private philanthropy, the Howard Hospital Foundation requires the support of the entire hospital community to meet the goal, including the support of its physicians.

"The Campus Development Plan has brought the hospital into the 21st century and made it much more modern as well as patient and family friendly," says Dr. Michael Silverman, a cardiologist on staff at HCGH and a Physician Giving Campaign donor.

Chaired by Dr. Jerry Levine, an internist on staff at HCGH, the Physician Giving Campaign began in 2007 and is the legacy of Dr. Eugene "Pebble" Willis.

"Dr. Willis really took this campaign to heart," says Dr. Levine. "He organized the campaign and made a lot of detailed effort to put it together. It was Dr. Willis's sincere desire to see hospital physicians give back to the hospital."

The Physician Giving Campaign is the largest single campaign in the history

of the hospital, something Dr. Levine is extremely proud of. Through letter writing campaigns, direct phone calls and one-on-one meetings, the campaign has raised more than \$1 million for the hospital to date.

"The full physician medical staff has truly been giving to their ability," Dr. Levine emphasizes. "The physicians and physician groups that have been providing care to the community for all these years have stepped up in a very strong way to show their financial support for the campaign and for the hospital."

For Dr. Eric M. Aldrich, vice president of Medical Affairs at HCGH and another Physician Giving Campaign donor, giving to the campaign was a natural choice. "We all live and work in the hospital community," he says. "If we support the hospital, it can continue to grow, and we can better serve Howard County."

Adds Dr. Silverman, "I could be a patient at HCGH tomorrow; my friends and family could be patients of HCGH. By giving to this campaign, I can help ensure that we all receive the best care possible."

It is a magnificent testament to our community that our own physicians recognize the importance of providing for Howard County's future. Please join us in gratitude for the physicians who continue to give so much every day to the hospital and its patients. The following physicians and medical practices contributed a total of more than \$1 million dollars toward the \$30 million capital campaign goal.

ALLCARE of Maryland, LLC/  
Margaret Kim and Victor Kim, M.D.  
Stacey Keen, M.D., and Andrew J. Alpert  
American Radiology Services, Inc.  
Anonymous Member of the  
HCGH Medical Executive Committee  
Capital Women's Care of Howard County/  
Drs. Marvin P. Davis, Christina R.  
Richards, Daniella Meshkat  
Cardiovascular Specialists  
of Central Maryland, P.A.  
Central Maryland Urology Associates, P.A.  
Columbia Medical Practice  
Crossroads Medical Associates, LLC  
Warren M. Ross, M.D.  
Alan G. Stahl, M.D.  
Cheryl Leonardi, M.D.  
Steven H. Eversley, M.D.  
Parry A. Moore, M.D.

Maribel Davis and Marvin Davis, M.D.  
Digestive Disease Associates, P.A.  
ENTAA Care  
Mohammed R. Gheba, M.D.  
Margaret Glasser and David Glasser, M.D.  
Kerry Owen, M.D., and Tom Grace, M.D.  
Khurram Hanif, M.D.  
Raymond Haroun, M.D.  
Howard County Anesthesia Associates, P.A.  
Howard County General Hospital  
Professional Staff  
Joseph K. Jamaris, M.D.  
Bach-Tuyet Tran Jeffrey, D.D.S., and  
Robert Jeffrey  
Johns Hopkins Emergency Medical Services  
Johns Hopkins Medical Laboratories  
Johns Hopkins Pathology  
Patricia Lancelotta and  
Charles J. Lancelotta, M.D.

Maryland Digestive Disease Center,  
Division of Capital Digestive Care  
Jeffrey Bernstein, M.D.  
Richard M. Chasen, M.D.  
Jeffrey S. Garbis, M.D.  
Sean M. Karp, M.D.  
Theodore Y. Kim, M.D.  
Marvin E. Lawrence II, M.D.  
Christopher E. Shih, M.D.  
Maryland Endocrine, P.A.  
Maryland Oncology Hematology, P.A.  
Maryland Primary Care Physicians, LLC/  
Drs. Flowers, Levine, Prada, Diener,  
Jackson, Conger, Poblete, Price  
Maryland Spine & Sports Medicine/  
Clark Brill, M.D.; John Collins, D.O.;  
Aaron Twigg, M.D.  
Maryland Surgeons, P.A.  
Denise and Kevin McGovern, M.D.

Neurology Physicians, LLC  
The Nyanjom Family  
Orthopaedic Associates of Central Maryland, P.A.  
Grace and John C. Payne, M.D.  
Susan Switzek and Stanley Podlasek, M.D.  
Bharti and Hari Razdan, M.D.  
Ruth and Jerome Ross, M.D.  
Beverly White-Seals, Esq., and Jerry Seals, M.D.  
A. Carl Segal, M.D.  
May Ruth and Henry Seidel, M.D.  
Bela and Sanjay Shah, M.D.  
Dr. and Mrs. Michael E. Silverman  
Holly and George Stone, M.D.  
Diane and Edmund Tortolani, M.D.  
Eugene "Pebble" Willis, M.D.\*  
Shirley Yang, M.D.  
Michelle Zalucki and James Zalucki, M.D.

\*deceased

# Varicose Vein TREATMENT

Varicose veins are a common condition that are often simply a cosmetic issue for many, yet, for some, they can also prove to be a health condition that warrants medical attention.

## What are the Signs and Symptoms?

The most common signs and symptoms include:

- Large veins visible just beneath your skin's surface
- Mild swelling of your ankles and feet
- Painful, achy or "heavy" legs
- Throbbing or cramping in your legs
- Itchy legs, especially on the lower leg and ankle
- Discolored skin around the varicose vein site

**Dr. Richard Feinberg**, a Johns Hopkins vascular surgeon on staff at Howard County General Hospital and director of the Johns Hopkins Vein Center at Howard County, notes that some people with varicose veins may experience mild to moderate aching, blood clots, skin sores or other problems that require treatment.

## What Causes Varicose Veins?

"Valves inside your veins ensure that blood flows out of the legs and back to your heart," explains Dr. Feinberg. "If these valves are no longer functioning properly, blood can back up and pool in your leg veins, causing them to enlarge, swell and bulge—resulting in varicose veins."

## Could I be at Risk?

"Hormonal changes that occur throughout life may raise a woman's risk for varicose veins. The normal wear and tear as we age, being overweight, and sitting or standing for long periods of time are risk factors, in addition to family history, pregnancy and level of activity," says Dr. Feinberg.

## How Are Varicose Veins Treated?

"Patients with severe pain, blood clots or skin damage may require a procedure to remove or close their varicose veins," says Dr. Feinberg. "Two common procedures—endovenous ablation and microphlebectomy—are often performed together to provide optimum results for patients with varicose veins."

## Surgery Options

Endovenous ablation is used to treat long veins; blood in these veins flows back down the legs ("reflux") instead of up toward the heart. Reflux causes abnormal pressure in smaller veins, which, in turn, dilate and bulge—becoming varicose. "In this minor outpatient procedure, a needle inserted into the vein allows passage of a tiny laser fiber that heats the vein, causing it to close," explains Dr. Feinberg. "A minimally invasive alternative to what used to be called vein 'stripping' (a technique that is seldom done anymore), endovenous ablation makes it easier to perform definitive treatment and lessens the likelihood of recurrence of varicose veins after treatment.

"In addition to the use of endovenous ablation to treat refluxing long veins, microphlebectomy allows the removal of unsightly or painful varicose veins through a few very small incisions," notes Dr. Feinberg. "We now have additional techniques at our disposal that enable the removal of greater numbers of varicose veins through even fewer incisions, leading to vastly improved cosmetic results and much greater patient satisfaction."

While Dr. Feinberg estimates that nearly 90 percent of the time he performs the two procedures together to provide relief of varicose veins, patients have several surgical options, depending upon the severity and location of their varicose veins. Talk to your surgeon about your symptoms in order to determine the best course of action for you.

## Varicose Vein Screening

**December 12/ 5–7 p.m.** Free.

Little Patuxent Specialty Care Center  
Presented by **Richard Feinberg, M.D.**,  
director, Johns Hopkins Vein Center  
at Howard County.

To register, call 410-550-VEIN  
(410-550-8346) or visit  
[www.hopkinsmedicine.org/veincenters](http://www.hopkinsmedicine.org/veincenters).



**Dr. Richard L. Feinberg**, assistant professor of Surgery, Johns Hopkins University School of Medicine, is a board-certified vascular surgeon with offices in Columbia.

**For referral to a vascular surgeon on staff at HCGH, visit [www.hcgh.org](http://www.hcgh.org) or call 410-740-7750.**



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

## DERMATOLOGY

Cheryl D. Bansal, M.D.  
Medical & Aesthetic Dermatology  
8850 Columbia 100 Parkway  
Suite 316  
Columbia, MD 21045  
443-542-0505

## GASTROENTEROLOGY

April S. Tignor, M.D.  
Gastro Center of Maryland  
7120 Minstrel Way  
Suite 100  
Columbia, MD 21045  
410-290-6677

## INFECTIOUS DISEASE

Eyad Cheikh, M.D.  
Infectious Disease Associates  
2850 North Ridge Road  
Suite 203  
Ellicott City, MD 21043  
410-418-8550

## OBSTETRICS & GYNECOLOGY

Sasha M. Davidson, M.D.  
Denise M. Kirkner-Vourlos, M.D.  
Signature OB/GYN  
10710 Charter Drive #200  
Columbia, MD 21044  
410-997-0580

Stephanie C. Lee, M.D.  
Capital Women's Care  
7625 Maple Lawn Boulevard  
Suite 1  
Fulton, MD 20759  
410-531-7557

## PEDIATRICS

Louay J. Toni, M.D.  
Children's Heart Institute  
10722 Hickory Ridge Road  
Columbia, MD 21044  
443-546-4674

## PODIATRY

Ashleigh E. Korves, D.P.M.  
Columbia Foot and Ankle Associates  
6100 Day Long Lane #102  
Clarksville, MD 21029  
443-535-8770

## Digital Mammography Now Available at HCGH

Howard County General Hospital offers a comprehensive Breast Health Services program that includes digital screening mammography, digital diagnostic mammography, breast ultrasound exams, ultrasound-guided and stereotactic breast biopsies, and dexa scan (bone density) studies.

The latest advancement in breast imaging, digital mammography uses computers and specially designed digital detectors to produce the highest quality breast images, which can be displayed on a high-resolution computer monitor and transmitted and stored—just like computer files. “Digital mammography allows the radiologists to see more detail and helps detect breast cancer at the earliest stages possible,” says Dr. Victor Bracey, a radiologist on staff at HCGH. “If breast cancer is detected early enough, 90 percent of women can be treated successfully. If surgery is required, early detection often means that less extensive surgery can treat the disease and save the breast.”



HCGH Breast Health Services, which was recently accredited by the American College of Radiology for digital mammography, also offer 15-minute mammograms; ample appointment availability; a soothing environment, putting patients at ease; and friendly technologists who are certified by the American College of Radiology. To schedule a mammogram, call 410-740-8130.



## Healthy Workplaces Program Winner

HCGH recently was certified as a “Healthy Workplace” by Healthy Howard, Inc. The Healthy Workplaces program, a part of the county’s overall Healthy Howard Initiative, certifies county businesses that meet specific criteria in six main areas of worksite wellness: physical activity, mental health, environmental health, nutrition, safety and culture of wellness.

“Investing in worksite wellness is good for employees and even better for employers’ bottom lines,” explains Howard County Health Officer Dr. Peter L. Beilenson. These programs improve employee health and morale; increase productivity; and decrease health care costs, absenteeism, position turnover and workers’ compensation claims.

## Tracking your Medications

It is important that every health care provider who treats you knows which medications, vitamins, patches and over-the-counter products you take. Take a moment to create a list and give it to your primary care physician and any other physician or health care provider. Remember to update the information when medications are discontinued, doses are changed or new medications are added, including over-the-counter products. Make sure you carry this list with you at all times in case of an emergency. **You can print the medication tracker from the hospital website at [www.hcgh.org](http://www.hcgh.org).**

## Let Your Voice Be Heard

HCGH is committed to hearing the patient and family voice as we continue to provide very good experiences for all of our patients. We are looking for patients who were treated within the last six to 12 months and/or their families to participate in our new Patient-Family Advisory Council. Consider lending your advice so we can create the best patient and family experience possible. If you are interested in being considered for the limited number of positions, please call 410-720-8158 or email [serviceexcellence@hcgh.org](mailto:serviceexcellence@hcgh.org).

# calendar 2011 of Events:

## November

### Dazzle Dash Weekend

**Saturday, November 19**/ 5–7:30 p.m.—Runners only

**Sunday, November 20**/ 4–7:30 p.m.—Walkers only

Symphony Woods • Columbia

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

### 18th Annual Symphony of Lights Drive Through the Light Displays

**Monday, November 21, 2011 – Sunday, January 1, 2012**

Open 7 days a week from 6–10 p.m., including holidays;  
closed Dec. 31 for Midnight at 7.

Symphony Woods • Columbia

Visit [www.hcgh.org/symphonyoflights](http://www.hcgh.org/symphonyoflights) for \$5 discount coupon for drive throughs and to learn more about Tail Lights, Blinkin' Binkies and Midnight at 7.

### Fall Blood Drive

**Friday, November 25**/ 10 a.m.–4 p.m.

The Wellness Center at HCGH • Ellicott Mills Room

Walk-ins are welcome. For information or to make an appointment, call HCGH Volunteer Services at 410-884-4580.

18<sup>TH</sup> ANNUAL  
*Symphony*  
of LIGHTS

PRESENTED BY  macy's

Symphony of Lights is a long-standing holiday tradition.  
Enjoy Symphony of Lights in a variety of ways:

### *Drive Through the Lights*

November 21 through January 1, 2012

Cars, vans and buses can drive through more than 70 stationary and animated holiday light creations.

### *Dazzle Dash*

November 19 and 20

Celebrate the opening of the 18th Annual Symphony of Lights. Friends and families gather to walk or run through the magical outdoor display of lights. Enjoy games and activities for children of all ages, food, music, entertainment and giveaways.

### *Blinkin' Binkies*

December 8

Families can celebrate the season with a leisurely walk through the dazzling light displays. Children in strollers and wagons are welcome.

### *Tail Lights*

December 13

Treat yourself and your dog to a walk through the 1.4 mile Symphony of Lights.

### *Group Walk Through the Lights*

November 28 through December 21

Mondays and Wednesdays only.

Perfect for youth groups, scout groups, school groups and more!

### *Midnight at 7*

December 31

Back by popular demand! Celebrate New Year's Eve with an exciting fireworks display. Walk through the lights, enjoy food, music and other exciting activities as Symphony of Lights comes to a close. Fireworks at 7 pm.

Learn more at [www.hcgh.org/symphonyoflights](http://www.hcgh.org/symphonyoflights)

All proceeds from Symphony of Lights benefit  
Howard County General Hospital:  
A Member of Johns Hopkins Medicine.

