Take a Sneak Peek
Inside our New Pavilion

Exercise and Pregnancy

Staying Active –
Don’t Let Pounds Weigh You Down
President’s Message

Dear Friends,

As we welcome summer, at Howard County General Hospital we are happy for several reasons beyond the good weather. The Committee on Cancer of the American College of Surgeons awarded HCGH’s Cancer Services with their 2008 Outstanding Achievement Award. In addition to our recent accreditation as a “Community Hospital Comprehensive Care Program,” this recognition places our program among the top 19 percent of community hospital cancer programs in the nation.

This kind of success must be credited to the dedication, hard work, and expertise of our staff. It is the commitment of all of our physicians, volunteers, nurses, and support staff that make it possible for HCGH to continue to provide high-quality health care to our community.

As proud members of our community, we would also like to congratulate HCGH Board of Trustee member and past board chair, Beverly White-Seals who recently was inducted into the Howard County Women’s Hall of Fame. This much-deserved honor recognizes her advocacy for increased access to health care for everyone in the community.

Having access to health care for all is an issue about which HCGH is passionate. To help ensure that community residents continue to receive the care and education they need to live a healthy life, HCGH recently sponsored a special open house in conjunction with “Cover the Uninsured” week. Those who attended learned about health coverage options for the uninsured from HCGH financial counselors and social workers as well as representatives from Howard County Health Department’s Healthy Howard Program and the Howard County Department of Social Services.

Our commitment to health care continues as we work toward the completion of our campus development and renovation project. While this has been a winter of long waits in our Emergency Department, we look forward to the opening of our patient pavilion in August 2009. Along with the aesthetic improvements this construction project affords, our campus development will enhance our services, reduce Emergency Department wait times, and improve the overall experience our patients and their families have at HCGH.

Updating our look online, HCGH received first place in the Web site category at the 2009 Alfred Knight Awards. I encourage you to visit our enhanced site at www.hcgh.org to learn more about our free community health fair on July 11 from 9 a.m.–1 p.m. as well as other upcoming events.

Sincerely,

Victor A. Broccolino, President and CEO
Howard County General Hospital
Maintaining a healthy lifestyle is important for women of all ages, especially those who are considering having a baby or are pregnant,”

Dr. Daniela Meshkat, an OB/GYN on staff at Howard County General Hospital says. “Along with eating right, engaging in physical fitness can help keep your heart, bones and mind healthy during your pregnancy.” According to the U.S. Department of Health and Human Services, healthy pregnant women should get at least two hours and 30 minutes of moderate aerobic activity a week, spreading the workouts out over the course of the week.

Getting Started

“For most healthy women who do not have any pregnancy-related problems, exercise is safe and advisable,” explains Dr. Meshkat. “Exercise can ease and prevent aches and pains, lower your risk of preclampsia or gestational diabetes, improve sleep, increase self-esteem, lower your risk of depression and anxiety, and help you recover more quickly following labor.”

While the pros of prenatal exercise are clear, Dr. Meshkat advises women who are early in their pregnancy or who are thinking about getting pregnant to talk to their physician or midwife before beginning or continuing their exercise regime, especially women who have a high-risk pregnancy.

Your doctor will be able to suggest a fitness plan that is safe for you, which may consist of low-impact activities such as walking, swimming and dancing.

“If you are already doing more intense sports, you may continue with your doctor’s approval,” says Dr. Meshkat. “However, physicians typically recommend that pregnant women refrain from lifting heavy weights, performing certain yoga poses and becoming overheated. The most important thing to remember is to stay hydrated while exercising and to listen to your body. If you become fatigued, short of breath or dizzy, you should scale back your activity.”

For a referral to an OB/GYN on staff at Howard County General Hospital, visit www.hcgh.org or call 410-740-7750.

Maybe Baby? Health Issues to Consider Before Pregnancy

June 11/ 7–8:30 p.m. Free. Learn about important choices to consider when starting your family. Topics include lifestyle, parent wellness, and health care matters. Presented by OB/GYN Daniela Meshkat, M.D. To register, call 410-740-7801.

Dr. Daniela Meshkat is a board certified physician practicing with Capital Women’s Care Howard County in Clarksville. Her areas of interest are general OB/GYN, physical fitness and adolescent gynecology.
As part of Howard County General Hospital’s continuing effort to meet the health care needs of the community, increase patient safety and promote improved quality of care, the hospital has undergone significant new construction.

The highlight of this endeavor is the new 233,656 square-foot, five-story patient pavilion. Renovation of 122,970 square feet of existing hospital space is affecting nearly every level of the existing hospital building. Here is a floor-by-floor tour of the benefits this facility will offer HCGH patients and visitors.

THE THIRD FLOOR
The entire third floor will be dedicated to providing a continuum of care for the sickest patients, with the current Intensive Care Unit (ICU), a new Progressive Care Unit and a new Cardiac/Telemetry Unit. Intensivists, physicians who specialize in caring for critically ill hospitalized patients, will be able to conveniently and efficiently follow the care of these patients as they move to the appropriate level of care during their recovery.

THE SECOND FLOOR
The top three floors of the pavilion each feature 30 all-private rooms. In addition to 90 new private rooms, all existing medical/surgical semi-private rooms will be converted to private through renovation, adding a total of 42 new inpatient beds.

THE FIRST FLOOR
New Outpatient Center
A new, state-of-the-art Outpatient Center will centralize Outpatient Services, including Physical Therapy, Occupational Therapy and Speech-Language Pathology as well as Cardiac and Pulmonary Rehabilitation, the Diabetes Management Program and Phlebotomy.

In addition to the Outpatient Center, the first floor will also house the Center for Wound Care, Anticoagulation Clinic, expanded Laboratory, Pharmacy and MRI.

Welcoming Amenities
Renovations of the main lobby will include the Information Desk, Admitting Department, Café and expanded Gift Shop.

GROUND LEVEL
State-of-the-Art Operating Rooms
The construction project includes the renovation and upgrade of two existing operating rooms. Each of the new 600 square-foot operating rooms can accommodate the equipment and staffing necessary for complex orthopedic, vascular and general surgery cases.

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“The current many outpatient services are distributed in various locations throughout the hospital campus. With the new pavilion, many of these services will now be centralized, allowing ease of access to patients, coordination of care and ultimately improved outcomes to the Howard County community.”

—Dr. Marc Applestein
President of the Professional Staff
A Floor-by-Floor Tour of HCGH’s Campus Development Plan and New Patient Pavilion

“Private rooms reduce noise and allow for improved communication and privacy for patients, family members and staff. The design of the room will also make it easier for patients’ family members to stay and advocate for them.”
– Dr. Michael Silverman
Chair of the Department of Medicine

“Studies prove that private rooms promote healing and patient safety by decreasing hospital-acquired infections, patient falls, and medication errors, thereby resulting in improved medical outcomes. You cannot overestimate the importance of private rooms and the impact on patient care.”
– Dr. Michael Macon
Chair of the Department of Surgery
**Advance Directives Seminar**  
*May 14/ 6 – 7 p.m. Free.* Learn about Advance Directives and how to appoint or be appointed a health care agent. At the completion of the seminar, you will leave with an Advance Directives document. Beneficial to all ages. Presented by Leslie Rogers, MSW, LCSW-C, OSWC.

**Fitness and Sports Medicine Clinic**  
*May 16/ 10 a.m. – 2 p.m. Free.* Lord & Taylor Court in The Mall in Columbia. Talk with our physician experts, participate in our screenings including feet, ankles/knees, spine and shoulders, pain, and osteoporosis. Visit our many booths and learn fitness tips and ways to incorporate more movement into your life.

**Eating Right Series**  
*September 25/ 6 – 7 p.m. Free.* Learn about the role of nutrition in disease prevention and wellness. Presented by Leslie Rogers, MSW, LCSW-C, OSWC.

**Maternal Child Classes**  
Class information and registration forms are available by calling 410-740-7601 or online at www.hcgh.org.

**Healthy Pregnancy, Healthy Kids Clinic**  
*August 15/ 11 – 3 p.m. Free.* Lord & Taylor Court in The Mall in Columbia. Walk-in. Registration not required. Bring your family and participate in our screenings including pediatric vision, asthma, height, weight, and blood pressure. Stop by our booths and ask the pediatrician and obstetrician questions. Learn physical activities for the whole family, healthy nutrition, and other health and safety tips for children and the whole family.

**Focus on Women’s Health**  
*September 24/ 8 a.m. – 4 p.m.* Includes Women’s Health Check and Free Activities (see details below).

**Women’s Health Check**  
This test measures 18 body chemicals, cholesterol (HDL, LDL, and triglycerides), blood cell count, and thyroid-stimulating hormone levels to check thyroid function. By appointment only. $50.

**FREE Activities**  
Body fat analysis, breast self-exam techniques, blood pressure testing, and height and weight measurements are available on a walk-in, first-come, first-serve basis.

**Breastfeeding**  
Learn advantages, preparation techniques, and ways to prevent and manage feeding problems. A nurse lactation consultant will teach practical tips for successfully combining career and breastfeeding. Go to www.hcgh.org for more information.

**Infant Massage**  
A certified infant massage instructor will teach techniques to parents and caregivers. Babies age 1 to 12 months are welcome. September 19, 10–11 a.m. $20.

**Happiest Baby on the Block**  
Endorsed by the American Academy of Pediatrics, this class will teach parents-to-be and parents of babies up to 3 months old. Old techniques can quickly soothe your crying newborn baby. June 3 or July 15, 7–9 p.m. $50 per couple (includes parent kits).
Living Well... Take Charge of Your Health
This chronic disease management program teaches coping techniques, exercises for strength and flexibility, and communication skills. For people living with chronic conditions as well as caregivers. Fridays, July 10 through August 14, 9:30 a.m.–noon. To register, call Maryland Access Point, 410-313-5980. $25.

Blood Pressure Screening & Monitoring
HCGH Wellness Center: Wednesdays, 3–6 p.m. Ellicott City Senior Center: Tuesdays, 9:30 a.m.–12:30 p.m. Kiwanis-Wallas Recreation Center: first Wednesday and third Friday of each month, 9:15–10:45 a.m. The Mall in Columbia: second Tuesday of each month, 8–10 a.m. Western Howard County Senior Center: second and fourth Tuesday of each month, 9–11 a.m. Glenwood Library: first and third Monday of the month, 3:30–5:30 p.m. The Bain Center: first and third Thursday of each month, 10 a.m.–noon. Savage Library: second Monday of each month, noon–3 p.m. Free.

Nutrition and Cancer
Individualized, three-session counseling with a registered dietitian. For those who wish to lower their risks of certain cancers and those who are undergoing treatment for cancer. Call for dates and times. $90.

Weight Loss through Bariatric Surgery
Learn about weight loss surgery for the morbidly obese patient presented by the Johns Hopkins Center for Bariatric Surgery. To register, call 410-550-0409 or register online at www.hopkinsbayview.org/bariatrics. July 8 or September 9, 5–6:30 p.m. Free.

Individualized Weight-Loss and Dietary Counseling
Nutritional counseling with a registered dietitian to discuss your dietary concerns and goals including weight loss, healthier bones, high blood pressure, elevated cholesterol, or for those wanting to maintain a vegetarian diet. For adults and children. Day and evening appointments available. $35 for a half-hour visit. Call for an appointment.

Complementary Therapy and Fitness Programs
Exercise with knowledgeable exercise physiologists who can provide personal training. Take advantage of one-on-one sessions with our golf physical therapists. Eliminate injuries with our “whole-in-One” Golf Body Enhancement Program. Enjoy benefits of massage therapy and acupuncture. Contact Central Maryland Rehabilitation Center at 410-312-9000.

Phase II Cardiac Rehabilitation Program
A four- to 12-week program to assist cardiac patients in the early recovery phase following a heart attack, angioplasty, or cardiac surgery. Provides exercise, education, and emotional support. Call 410-740-7970 for information and an appointment.

External Enhanced Counterpulsation Therapy
A non-invasive alternative treatment for patients with stage III or IV angina. For information, call 410-740-7970.

HCGH Cardiac Rehabilitation Maintenance Program
An exercise maintenance program for cardiac rehab program graduates to continue exercising in a medically supervised setting. Tuesday and Thursday mornings, 8 a.m. and 9:30 a.m. $60 per month. For information, call 410-740-7970.

Pulmonary Rehabilitation
A program lasting up to 10 weeks that is designed to decrease the debilitating symptoms of Chronic Obstructive Pulmonary Disease through exercise therapy, education, and emotional support. HCGH Rehabilitation Services Dept. Call 410-740-7970 for information and an appointment.

Pre-Diabetes: What Is It and What Can You Do About It?
Understand what pre-diabetes is and how to make changes to prevent or delay actual diabetes. June 17, 7–9 p.m. Ambulatory Care Center. $15.

Individualized Diabetes Management
Learn from a certified diabetes nurse educator how to manage your diabetes. For information or an appointment, call 410-740-7695.

Dietary Counseling for People with Diabetes
Presented by a registered dietitian, this individualized counseling program focuses on the dietary requirements of diabetes. Call 410-740-7695 for information.

Living with Diabetes
Johns Hopkins education at HCGH and recognized by the American Diabetes Association. Learn how you can be an expert at managing your own diabetes from presentations by an endocrinologist, podiatrist, psychologist, diabetes nurse educator, and dietitian. May 15 & 16, June 12 & 13, or July 17 & 18, 8:30 a.m.–3 p.m. Ambulatory Care Center. For information, call 410-740-7695.

The Mall Milers

Be Seated
Seated fitness program geared to adults age 50 and older. Increase range of motion and build muscle strength. Cosponsored with Howard County Dept. of Parks and Rec. $24.

Fitness Fun for Seniors
Exercise to music at your own pace for flexibility and fun. For age 60 and older. Cosponsored with Howard County Dept. of Parks and Rec. Call 410-313-7275 to register. $36.

AARP Driver Safety
Classroom refresher for drivers age 50 and older. $10.

AgeWell
Ongoing exercise program for people 60 and older. Cosponsored with the Howard County Office on Aging. Call 410-313-7213.
HEALTHY LIFESTYLES

Well-Being Through Massage
A licensed massage therapist will show you how to use massage to promote a healthier life and a sense of well-being. Techniques for upper body: May 8, June 12, or September 11, 7–9 p.m. Techniques for lower body: May 22, June 19, or September 25, 7–9 p.m. $50 per couple for one class or $90 per couple for both classes.

First Aid: Adult Basic
Through lecture and hands-on training, learn to effectively assess and treat a wide range of ailments in emergencies. Treatments covered are for adult victims and children over 8 years old. Earn a three-year National Safety Council Certification. June 20, 9 a.m.–3:30 p.m. $60 (includes book).

Adult/Child/Infant CPR
Earn a two-year Heartsaver certification card upon completion of this class. This is not a health care provider course. May 21, June 10, June 24, July 9, July 23, or August 11, 5:30–9 p.m. $48.

FOR CHILDREN AND TEENS

CPR for Teens
This American Heart Association course prepares teens, ages 11 to 17, to perform CPR on an adult, child, and infant. Other topics include choking, how to call 911 and answer dispatcher questions, and brief overview of an AED. June 27, 1:30–4:30 p.m. $30.

Essentials in Babysitting
Learn how to effectively manage children, create a safe environment, and apply emergency techniques. May 30, June 27, or August 8, 9 a.m.–1 p.m. $46 (includes lunch and certificate of attendance).

Self-Defense for Young Women
Age-appropriate self-defense for young women ages 12–15. Learn physical and psychological strategies. Also discusses concepts of self-image, self-esteem, and assertive behavior. July 18, 9–11 a.m. $30.

Kids Self-Defense
Children ages 8 to 12 will learn basic principles of safety awareness and age-appropriate self-defense techniques. Program includes discussion, role-playing, and practice. September 18, 6–8 p.m.

DEVELOPING CHILD AWARENESS

Pediatric Preoperative Tour
For children scheduled for outpatient surgery and their families. Tours offered Monday–Friday, 4–6:30 p.m., and Saturdays, 9 a.m.–noon. Call 410-884-4500 for information. Free.

Pediatric Unit Tour
For children ages 3 to 12 and their parents. Visit the Children’s Care Center and meet the staff. Space is limited; early registration is advised. Call 410-884-4848 for dates and times. Free.

Sibling Preparation Tour
Help siblings-to-be prepare for baby’s arrival. Children ages 4 to 12 can tour the hospital. Free.

FREE HEALTH SCREENINGS

Skin Cancer Screening
May 12 & 14, 5–7 p.m. Central Maryland Rehabilitation Center.

Oral Cancer Screening
June 11, 9–11 a.m.

Registration is required. Call 410-740-7601 or register online at www.hcgh.org.

Effective July 29
HCGH Wellness Center is Moving!
Medical Pavilion at Howard County
10710 Charter Drive, Suites G010 and 100, Columbia, MD 21044

Program Registration

Register online for HCGH’s Wellness Classes
Unless otherwise noted, classes will be held at HCGH Wellness Center. Advance registration is required for all classes and programs. Make checks payable to HCGH. A $25 processing fee will be charged for refunds and returned checks. Classes may be cancelled due to low enrollment.

410-740-7601 – information & registration
410-740-7990 – (TDD)
800-850-3137 – long distance only, please
www.hcgh.org – online registration & to find a physician
410-740-7750 – physician referral
**CANCER SUPPORT PROGRAMS**

**Knitting and Crocheting Group**  
Instruction, fellowship, and good times assured for the beginner or the advanced needler. Knit or crochet your own projects or create chemo caps, lap blankets, or preemie hats to donate. First and third Wednesdays of each month, 10:30 a.m.—noon. Free.

**Hand-stitching and Quilting Group**  
Learn new methods of hand-piecing, including Dresden plate and yo-yo in upcoming months. Second and fourth Wednesdays of each month, 10:30 a.m.—noon. Free.

**Yoga and Acupuncture**  
Free yoga classes and acupuncture treatment designed for cancer patients to revive; relax; and rebuild body, mind, and spirit are available and offered in partnership with the Tai Sophia Institute. Call 410-740-5858 for class times and to register.

**Survivors Offering Support (SOS)**  
Volunteer mentors, trained by the hospital, offer encouragement to newly diagnosed breast cancer patients. For details or to be a mentor, call 410-884-4574.

**Transition to Wellness**  
Women at or near the conclusion of breast cancer treatment receive coping tools and information as you enter the wellness phase of your journey as a breast cancer survivor. July 29. Ambulatory Care Center. Call 410-884-4574.

**Photo Organizing Class**  
In this two-part series, learn how to use your pictures to create meaningful, archival-safe albums. Materials are available for purchase or bring your own. Call 410-740-5858 for details and dates.

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**ONGOING SUPPORT GROUPS**  
Cosponsored by HCGH

<table>
<thead>
<tr>
<th>Group Name</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adult Type 1 Diabetes Support Group</strong></td>
<td>Third Monday of the month, 7 p.m. 301-490-0029 or 410-788-8720.</td>
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<tr>
<td><strong>Alcoholics Anonymous</strong></td>
<td>Sundays, 2 p.m. and 7 p.m. 410-663-1922.</td>
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<tr>
<td><strong>Al-Anon</strong></td>
<td>For families and friends of alcoholics. Sundays, 7 p.m. 410-832-7094.</td>
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<tr>
<td><strong>Alateen</strong></td>
<td>For teenagers with an alcoholic friend or family member. Sundays, 7 p.m. 1-888-4AL-ANON.</td>
</tr>
<tr>
<td><strong>Alzheimer’s Caregivers Support Groups</strong></td>
<td>Caregivers: first Friday of each month, 11 a.m. Spouse caregivers: second Tuesday of each month, 10:30 a.m. 410-313-9744.</td>
</tr>
<tr>
<td><strong>Aneurysm Support Group</strong></td>
<td>First Monday of the month, 7 p.m. 410-442-4045.</td>
</tr>
<tr>
<td><strong>Bereavement Support Group</strong></td>
<td>For families and friends who have lost loved ones at HCGH. Thursdays, 7—8:30 p.m. To register, call Pastoral Care office at 410-740-7898.</td>
</tr>
<tr>
<td><strong>Better Breathing Club</strong></td>
<td>In conjunction with the American Lung Association. Meets monthly. 410-740-7803.</td>
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<tr>
<td><strong>Breast Cancer Support Group</strong></td>
<td>Third Wednesday of each month, 7–9 p.m. Central MD Oncology Center. 410-884-4650.</td>
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<tr>
<td><strong>Caregiver’s Support Group</strong></td>
<td>Provides a chance for caregivers to connect with each other, share coping strategies, and build a network of people going through a similar experience. To register for the group, call 410-740-5858.</td>
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<tr>
<td><strong>Chronic Pain Support Group</strong></td>
<td>Third Monday of each month, 1–2:30 p.m. 301-873-3959.</td>
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<tr>
<td><strong>Crohn’s and Colitis Foundation of America Support Group</strong></td>
<td>Fourth Tuesday of each month, 7–8:30 p.m. 1-800-618-5583.</td>
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<tr>
<td><strong>Depression and Bipolar Support Alliance of Howard County</strong></td>
<td>Second and fourth Fridays of the month, 7–9 p.m. 301-575-6766.</td>
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<tr>
<td><strong>Hospice Services of Howard County</strong></td>
<td>Support for the terminally ill, their families, and the bereaved. 410-730-5072.</td>
</tr>
<tr>
<td><strong>Howard County Diabetes Education and Support Group</strong></td>
<td>First Tuesday of each month, 7:30–9 p.m. The Bain Center. 410-740-7695.</td>
</tr>
<tr>
<td><strong>I Can Cope</strong></td>
<td>An educational series for people facing cancer sponsored by the Claudia Mayer Cancer Resource Center and the ACS. Registration required: 410-740-5858.</td>
</tr>
<tr>
<td><strong>Look Good Feel Better</strong></td>
<td>Licensed cosmetologists teach women undergoing cancer treatment how to manage appearance-related side effects of treatment. 1-888-535-4555.</td>
</tr>
<tr>
<td><strong>Lupus Mid-Atlantic</strong></td>
<td>First Wednesday of the month, 7 p.m. 800-777-0934.</td>
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<tr>
<td><strong>Man-to-Man Prostate Cancer Support Group</strong></td>
<td>Third Thursday of each month, 7–9:30 p.m. 410-379-2896.</td>
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<tr>
<td><strong>Maryland Sickle Cell Disease Association</strong></td>
<td>Fourth Wednesday of the month, 7 p.m. 410-465-4822.</td>
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<tr>
<td><strong>Nicotine Anonymous</strong></td>
<td>1-800-317-3222.</td>
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<td><strong>Nicotine Anonymous</strong></td>
<td>410-964-2180.</td>
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<td><strong>Narcotics Anonymous</strong></td>
<td>410-963-2102.</td>
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<tr>
<td><strong>Overeaters Anonymous</strong></td>
<td>Fridays, 10:30–11:30 a.m. 410-963-2102.</td>
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<tr>
<td><strong>Rising Hope Support Group</strong></td>
<td>For parents who have lost a baby to miscarriage, stillbirth, or newborn death. First Monday of each month, 7:30 p.m. 410-740-7845.</td>
</tr>
<tr>
<td><strong>Stroke Support Group</strong></td>
<td>Select Wednesdays of the month, 6:30–8 p.m. Ambulatory Care Center. Call 410-740-7601.</td>
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<tr>
<td><strong>WomenHeart, the National Coalition of Women with Heart Disease</strong></td>
<td>410-884-4574.</td>
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Support group information is subject to change. Before attending a meeting, verify information and location by calling the contact number listed.
**HCGH Cancer Services Ranked in Top 19 Percent Nationwide**

The Committee on Cancer (CoC) of the American College of Surgeons awarded HCGH’s Cancer Services with the 2008 Outstanding Achievement Award. In addition to our recent accreditation as a “Community Hospital Comprehensive Care Program,” this recognition places our program among the top 19 percent in the nation.

Established in 2004, the CoC Outstanding Achievement Award (OAA) recognizes cancer programs that strive for excellence in providing quality care to cancer patients. A facility receives the OAA following the on-site evaluation by a physician surveyor during which the facility demonstrates compliance with seven standards that represent the full scope of the cancer program.

**Construction Update**

The new entry plaza opened in mid-December. The mock-up of a new patient room is complete and will be used to test furniture and equipment. Renovation of the existing hospital is also underway and will continue over the next two years.

**Phase 1** was undertaken in order to facilitate construction of the new connection between the existing hospital and The Center for Ambulatory Surgery. Other first floor hospital departments have been relocated in order to vacate space that will be incorporated into the expanded Laboratory and other support departments. The lobby continues to undergo transformation.

**Phase 2** Three additional ORs will be added in later phases of the project. There will be a large inpatient/outpatient surgical waiting room as well as a complete renovation of the Cafeteria. Anticipated completion of the campus is expected by early 2011.

**Ask the Doctor**

Have a question you would like a doctor to discuss in Wellness Matters? Submit your question to contactus@hcgh.org, or mail it to Ask the Doctor, Public Relations Department, Howard County General Hospital, 5755 Cedar Lane, Columbia, MD 21044. If your question is selected, an HCGH physician on staff specializing in a relevant field will provide a comprehensive answer in a future issue of Wellness Matters. Questions and answers also will be displayed on www.hcgh.org. Remember that the information provided in Wellness Matters is intended to educate our readers and is not a substitute for consulting with a physician.

**Come Grow With Us:**

**HCGH Offering Many Job Opportunities in Multiple Departments**

HCGH is opening its new pavilion in August 2009 and offers many hospital-wide job opportunities for nursing, dietary, housekeeping, admitting counselors, patient care technicians, patient clerical assistants, OB techs, and more. HCGH employment benefits include competitive salaries as well as opportunities for growth and education. Other benefits include college tuition for your child(ren) of up to $10,000 per year; 401(k); flexible spending accounts; premier medical, dental and vision coverage; disability and life insurance; paid vacation and holidays; employee assistance program; and more.

If you desire a career change and require training, Howard Community College, our community partner, offers special programs to put you on the right track. To learn more about the job opportunities at HCGH or apply online, visit www.hcgh.org.
Healthy Families Howard County Accredited for Quality Service
Prevent Child Abuse America has accredited Healthy Families Howard County at Howard County General Hospital as a provider of high-quality home visitation services to families who want to improve their child’s health, nutrition and developmental outcomes. Healthy Families provides first-time parents with educational and emotional support to ease their transition through pregnancy and into the first five years of parenthood. This free program gives parents access to community resources and allows qualifying participants to receive home visitation and referrals from Family and Children’s Services of Central Maryland.

HCGH Assists Residents during “Cover the Uninsured Week”
Joining hospitals and health systems throughout the country, HCGH supported “Cover the Uninsured” week, the largest, nonpartisan mobilization in history seeking solutions for the nearly 45 million Americans who are uninsured, by sponsoring a special open house on Thursday, March 26. Participants learned about health coverage options for the uninsured from HCGH financial counselors as well as representatives from Healthy Howard and the Howard County Health Department and the Howard County Department of Social Services.

Got Sunscreen? Campaign
Childhood sunburn is the number one cause of skin cancer in adults. While skin cancer is the most common cancer, it is also the most preventable. In collaboration with local physicians, Howard County General Hospital and the Claudia Mayer Cancer Resource Center are once again participating in the “Got Sunscreen?” sports banner program to educate children about sun safety and skin cancer prevention. These banners, posted on local fields including the fields at Kiwanis-Wallas Park, help convey this message. Cases of individual packets of sunscreen were provided to stock the coaches’ first-aid kits, the players’ gear bags, and the snack stand.

Correction: In the Spring 2009 issue of Wellness Matters, we incorrectly stated on page 3 that Howard County General Hospital received “Accreditation with Commendation” by The Joint Commission. This status is no longer used by The Joint Commission. The statement should have read that Howard County General Hospital received “Accreditation” by The Joint Commission.
Stop Your Extra Pounds From Weighing You Down

According to the Johns Hopkins Arthritis Center, being only 10 pounds overweight increases the force on your knee by 30–60 pounds with each step. With this increased weight comes increased stress on your joints, which can cause pain and rob you of the motivation to get active and lose weight. “It’s a catch 22,” says Dr. Rajiv Dua, a family physician on staff at Howard County General Hospital. “For obese people, diet alone will not help them shed the pounds; they need to exercise. However, the stress the added pounds puts on their joints often results in pain—as a result, people become even less mobile and risk gaining more weight.”

Pounding on Your Joints

According to Dr. Mark Bullock, an orthopedic surgeon on staff at HCGH, the increased weight causes wear and tear on your joints that can exacerbate or hasten the onset of arthritis. People with a high body mass index (BMI) tend to get arthritis at a younger age, often resulting in the joint needing to be replaced. All of the studies pertaining to BMI and joint surgery come to basically the same conclusion—people who are overweight have more preoperative, intraoperative, and postoperative complications, including earlier wear of the prosthesis, which can lead to the need for more complicated revision surgery.

Step in a Lighter Direction

According to both Drs. Bullock and Dua, if you are experiencing joint pain, talk to your primary care physician to determine your function level. “The body of an obese patient is comprised mostly of fat versus muscle,” explains Dr. Dua. “They can’t simply put on their tennis shoes and hit the streets to go for a jog. Because of the lack of muscle, they need to tone so there are muscles to support and stabilize the joints and keep them protected.”

“It is hard for people to exercise once you have arthritis in the lower extremities,” notes Dr. Bullock. “High-impact exercises are too hard on your joints and can accelerate the arthritis. I recommend low-impact exercise such as a stationary bike, elliptical machine, or aquatic therapy.”

While physical activity is necessary to effectively lose weight, Dr. Dua warns that true long-term success comes from a balance between nutrition, activity, and behavior. “While you may be anxious to drop the weight quickly, you should never look at achieving weight loss within a specific time period,” says Dr. Dua. “It should be viewed as ongoing management as you aim to gain more flexibility and range of motion. Even small amounts of weight loss can make a difference to your joints.”

Dr. Rajiv Dua is board certified in family medicine. He is the Medical Director of the Weight Management Center of Maryland and practices with Centennial Medical Group in Elkridge. His interests include obesity, diabetes and metabolic syndrome.

Dr. Mark Bullock is board certified in orthopedic surgery and practices with Orthopedic Solutions. He focuses on sports medicine and adult reconstruction of the hips and knees.
Exercise Your Way to Healthy Joints

Managing Joint Pain
June 9 / 7–8:30 p.m. Free.
Moving from place to place may seem easy, but when you have pain in your joints you notice every motion. Learn about the newest treatment options that are aimed at increasing your comfort and mobility.
Presented by Mark Bullock, M.D.
To register for this program, please call 410-740-7601.
Dear Friends,

In June of this year, I will complete my final term as chair of the Howard Hospital Foundation (HHF). It has been my privilege and honor to have been associated with the HHF and Howard County General Hospital these past eight years.

I leave with mixed emotions. On the one hand, I am delighted with the response of our community to the Foundation’s fundraising initiatives and the benefits that have accrued to the hospital and our community as a result. On the other hand, I am saddened to leave a most challenging and rewarding position and the friendships and relationships I have made. While I am leaving my position, I will not be abandoning the cause for which I came to the HHF in the first place.

I will continue to work on the hospital’s current campaign, the Campus Development Plan, until our goal is met. My hope is that everyone in Howard County will make a donation in support of this very necessary and worthwhile expansion and renovation to our community hospital.

Sincerely,

Evelyn Bolduc, Chair
Howard Hospital Foundation

Events

To best support HCGH and provide you with fun, family-oriented events, Evelyn challenged the Foundation to continuously expand and improve its fundraising events. Her leadership has led to steady growth and increased community participation in the Foundation’s Symphony of Lights and its kick-off weekend Dazzle Dash. In 2008, Dazzle Dash and the Symphony of Lights raised $147,000 for HCGH’s Maternal Child Services. And, the Foundation’s Annual Benefit Golf Classic raised $125,000 last year alone, thanks to both sponsors and golfers!

Since 2001 Evelyn Bolduc has served as chair of the Howard Hospital Foundation’s Board of Trustees. She has also served for eight years on Howard County General Hospital’s Board. As Evelyn’s final term as chair of the Foundation concludes in June, we pay tribute to her legacy of service and recognize some of the many accomplishments made possible by her leadership.
New Patient Pavilion

Two years ago, with our growing and aging community requiring further renovation and expansion of the hospital’s facilities, Evelyn spearheaded a large-scale capital campaign, with the goal of raising $30 million in support of HCGH’s 233,656 square-foot Campus Development Plan (CDP). This landmark project is currently underway and includes a new five-level patient pavilion that will open in August. The CDP will allow HCGH to keep pace with advances in global health care and national patient safety requirements, providing you and your family with technologically advanced, world-class care in the convenience and comfort of a community hospital setting.

This CDP campaign has had record success, to date standing at $21 million, but we must work together to reach the final goal. As Evelyn often points out, every dollar counts and every donor can make a difference! We’re grateful that Evelyn has agreed to continue her work as a co-chair of the CDP fundraising committee until the successful completion of this historic campaign.

Entry Plaza

Evelyn recently helped launch the Foundation’s new Entry Plaza Campaign to provide donors with an exciting way to support HCGH and leave a lasting mark in the community. Through this campaign, you can purchase an engraved commemorative paving stone that will become a centerpiece of the hospital’s new entryway and gardens. A limited number of these special paving stones are available, so purchase yours online today at www.hcgh.org.

Emergency Room

Through contributions of our generous donors, Evelyn helped the Foundation mount a successful Master Facility Plan campaign in 2001. The campaign raised $5 million for the expansion and relocation of the hospital’s Intensive Care Unit, the Emergency Department and Pediatric Unit, the Labor and Delivery Unit, the Neonatal Intensive Care Unit and Diagnostic Imaging. These improvements helped HCGH meet its community’s most pressing health care needs.

Ongoing Support

Throughout the years and even during major capital campaigns, Evelyn and the Foundation Board have not lost sight of the hospital’s other needs. Under the leadership of Evelyn and the Board, the Foundation has utilized gifts from our donors to provide ongoing support of HCGH programs and services that are vital to the health care of the Howard County community. From wellness programs to advanced training for nurses and from lifesaving defibrillators to special beds for NICU babies, donor gifts allow HCGH to remain prepared to meet the needs of our growing community.
May

**Fitness and Sports Medicine Clinic**
*Saturday, May 16* / 10 a.m.–2 p.m. Free
Lord & Taylor Court in The Mall in Columbia
Talk with our physician experts, participate in our screenings including feet, ankles/knees, spine and shoulders, pain, and osteoporosis. Visit our many booths and learn fitness tips and ways to incorporate more movement into your life.

June

**19th Annual Howard County General Hospital Benefit Golf Classic**
*Friday, June 5*
Waverly Woods Golf Club in Marriottsville
The annual tournament at Waverly Woods Golf Club in Marriottsville includes morning and afternoon rounds. Proceeds benefit Howard County General Hospital. Please register by May 30, 2009. For more information, call the Howard Hospital Foundation at 410-740-7570.

**Howard County Relay for Life**
*Friday, June 5* / 6:30 p.m.–*Saturday, June 6* / 8 a.m.
For more information, call 410-781-4316 or visit www.howardrfl.com.

**2nd Annual Healthy Howard Day**
*Sunday, June 7* / 10 a.m.–4 p.m. Free
Centennial Park
Bring the whole family for a day geared to help you fight obesity by supporting healthy living, proper nutrition and exercise throughout your day. The event includes free health screenings, worksite wellness area, an active kids zone, healthy food tasting, and live entertainment.

July

**Howard County General Hospital Health Fair**
*Saturday, July 11* / 9 a.m.–1 p.m.
HCGH parking lot
A family friendly event that includes free health screenings for blood pressure, diabetes, asthma, pulmonary function, vision and more. Enjoy live entertainment and pick-up your copy of the 2009 Directory of Physicians.

August

**Healthy Pregnancy, Healthy Kids Clinic**
*Saturday, August 15* / 11 a.m.–3 p.m. Free
Lord & Taylor Court in The Mall in Columbia
Walk-in. Registration not required. Bring your family and participate in our screenings including pediatric vision, asthma, height, weight, and blood pressure. Stop by our booths and ask the pediatrician and obstetrician questions, learn physical activities for the whole family, healthy nutrition, and other health and safety tips for children and the whole family.

September

**Cuts Against Cancer**
*Sunday, September 20* / 10 a.m.–4 p.m.
Symmetry Salon and Spa, Ellicott City and Victoria and Albert Hair Studio, Columbia
Featuring some of Howard County’s finest salons including Lutfi’s International Salon & Spa, Luna Day Spa, Mason & Friends Salon.Sp, Victoria & Albert Hair Studio, Salon Tuséy, Studio K Salon & Spa, Corporate Pit Stop, George of New York, Symmetry Salon & Spa, and Rafet’s Hairmasters. Participants can receive haircuts and manicures at discounted prices while supporting a good cause. Proceeds benefit the Claudia Mayer Cancer Resource Center. For details, call 410-740-5858.