

WINTER
2008-2009

Wellness Matters



HOWARD COUNTY
GENERAL HOSPITAL

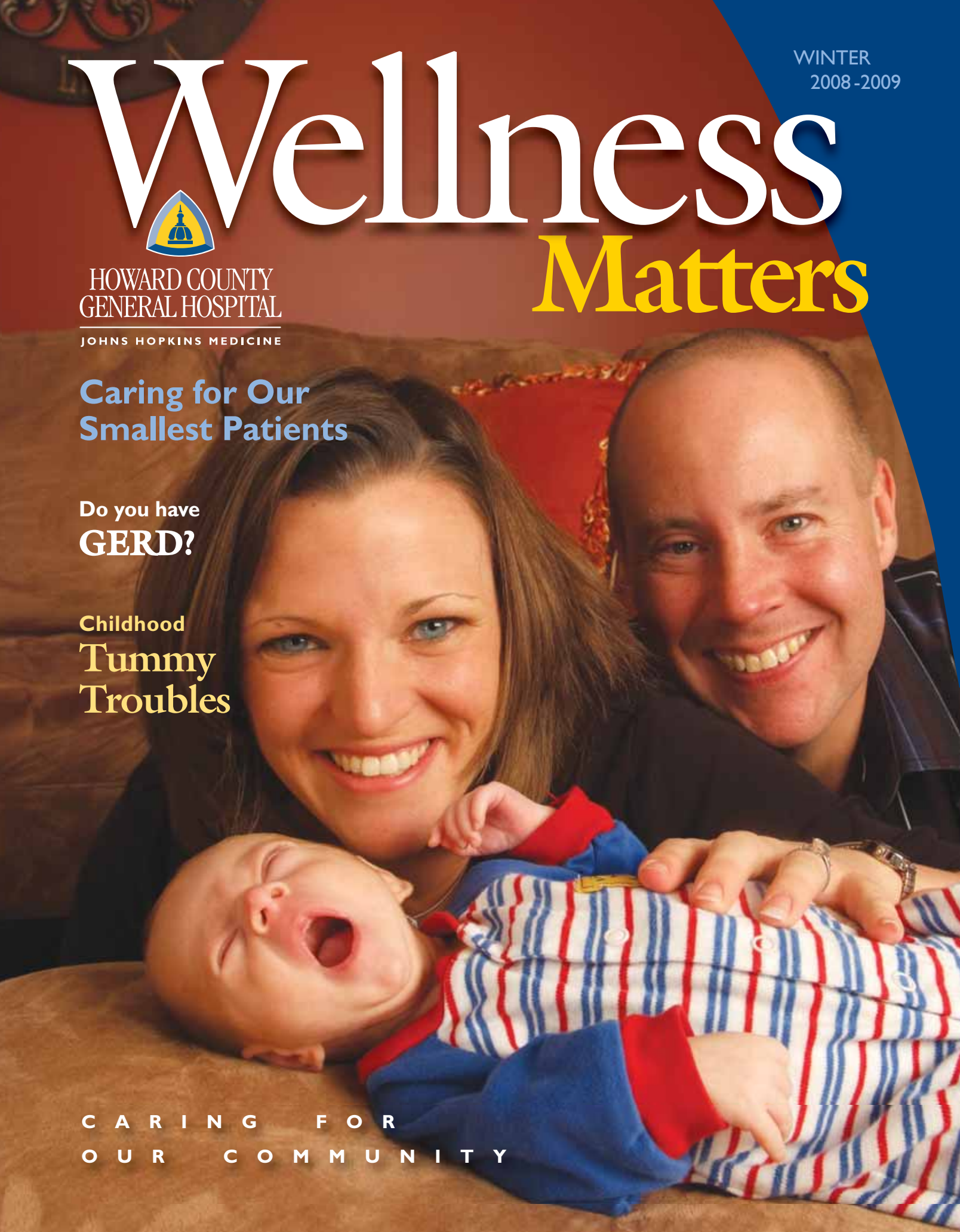
JOHNS HOPKINS MEDICINE

Caring for Our Smallest Patients

Do you have
GERD?

Childhood
**Tummy
Troubles**

C A R I N G F O R
O U R C O M M U N I T Y



President's Message

Dear Friends,

This is the season of giving, and of giving thanks. Good health is something for which to give thanks, but having good health care when you need it is equally important. HCGH's continuing commitment to provide our patients with high-quality care has led to some exciting innovations.

In the near future, HCGH will begin the implementation of a hospital-wide provider order management (POM) system to improve patient safety by reducing errors caused by illegible handwriting. As a result, when a physician enters orders, they will be submitted electronically directly to the appropriate department, such as the laboratory or pharmacy, enabling the orders to be executed much quicker. The orders can be easily read, and the electronic signature makes it clear which physician submitted them. In addition, the system includes checks for proper dosage, allergy interactions, and medication interactions to reduce the potential for patients to get the wrong medication or the wrong dosage. Full implementation of this system is expected to be accomplished within the next 18 to 24 months.

To further enhance a patient's experience and provide a more positive relationship between patients and our staff, we welcome Lauren Edelstein as our new patient relations specialist. Her extensive background will help in resolving communication issues between patients and hospital staff as well as addressing patients' questions or concerns about their hospital experience.

Another part of our continuing commitment to provide very good care is our Campus Development Plan (CDP). I invite you to read the CDP construction status update which appears on page 13. In conjunction with the Howard Hospital Foundation (HHF), we are very pleased to announce two, one-million dollar pledges, from the Bolduc and Lundy families, to the capital campaign, as well as a \$3.5 million pledge from the Horizon Foundation. While bolstered by this support, HCGH still needs to raise an additional \$10 million to achieve our fund-raising goal. Every pledge or contribution, at any level, is important, and we need everyone in the community to participate.

Being involved in the community is extremely important to HCGH. Along with our myriad of events, classes and programs this winter, join us for the Dazzle Dash on November 22 and 23, the kick-off event for the 15th annual Symphony of Lights. With proceeds benefiting HCGH's Maternal Child Services, you can support a most worthy cause while enjoying a spectacular light display. Information about the Symphony of Lights and Dazzle Dash can be obtained by calling the HHF office at 410-740-7840.

Sincerely,



Vic Broccolino

President and CEO

Howard County General Hospital



Wellness Matters

Volume 12, No. 4 WINTER 08/09

HOWARD COUNTY
GENERAL HOSPITAL
JOHNS HOPKINS MEDICINE

Caring for Our Smallest Patients

14



CONTENTS:

3

Feel the Burn

Is it heartburn or gastroesophageal reflux disease?

5

Wellness Classes

8

Health Matters

A new treatment option for osteoporosis

On The Board

9

Community Benefit Report

13

Hospital News

16

Tummy Troubles

Learn about common gastrointestinal problems for kids

18

Giving Matters

20

Mark Your Calendars

Wellness Matters is published quarterly 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.

Public Relations

Mary Patton, director

Writing/Editing/Design

Bonnie Heneson Communications

Custom Photography

Carl Caruso

Jill Myers

Board of Trustees

W. Brian McGowan, chair

Harry L. Lundy, vice chair

Ann B. Mech, J.D., R.N., secretary

Marc B. Applestein, M.D.*

Vivian C. Bailey**

Evelyn T. Bolduc

Victor A. Broccolino*

Marvin P. Davis, M.D.

Adinarayana Divakaruni, M.D.

George L. Doetsch, Jr.

Miriam F. Dubin

H. Elizabeth Horowitz

Edward J. Lee, M.D.*

Robert T. Manfuso

Ronald R. Peterson*

Peter J. Rogers, Jr.

Alton J. Scavo

Henry M. Seidel, M.D.

G. Daniel Shealer, Jr., Esq.

Sue Song, APRN-PMH, Ph.D.

Beverly J. White-Seals, Esq.

W. Gill Wylie

*Ex-Officio Trustee

**Trustee Emeritus

Howard County General Hospital, Inc.

Victor A. Broccolino,
president/CEO

Howard Hospital Foundation

Evelyn T. Bolduc, chair

Howard County General Hospital Professional Staff

Edward J. Lee, M.D., president

Volunteer Auxiliary

Alicia Slahetka, president



Do You Feel the Burn?

SEPARATING HEARTBURN FROM GERD

Maybe it was the chilidog for lunch or the glass of wine with dinner. Perhaps your allergies are acting up, or you just can't shake that itchy throat. While these symptoms may seem benign, they could indicate that you are suffering from gastroesophageal reflux disease or GERD.

What is GERD?

GERD occurs when the muscle valve at the lower end of the esophagus allows a backward flow of stomach acid to move up into the esophagus.

What are the Symptoms of GERD?

According to the American College of Gastroenterology, GERD frequently masquerades as asthma; chronic cough; and other ear, nose, and throat ailments. Many experience symptoms including a burning experience behind the breastbone, chest pain, shortness of breath, wheezing, coughing, choking, vomiting blood, or black bowel movements. Some patients may experience vocal symptoms including hoarseness, excessive mucus or phlegm, throat clearing, ulcers on the larynx, or vocal fold scarring.

"Because GERD has symptoms that can be mistaken for other medical issues, people often go untreated," says **Dr. Rudra Rai**, a gastroenterologist on staff at Howard County General Hospital. The American College of Gastroenterology estimates that as many as 19 million Americans may suffer from GERD but are unaware of its potential dangers and the effective treatment options available today. "When GERD is not treated, serious medical complications can occur," continues Dr. Rai. "Patients can experience severe chest pain that can simulate a heart attack, a narrowing or obstruction of the esophagus, bleeding, or Barrett's disease — a pre-cancerous condition of the esophagus."

According to Dr. Rai, there are several tests commonly performed to evaluate GERD. You should consult with your physician to determine which evaluation method is most appropriate for you.

How do I know if I have GERD?

"I remind patients that while heartburn is common, it's not trivial," says Dr. Rai. "One way to determine if your heartburn is more serious is to take the Richter Scale/Acid Test."

- 1. Do you frequently have one or more of the following:**
 - a. An uncomfortable feeling behind the breastbone that seems to be moving upward from the stomach?**
 - b. A burning sensation in the back of your throat?**
 - c. A bitter acid taste in your mouth?**
- 2. Do you often experience these problems after meals?**
- 3. Do you experience heartburn or acid indigestion two or more times a week?**
- 4. Do you find the antacids only provide temporary relief from your symptoms?**
- 5. Are you taking prescription medication to treat heartburn, but still having symptoms?**

IF YOU ANSWERED YES TO TWO OR MORE OF THE ABOVE, YOU MAY HAVE GERD.

(continued on next page)

There are several tests commonly performed to evaluate GERD.

What Treatment Options are Available?

A gastroenterologist can develop a treatment plan that aims to eliminate your symptoms, heal your esophagus, and prevent a relapse of esophagitis—the inflammation of the lining of the esophagus.

Dr. Deepak Merchant, a surgeon on staff at HCGH, suggests these simple but important changes you can make to decrease GERD:

1. Eat small frequent meals every 2-3 hours so the stomach is not overstretched and less likely to regurgitate acid.
2. Avoid alcohol, smoking, and spices or seasonings.
3. Raise the head of the bed by 4”- 5” by putting blocks under the bed legs.
4. Avoid wearing tight garments that can compress your abdomen – increasing pressure to the stomach.
5. If you are overweight, make every effort to reduce your weight.

Prescription alternatives

If these changes do not result in a reduction of your symptoms, there are prescriptions that may help to treat GERD including H2 blockers, such as Zantac or Pepcid, and proton pump inhibitors (PPIs) like Nexium or Prevacid.

“Because GERD has symptoms that can be mistaken for other medical issues, people often go untreated.”



Dr. Deepak Merchant is a general surgeon with Maryland Surgeons in Columbia. He specializes in laparo-endoscopic surgery and breast surgery.



Dr. Rudra Rai is a gastroenterologist and hepatologist in private practice in Columbia. He serves on the medical faculty at Johns Hopkins University School of Medicine and specializes in the treatment of GERD (acid reflux disease), colon cancer, and diseases of the liver, gall bladder, pancreas, stomach, and small intestine.

Speech Therapy Treats GERD Symptoms

According to HCGH speech pathologist Chris Klein, many patients with GERD experience symptoms including esophageal spasms, dysphagia (a swallowing disorder), or vocal changes. To help diagnose and treat these symptoms, HCGH offers swallow therapy, which includes behavior modification and/or exercises to restore muscle function and balance, and voice therapy, which aims to restore the voice to a normal level of function as well as help prevent further potential vocal cord damage. “One of the newest and most important services we can offer these patients is a stroboscopy,” comments Klein. “In this procedure, we use a scope to examine a patient’s vocal cords. We are able to assess the larynx for structure and function as well as look for any telltale signs of damage resulting from GERD. Stroboscopy is a crucial part of the diagnosis and treatment of vocal problems resulting from GERD.”

Talk to your physician for more information or for a referral to HCGH’s speech therapy services.

According to the American College of Gastroenterology, H2 blockers improve heartburn symptoms and regurgitation as well as decrease the flow of stomach acid, which helps aid in healing those with mild to moderate esophagitis. PPIs have been found to heal erosive esophagitis (a more serious form of GERD) more rapidly than H2 blockers, but daily treatment provides the best long-term maintenance for keeping symptoms and esophageal disease at bay.

Surgery

Surgical measures can be considered if other treatment options fail or complications, including bleeding, narrowing of the esophagus, or abnormal transformation of the cells lining the esophagus, occur. “One option is laparoscopic fundoplication,” says Dr. Merchant “Using a lighted tube that is inserted through a tiny incision in the abdomen, we can create a valve from the top of the stomach to prevent acid from backing up into the esophagus. With this laparoscopic procedure, patients typically spend less time in the hospital, have fewer wound infections, experience less pain, and enjoy a faster recovery time. Laparoscopic surgery has been shown to provide long-term control of symptoms as well as to eliminate the need for chronic acid suppression medications.”

To determine if your heartburn symptoms are something more serious or to find out more about GERD and your medical options, call 410-740-7750 for a referral to a physician on staff at HCGH or visit us online at www.hcgh.org.

special Events:

Great American Smoke-Out

November 20/ 11 a.m.–2 p.m. Free. HCGH Lobby. Walk-in. Registration not required. The American Cancer Society Great American Smoke-Out challenges you to quit using tobacco products for at least 24 hours as a first step in quitting completely. Stop by for resources to help you quit.

Cardiovascular Clinic

February 21/ 9 a.m.–1 p.m. Free. Lord & Taylor Court in The Mall in Columbia. Walk-in. Registration not required. Visit our booths and speak with our physician experts. Participate in screenings including carotid, total cholesterol, glucose, blood pressure, and body mass index.

Heart Matters

February 24/ 8:30 a.m.–3:30 p.m. \$25. Activities include cholesterol test with specific information regarding HDL, LDL, and triglyceride levels; blood pressure screening; and height and weight measurements. Registration is required.



Dr. Richard Kinnard
Orthopedic Surgeon

spotlight

Managing Your Joint Pain

February 19/ 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 Richard Kinnard, M.D.,
medical director of
The Joint Academy.

HEALTHY FAMILIES

Maybe Baby? Financial Planning Issues for Prospective Parents

Whether you are thinking about starting a family or already pregnant, learn about the financial aspect of being a parent: what to expect and what you need to do. The cost of raising a child, employer benefits, taxes, saving for college, and how to make confident decisions will be discussed. January 15, 7–9 p.m. Free.

Maybe Baby? Health Issues to Consider Before Pregnancy

Starting a family involves preparation and planning. Our program assists you in learning about your important choices to consider. Topics include lifestyle, parent wellness, and health care matters. Presented by OB/GYN Margot Watson, M.D. February 26, 7–8:30 p.m. Free.

Prenatal Class for Your Early Pregnancy

For parents-to-be in the first three months of pregnancy. Learn about the early stages of pregnancy and understand the physical changes, your baby's growth, and easy ways you can support your pregnancy. January 14, 7–9 p.m. Free.

Prepared Childbirth Program

Five-part program to prepare for the birth of your baby. Go to www.hcgh.org for more information.

Refresher Childbirth Program

For couples who have attended a previous childbirth program. Breathing and relaxation exercises are practiced. Go to www.hcgh.org for more information.

Breastfeeding

Learn advantages, preparation techniques, and ways to prevent and manage feeding problems. Practical tips for successfully combining career and breastfeeding will be discussed. Taught by a nurse lactation consultant. Go to www.hcgh.org for more information.

Positive Parenting for Toddlers

In this two-week interactive program, learn the skills needed to raise a healthy, productive child, including communication skills, disciplining your child, managing your child's behavior, self-esteem, and more. For parents of newborns through 4 years old. January 15 and 22, 6–8 p.m., \$15 per person/\$20 per couple.

Maternal Child Classes

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

Childbirth Weekend

Expectant couples will learn about childbirth preparation in this weekend class. Go to www.hcgh.org for more information.

Birthing Center Tour

A preview of maternal-child services available for expectant couples.

Call at least eight weeks prior to due date to schedule a tour. Free.

Infant Massage

For parents/caregivers and baby. Recommended for babies age 1 to 12 months. Taught by a certified infant massage instructor. March 7, 10–11 a.m. \$20.

Baby Signing

Learn 100 basic sign language signs to help your baby communicate. For parents, grandparents and caregivers of babies up to 12 months old. A review DVD is included in the price. Friday, January 9, 9 a.m.–noon. \$40 per person or \$75 per couple.

Happiest Baby on the Block

Parents-to-be and parents of babies up to 3 months old. Learn successful techniques that can quickly soothe your crying newborn baby and promote a more restful sleep for your infant and you! Endorsed by the American Academy of Pediatrics. Parent kits are included. December 17 or January 7, 7–9 p.m. \$50 per couple.

IMPROVING YOUR HEALTH

Living Well... Take Charge of Your Health

In this chronic disease management program, learn techniques to cope with feelings of frustration, fatigue, pain, and isolation; exercises for maintaining and improving strength, flexibility, and endurance; and skills to communicate more effectively with family, friends, and health professionals. This class is for people living with chronic conditions as well as caregivers of those with chronic conditions. Tuesdays, January 23-February 27, 1–3:30 p.m. To register, call Maryland Access Point, 410-313-5980. \$25.

The Mall Milers

Walking for health program at The Mall in Columbia. Cosponsored by HCGH, area agencies, and local businesses. Blood pressure screenings available the second Tuesday of each month. Call 410-730-3300 for details. Free.

Nutrition and Cancer

Individualized, three-session counseling program 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, a Bariatric Center of Excellence as certified by the American Society for Bariatric Surgery. Our multi-disciplinary team approach, pre-operative and post-operative support and education are several keys to the long-term successes of our former patients. To register, call 410-550-0409 or register online at www.hopkinsbayview.org/bariatrics. January 14, 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 dietary requirements for weight loss, healthier bones, high blood pressure, elevated cholesterol, or for those wanting to maintain a vegetarian diet. For adults and children. Appointments are scheduled on Tuesdays and Thursdays between 9:30 a.m. and 2 p.m. as well as Wednesdays and Thursdays between 5:30 p.m. and 7:30 p.m. \$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 making your game powerful, efficient, and consistent. 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.

Pulmonary Rehabilitation

An eight- to 12-week program 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 appointment.

Cardiac Rehabilitation Phase II

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. HCGH Rehabilitation Services Dept. Call 410-740-7869 for information and appointment.

Phase III/IV

For information, call 410-740-7601.

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

If you have been told you have pre-diabetes or abnormal blood sugar, you are at risk for developing diabetes. Understand what pre-diabetes is and how to make changes to prevent or delay actual diabetes. December 3, 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. A two-day program recognized by the American Diabetes Association and designed for people of all ages with diabetes. 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 be covered by your medical insurance. November 21 & 22, December 12 & 13, January 22 & 23, February 13 & 14, 8:30 a.m.–3 p.m. Ambulatory Care Center. For information, call 410-740-7695.

FREE HEALTH SCREENINGS

Podiatry Screening

November 11, 5:15–7:15 p.m.

Diabetes Screening

November 17, 9–11 a.m.

To register for health screenings, call 410-740-7601 or go online at www.hcgh.org.

FOR CHILDREN AND TEENS

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. January 31, 9–11 a.m. \$30.

Essentials in Babysitting

Learn how to effectively manage children, create a safe environment, and apply emergency techniques. Cosponsored by Health Quest, Inc. January 31, 9 a.m.–1 p.m. \$46 (includes lunch and certificate of attendance).

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. February 7, 9–11 a.m. \$25.

spotlight

Tummy Troubles in Children

January 14 / 7–8:30 p.m. Free. Parents are at times challenged by tummy troubles in their kids. Learn dietary modification that can assist your child in coping should a tummy become trouble. Presented by a registered dietitian.

HEALTHY LIFESTYLES

Well-Being Through Massage for Couples

Learn how to use massage to promote a healthier life and a sense of well-being. Taught by a certified massage therapist. Techniques for upper body: January 16, 7–9 p.m. Techniques for lower body: January 30, 7–9 p.m. \$50 per couple for one class or \$90 per couple for both classes.

Mastering Time: Make Time Work for You

Learn easy ways to proactively prioritize and make the choices that will create abundant time to do the things you value most in your life. January 29, 7–9 p.m. Free.

American Heart Association Adult/Child/Infant CPR

Earn a two-year Heartsaver certification card upon completion of this class. **This is not a health care provider course.** November 11, December 16, or January 27, 5:30–9:30 p.m. \$48.

CANCER SUPPORT PROGRAMS

Knitting and Crocheting Groups

Instruction, directions, and good times assured for the beginner or advanced needler. Knit or crochet chemo caps, lap blankets, or premie hats to show concern and care for others. 1st and 3rd Wednesdays of each month from 10:30 a.m.–noon.

I Can Cope

An educational lecture series for people facing cancer sponsored by The Claudia Mayer Cancer Resource Center

and The ACS. This program covers topics relevant to the cancer experience. First Saturday of every month. Free.

Additional free programs for cancer patients and those affected by cancer:

Yoga: Healing Yoga for Cancer Survivors

Eight-week class for survivors and those currently in treatment. Through breathing, stretching, meditation, and relaxation, learn to revive, relax and rebuild your body, mind, and spirit. Thursdays, February 5–March 26, 9–10 a.m. at the Tai Sophia Institute.

CANCER SUPPORT PROGRAMS are held at the Claudia Mayer Cancer Resource Center unless otherwise noted. Call 410-740-5858 or visit www.hcgh.org for details. Registration required.

Quilting Classes

Learn the "English Paper Piecing" method in this two-part class. November 12 and December 10, 10 a.m.–noon.

Four-part class introducing a new hand-piecing technique. January 14 & 28 and February 11 & 25, 10 a.m.–noon.

Sketch Journaling – Open Studio

Join Melinda Byrd for sketching tips and challenges. November 18, 2–4 p.m.

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.** MasterCard and VISA are accepted. Make checks payable to HCGH. If a refund is requested, a \$25 processing fee will be charged. There is a \$25 charge for all 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

ONGOING SUPPORT GROUPS

Co-sponsored by HCGH

Alcoholics Anonymous

Sundays, 2 p.m. and 7 p.m. 410-663-1922.

Al-Anon

For families and friends of alcoholics. Sundays, 7 p.m. 410-832-7094.

Alateen

For teenagers with an alcoholic friend or family member. Sundays, 7 p.m. 1-888-4AL-ANON.

Alzheimer's Caregivers Support Groups

Caregivers: first Friday of each month, 11 a.m. Spouse caregivers: second Tuesday of each month, 10:30 a.m. 410-313-9744.

Bereavement Support Group

For families and friends who have lost loved ones at HCGH. Thursdays, 7–8:30 p.m. HCGH. To register, call Pastoral Care office at 410-740-7898.

Better Breathing Club

In conjunction with the American Lung Association. Meets monthly. 410-740-7803.

Breast Cancer Support Group

Third Wednesday of each month, 7–9 p.m. Central MD Oncology Center. 410-884-4650.

Caregiver Support Program

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.

Chronic Pain Support Group

Third Monday of each month, 1–2:30 p.m. 301-873-3959.

Crohn's and Colitis Foundation of America Support Group

Fourth Tuesday of each month, 7–8:30 p.m. 1-800-618-5583.

Depression and Bipolar Support Alliance of Howard County

Second and fourth Fridays of the month, 7–9 p.m. 301-575-6766.

Hospice Services of Howard County

Support for the terminally ill, their families, and the bereaved. 410-730-5072.

Howard County Diabetes Education and Support Group

First Tuesday of each month, 7:30–9 p.m. Florence Bain Senior Center. 410-740-7695.

Man-to-Man Prostate Cancer Support Group

Third Thursday of each month, 7–9:30 p.m. 410-379-2896.

Narcotics Anonymous

1-800-317-3222.

Nicotine Anonymous

410-964-2180.

Overeaters Anonymous

Fridays, 10:30–11:30 a.m. 410-963-2102.

Rising Hope Support Group

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.

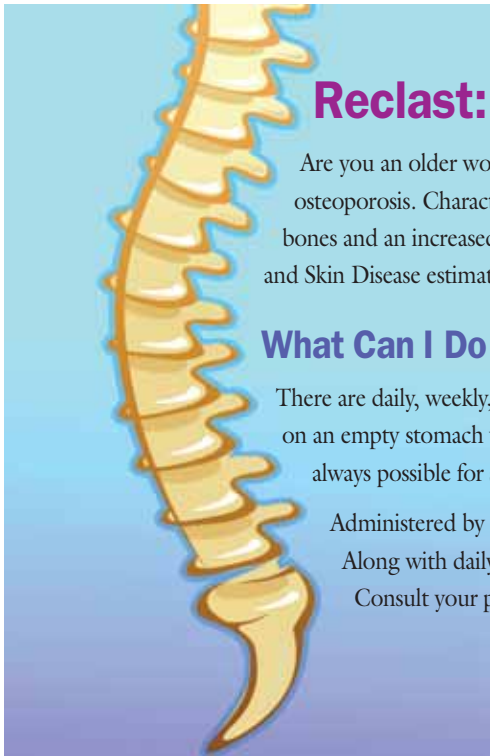
Stroke Support Group

Select Wednesdays of the month, 6:30–8 p.m. Ambulatory Care Center. Call 410-740-7601.

WomenHeart, the National Coalition of Women with Heart Disease

443-854-8333.

Support group information is subject to change. Before attending a meeting, verify information and location by calling the contact number listed.



Reclast: A New Option for Preventing Osteoporosis

Are you an older woman who is small, thin-boned, or of Caucasian or Asian decent? If so, you may be at risk for osteoporosis. Characterized by low bone mass and structural deterioration of bone tissue, osteoporosis leads to fragile bones and an increased risk of hip, spine, and wrist fractures. The National Institute of Arthritis and Musculoskeletal and Skin Disease estimate that 10 million Americans have osteoporosis, a disease that can be prevented and treated.

What Can I Do to Prevent It?

There are daily, weekly, or twice monthly oral osteoporosis medications. However these require patients to take the pills on an empty stomach with a full glass of water and remain in an upright position for at least 30 minutes. This is not always possible for some people.

Administered by a nurse or doctor once a year, Reclast is an intravenous (IV) injection that only takes 15 minutes. Along with daily calcium and vitamin D, Reclast helps strengthen bones and protect you from fractures.

Consult your physician to see if Reclast is advisable for you.

OnTheBoard



Clarence Wooten, Jr.

Clarence Wooten, Jr.

**President/CEO, CollectiveX
Board of Directors, Howard Hospital Foundation**

As a serial entrepreneur, Clarence Wooten, Jr., president and CEO of Howard County-based CollectiveX, is used to seeing rapid growth in companies. His role on the Howard Hospital Foundation Board of Directors has afforded him a vantage point of growth as well – watching Howard County General Hospital expand.

“I am proud to serve on a board with such close ties to my community,” notes Mr. Wooten. “I look at the Howard Hospital Foundation as an extension of the hospital into the community. Much of the funds that come to the hospital come through the foundation. It is clear to me that community commitment to HCGH runs deep from the donors to the hospital volunteers. This support is especially important during our current capital campaign.”

In addition to his role on the Howard Hospital Foundation Board, Mr. Wooten also serves on the boards of Neotech Technology Incubator, the University of Maryland School of Public Health, Institute for Responsible Citizenship in Washington DC, and the African American Non-Profit Network. He resides in Clarksville.



Dr. Edward J. Lee

Dr. Edward J. Lee

**President, Medical and Professional Staff
Howard County General Hospital**

Dr. Edward J. Lee, a hematologist oncologist on the staff at Howard County General Hospital for the past seven years, has served in leadership roles as the secretary, treasurer, vice president, and now the president of the hospital's Professional Staff.

He is also an active member of the HCGH Breast Cancer Tumor Board.

“I have seen the evolution of Howard County General Hospital into the strong institution it is today. From an insider's perspective, the partnership with a major academic institution such as Hopkins has been incredible. The two institutions work closely together and so much sharing of expertise takes place,” notes Dr. Lee.

Dr. Lee foresees this sharing to broaden even further over time.

“I believe that our ability to provide specialized treatment within the county will continue to increase so that members of our community can remain in Howard County for *all* of their medical care,” says Dr. Lee.

Dr. Lee practices with Maryland Oncology Hematology, P.A. in Columbia and specializes in the treatment of breast cancer and lymphoma.

He is an 18-year resident of Howard County.

Community Benefit Report

FY2008

Report to the Community for
the year ending June 30, 2008

Dear Friends,

When reading this Community Benefit Report, I am very proud of the commitment of our employees, physicians, and volunteers both to the patients we care for in the hospital and to the communities we serve; I also realize how many lives we touch each year through a very wide array of programs and services. In addition to the 165,000 patients we cared for at the hospital, nearly 35,000 people in our community benefited from hospital outreach and education programs; we also collaborated with more than 100 community organizations, providing financial, in-kind, and educational and human resources.



As you will read in the following report, we have reached out even further into our community to bring healthy information and screenings to you. A central source of our efforts this past fiscal year has been in our partnership with The Mall in Columbia. In addition to offering quarterly health clinics at the Mall, the construction of the Mall Playground has touched many families in our community.

In our efforts to support the diverse community we serve, the hospital was, again, pleased to cosponsor Howard County's fourth Latino Health Fair in March. In April, we were proud to present the second Korean American Health Fair, as well as to support the fifth Living Well Health Fair cosponsored with the Howard County Muslim Foundation. In total, the hospital participated in more than a record 46 health fairs during the past fiscal year. Health screenings and educational programs in the hospital's Wellness Center and those presented throughout the community promote wellness, prevention, and early detection for a wide range of diseases. Howard County General Hospital provided 2,205 blood pressure screenings through our Community Cardiovascular Project in 22 churches and faith communities throughout Howard County last year, and more than 4,671 blood pressure screenings were taken at libraries, senior centers, and the mall. In addition, 15 Speakers Bureau presentations were made to non-profit organizations.

The ultimate goal of our community outreach activities is to assist all residents of our community to live healthier, happier, and more productive lives. On the following pages, you will read about how Howard County General Hospital is working to achieve that goal. Please know that we are anxious to partner with you, the residents of the communities we serve. In that regard, please call Ms. Cindi Miller (410-740-7601) if you need additional information about these, or other, community health initiatives.

Sincerely,

Vic Broccolino

Vic Broccolino
President and CEO

Howard County General Hospital



HOWARD COUNTY
GENERAL HOSPITAL

JOHNS HOPKINS MEDICINE

Community Services

Community Education and Outreach	\$ 938,980
Health Screenings/Assessments	153,301
Support Groups	105,380
Educational Partnerships	7,588

Funding for Nursing and Other Professional Education	563,621
---	---------

Subsidized Health Services	1,599,893
-----------------------------------	-----------

Disaster Preparedness	62,238
------------------------------	--------

Donations	278,451
------------------	---------

Community Volunteerism	1,036,210
-------------------------------	-----------

Charity Care	1,393,340
---------------------	-----------

Other	27,442
--------------	--------

Total Community Benefit	\$6,166,444
--------------------------------	--------------------

Community Benefit as percent Total of Expenses	3.13%
---	--------------

Financial Performance

OPERATING RESULTS

Inpatient Admissions	
◆ Adult	13,622
Inpatient Days	55,342
Births	3,236
Emergency Visits	76,668
◆ Adult	54,554
◆ Pediatric	22,114
Surgical Cases	12,614
◆ Inpatient	3,621
◆ Outpatient	8,993
Outreach and Wellness Program Participants	34,832
Other Outpatient Services	52,110

FINANCIAL RESULTS

Net Patient Revenue	\$199,081,000
Other Revenue	4,544,000

Total Revenue	\$203,625,000
----------------------	----------------------

Salaries, Wages, Benefits	\$ 86,628,000
Supplies	33,540,000
Purchased Services	50,929,000
Other Expenses	25,473,000

Total Expenses	\$196,570,000
-----------------------	----------------------

Net Surplus	\$ 7,055,000*
-------------	---------------

**Before extraordinary adjustment for impact of change in value of fixed payer swap financing.

In Your Community to Care for You

Howard County General Hospital is committed to improving the health and well-being of our entire community. This commitment does not begin and end solely within the walls of our hospital; hospital participation in community-based events is an extension of our mission. To truly make an impact, HCGH continually sponsors or participates in a myriad of events as well as partners with local businesses or organizations; this enables HCGH to provide health care screenings, information, and outreach to thousands who live and work in Howard County.



Partnering with The Mall in Columbia

During fiscal year 2008, HCGH developed a new partnership with The Mall in Columbia, which paved the way for the construction of a play area in the JC Penney Court area of the mall. Now up and running, Howard's Play Area offers families an additional safe and fun activity during shopping excursions; it also stimulates young minds and imaginations and reinforces the importance of a healthy and active lifestyle.

The play area is only one of the benefits that The Mall in Columbia partnership has afforded HCGH and the community. In fiscal year 2008, HCGH

sponsored two health clinics: the Cardiovascular Clinic in February and the Fitness and Sports Medicine Clinic in June. These clinics, attended by nearly 400 people, included presentations by specialists on staff at HCGH as well as a variety of health screenings. Bolstered by the success of these two clinics, HCGH has held two clinics thus far in fiscal year 2009: the Healthy Kids Clinic in August, which featured numerous child-related health screenings, and the Cancer Prevention and Early Detection Clinic in October, which included information booths, a chance to speak with physician experts about a variety of cancers, and health screenings. Additional clinics will be held quarterly.



Community Benefit Report



Healthy Howard Day

Interacting with the community and providing citizens with access to health information empowers our community to take charge of their health. To facilitate this, HCGH sponsored the first annual Healthy Howard Day on June 1 to promote well-being in the community. With more than 3,000 people in attendance, this was a terrific opportunity to educate the public about health and wellness.



Celebrating Columbia's Birthday

As part of Columbia's 40th birthday celebration, HCGH's Community Health Fair in July 2007 featured approximately 70 exhibitors who provided screenings, health and safety information, health education, and access to local nonprofits providing services in our community to more than 2,500 attendees.

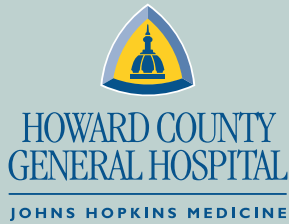
Ongoing Fairs and Services

Reaching out to local businesses, HCGH provides educational programs or health screenings for employee health fairs. Over the past few years, HCGH has played a key role in the Latino Health Fair, Living Well Fair cosponsored by the Howard County Muslim Foundation, Korean Health Fair, and Howard County's 50+ Expo for senior citizens and their families. The Wellness Center also provides health screenings at events hosted by local nonprofits. In addition, through the Community Cardiovascular Project, the Wellness Center works with area churches, providing equipment and volunteer training to conduct blood pressure screenings.

Training the next generation of health care providers is yet another way HCGH is reaching out to the community. Currently partnering with 21 area schools, HCGH offers educational sessions for elementary students, career days and health information for children in middle school, and unique programs for each of the participating high schools.

HCGH is part of Howard County, and it's important to do our part to improve the lives and well-being of those in the county. We thank you for your continued support and participation in HCGH events and programs. Together, we can make a difference.





Board of Trustees

Fiscal Year 2008

Marc B. Applestein, M.D.*
 Vivian C. Bailey**
 Evelyn T. Bolduc
 Victor A. Broccolino*
 Marvin P. Davis, M.D.
 Adinarayana Divakaruni, M.D.
 George L. Doetsch, Jr.
 Miriam F. Dubin
 H. Elizabeth Horowitz
 Edward J. Lee, M.D.*
 Harry L. Lundy, *Vice Chair*
 Robert Manfuso
 W. Brian McGowan, *Chair*
 Ann B. Mech, J.D., R.N.,
Secretary
 Ronald R. Peterson*
 Peter J. Rogers, Jr.
 Alton J. Scavo
 Henry M. Seidel, M.D.
 G. Daniel Shealer, Jr., Esq.
 Sue Song, APRN-PMH, Ph.D.
 Beverly J. White-Seals, Esq.
 W. Gill Wylie

**Howard Hospital Foundation
 Board of Directors**

Fiscal Year 2008

Evelyn T. Bolduc, *Chair*
 Victor A. Broccolino*
 Thomas C. Buescher
 Alan Davis
 Peter F. Hibbard
 Jan L. Hines*
 Margaret H. Kim, MBA
 Jerry I. Levine, M.D.
 Richard M. Lombardo
 Harry L. Lundy
 Christopher J. McCabe*
 W. Brian McGowan*
 Creig Northrop
 Harry A. Oken, M.D.
 Janet Oken
 Robert Orndorff
 Bruce Pfeufer
 David Powell
 Thomas H. Price, III, Esq.,
Secretary
 Alan M. Rifkin
 Robert J. Rynarzewski**
 John A. Scaldara, Jr.**
 G. Daniel Shealer, Jr., Esq.*
 Alicia Slahetka*
 Bradley Smith
 Beverly J. White-Seals, Esq.
 Eugene Willis, M.D.
 Glenn L. Wilson
 Clarence Wooten, Jr.
 James E. Young*, *Treasurer*

* Ex-Officio Trustee

** Trustee Emeritus

**Medical Executive
 Committee**

Calendar Year 2008

President
 Edward J. Lee, M.D.
Vice President
 Marc B. Applestein, M.D.
Secretary/Treasurer
 Jonathan S. Fish, M.D.
Past Presidents
 Michael E. Silverman, M.D.
 Michael G. Macon, M.D.
At-Large Members (3)
 Suzan Abdo, M.D.
 Merrill Ansher, M.D.
 Mark T. Matsunaga, M.D.
Credentials Chair
 Mary P. Hogan, M.D.

Department Chairs

Anesthesiology
 James D. Nowakowski, M.D.
Diagnostic Imaging
 Andrew W. Morton, M.D.
Emergency Medicine
 Walter F. Atha, M.D.

Medicine
 Michael E. Silverman, M.D.

Obstetrics & Gynecology
 Phyllis P. Campbell, M.D.

Orthopaedic Surgery
 Kevin E. McGovern, M.D.

Pathology
 Stanley J. Podlasek, M.D.

Pediatrics
 Tuvia Blechman, M.D.

Psychiatry
 Joseph M. Schwartz, M.D.

Surgery
 Michael G. Macon, M.D.

Non-Voting Members
 Victor Broccolino,
HCGH President & CEO
 Jay Blackman,
HCGH EVP/COO
 Nancy Gregor,
Senior Legal Counsel
 Sharon Hadsell,
HCGH Senior VP
 Lynn Kander,
Medical Staff Director

**Howard County General
 Hospital Volunteer Auxiliary
 Board of Directors**

Fiscal Year 2008

Officers
 Alicia Slahetka, *President*
 Ellen McDaniel, *Vice President*
 Richard Davis, *Treasurer*
 Mary Chiu, *Secretary*

Committee Chairpersons

Marty Bloom
 Rose Catuogno
 Janet Farrell
 Gail Gee
 Carole Graves
 Lucille Hall
 Lee Hess
 Anita Jeppi
 Elinor Kronmiller
 Henryette Neal
 Christa Pence
 Bruce Pfeufer
 Beverly Powell
 Debbie Tice
 Mary Watson

Community Relations Council

Fiscal Year 2008

Roy L. Appletree
 Shaukat Ashai, M.D.
 Victor A. Broccolino
 Thomas L. Brod
 Chein-Chi Chang, Ph.D., P.E.
 Young O. Chang, M.D.
 Kenneth Crawford
 Lisa M. de Hernandez
 Rotimi Iluyomade, M.D.
 Margaret H. Kim, MBA
 Alma G. Leibowitz
 Pamela Mack
 Ann B. Mech, J.D., R.N.
 Donna Pidel
 Dwayne Robinson
 Henry M. Seidel, M.D.
 Sue Song, APRN-PMH, Ph.D.
 Beverly J. White-Seals, Esq., *Chair*
 Kayode Williams, M.D., MBA



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

ANESTHESIOLOGY

Ikay K. Enu, M.D.
Medical Arts Building
11085 Little Patuxent Pkwy., #004
Columbia, MD 21044
410-730-0099

ENDOCRINOLOGY

Heidi A. Karon, M.D.
Maryland Endocrine, P.A.
14201 Laurel Park Drive #214
Laurel, MD 20707
301-953-2080

FAMILY PRACTICE

Kari F. Alperovitz-Bichell, M.D.
Shanita Chase, M.D.
Chase Brexton Health Services
5500 Knoll North Drive #370
Columbia, MD 21045
410-884-7831

HEMATOLOGY

Yuanjue Louann Zhang, M.D.
Maryland Oncology Hematology, P.A.
11065 Little Patuxent Pkwy.
Columbia, MD 21044
410-964-2212

OBSTETRICS AND GYNECOLOGY

Adiam H. Goitom, M.D.
Johns Hopkins Community Physicians
6350 Stevens Forest Road #102
Columbia, MD 21046
443-259-3770

Dee Lynn Hubbard, M.D.
Kaiser Permanente-OB/GYN
7070 Samuel Morse Drive
Columbia, MD 21045
410-309-4760

ORTHOPEDIC SURGERY

Michael J. Wallace, M.D.
Orthopaedic Associates of Central MD
5999 Harpers Farm Road, #W-250
Columbia, MD 21044
410-644-1880

UROLOGY

Adam R. Metwalli, M.D.
David M. Fenig, M.D.
Alice K. Tsao, M.D.
Chesapeake Urology Associates
10700 Charter Drive #310
Columbia, MD 21044
410-715-2090



Neonatal Intensive Care Unit Reunion

The 18th Annual NICU Reunion was a grand success, welcoming more than 700 guests. Held at Turf Valley Resort, guests enjoyed good food, face painting and a visit from the Kinderman. The children and their families were able to visit with the HCGH staff who cared for them during their earliest days. Since HCGH opened the Special Care Nursery in 1990, nearly 6,000 special patients have “graduated.”

New Emergency Department Chairman

Walter Atha, M.D., has been appointed chairman of HCGH’s Department of Emergency Medicine. A member of the HCGH ED staff since 2000, he most recently served as deputy director of the department, then as interim director. Board certified in emergency medicine, Atha received his medical degree from the University of Maryland and completed his residency at Johns Hopkins Hospital.



New Hospitalist Medical Director

Howard County General Hospital welcomes Tin Maung Oo, M.D., as the new medical director of the Hospitalist Program.

An epidemiologist for the Minnesota State Department of Health, he completed his internal medicine residency at Woodhull Hospital in Brooklyn, N.Y. He also worked at St. Mary’s Hospital in Jefferson City, Mo., where he implemented and led the hospitalist program.

Howard County General Hospital Volunteer Auxiliary Announces New Officers

The HCGH Volunteer Auxiliary recently elected Alicia Slahetka, president; Mary Watson, vice president; Mary Chiu, treasurer; and Ellen McDaniel, secretary.

TELL US WHAT YOU THINK

Is there a topic you would like to see covered in the Wellness Matters? Do you enjoy reading the magazine? Please email us your comments and suggestions at contactus@hcg.org



Construction Update

The Campus Development Plan is on target. For the construction of the new pavilion, work continues on the entry plaza that includes the new front circle and drop-off/pick-up area as well as the plaza area with concrete pavers and landscaping. The goal is to provide a

pleasant outdoor space for patients, visitors, and staff. Inside the pavilion itself, the drywall, painting, and data/telephone rough-in on the ground floor are almost complete. This ambitious project will affect nearly all departments in the existing facility.

SURPRISE!

I am
here...
early



IT'S A BOY!

Caring for the littlest patients in the NICU



Baby Eli

The mural of Shel Silverstein’s “Giving Tree” was not yet painted on the nursery wall. The clothes weren’t in the drawers, and the car seat was not yet installed. Sara and David Miller of Columbia were still months away from the birth of their son, due to join them October 9. They thought they had time – little did they know that their son would be joining them much earlier than they had anticipated.

When Sara’s water unexpectedly broke, delivering the baby sooner rather than later became a neces-

sity. On August 23, seven weeks early, little Eli Robert Miller was born weighing four pounds, three ounces. His home for the next six weeks would become the Neonatal Intensive Care Unit at Howard County General Hospital.

“Up until this point, Sara had a normal pregnancy, so we certainly did not anticipate this at all,” says dad, David Miller. “But everyone in the NICU was absolutely amazing, making our adjustment to early parenthood easier.”

The HCGH NICU

The 18-bed Level III+ Neonatal Intensive Care Unit (NICU) at HCGH features highly sophisticated equipment specially designed to care for critically ill newborns, while providing an environment that assists with healthy development. In addition to the unit being high-tech, it offers a nurturing environment for the infants as well as being family friendly, so parents can spend quality time with their babies.

Most importantly, NICU patients benefit from the care and continuous observation provided by a staff of Johns Hopkins neonatologists and registered nurses who are educated and experienced in caring for a newborn premature baby’s special needs. “Having a preemie baby is scary,” notes David. “They are so tiny, and there is so much equipment and so many tubes. We were really prepared – IF we had walked out of there with a normal delivery – but there was so much to learn about a preemie. It really helped that the NICU staff allowed us to be a part of Eli’s daily care, so we could have hands-on training.”

Baby Eli settled in to his surroundings, being fed through a tube in his nose and breathing with the help of a ventilator. “Eli showed early on that he had an ‘I do it my way, on my time’ attitude, resulting in Sara and I dubbing him ‘Little Napoleon,’” jokes

David. It wasn’t long before the “Little Napoleon” removed his feeding tube all by himself and decided it was time to eat on his own.

Ups and Downs

There were days Eli progressed and days of worry. David recalls one of the most worrisome days when Eli was only 10 days old. The report from a routine head ultrasound of Eli’s brain showed something troublesome. “I remember Dr. Blechman coming to us to explain that Eli had a level 3 bleed in his brain, and suddenly we were on a roller coaster ride,” says David. “We asked the doctor for all the information he could give us, and he painted the whole picture. What none of us knew was how or if this was going to resolve or the ultimate consequences. It became a waiting game.”

A week later, Eli had another scan that showed stability, and ultimately the ultrasound normalized.

Monitoring Bs

Premature babies have immature respiratory centers in the brain. Preemies commonly have bursts of big breaths followed by periods of shallow breathing or pauses called apnea. Preemies also struggle with bradycardia, or “Bs” as they are often described, that can be a result of apnea. Bradycardia is a slowing of the heart rate, usually to less than 80 beats per minute for a premature baby. To go home, Eli had to go seven days without having a “B.” Twice the Miller’s started the countdown only to have to start over after Eli had a “B.” With the introduction of caffeine, which acts as a stimulant to breathe, Eli began smooth sailing.

On October 7, Eli was discharged from the HCGH NICU weighing six lbs., six oz. “As a preemie, Eli may experience potential delays in milestones, but he is doing great!” touts Dave. “He came home on a monitor to alert us if he has any ‘Bs’ and so far, so good. That provides us with peace of mind. It felt odd to leave the safety net of the NICU, but we are excited to have him home.”

Tummy Troubles

spotlight

Tummy Troubles in Children

January 14/ 7–8:30 p.m. Free.

Parents are at times challenged by tummy troubles in their kids. Learn dietary modification that can assist your child to cope. Presented by a registered dietitian. To register, call **410-740-7601**.



Dr. Susan Lee
is a pediatrician
with Parnes, May
and Associates
in Ellicott City.

“If your little one complains of abdominal pain or experiences constipation, diarrhea, nausea, or vomiting, these may be symptoms your child has a gastrointestinal problem,” says **Dr. Susan Lee**, a pediatrician on staff at Howard County General Hospital. “The key is to look for patterns and consult your child’s pediatrician to determine the best course of action.”

Some common gastrointestinal problems for kids:

Gastroesophageal Reflux

“While it is common for stomach contents or acid to enter the esophagus—especially after meals, reflux can be more serious if it occurs regularly or results in symptoms or damage to the esophagus,” says Dr. Lee.

Parents of infants should look for frequency of spitting up, associated discomfort, and complications including poor weight gain, breathing difficulties, asthma symptoms, or a hoarse voice or cry. “Infants who experience reflux often improve around 12 to 15 months because the stomach is able to empty more quickly and the esophagus lengthens,” says Dr. Lee. “Just because your infant experienced reflux does not necessarily mean that he or she will have problems with reflux as they get older.”



Younger children may complain of stomach aches, frequently around the belly button; occasional chest pain; nausea; or a sensation that food is coming back up. “Keep a history of foods and medicines that trigger your child’s reflux,” says Dr. Lee. “Avoid spicy, acidic, tomato-based, or fatty foods as well as citrus, apple juice, caffeinated drinks, chocolate, and licorice.”

Lactose Intolerance

“If your small intestine does not properly digest lactose, the sugar in milk and dairy products, your child may experience abdominal distension and pain, excess burping, loud bowel sounds, excess gas, diarrhea, and a need to go to the bathroom immediately,” says Dr. Lee. Lactose intolerance, which can start during childhood or adolescence, tends to get worse with age. Talk to your child’s pediatrician to determine if supplements or changes in diet can help.

Inflammatory Bowel Disease

Inflammatory bowel disease is long-term inflammation or irritation of the stomach, small intestine, and/or colon. Ulcerative colitis and crohn's disease, two types of the disease, differ primarily in the portions of the bowel that they each involve and also the layers of the bowel wall that are involved.

Common symptoms for children or teens with ulcerative colitis are diarrhea, blood in the bowel movements, and abdominal pain. Your child may have pain prior to a bowel

movement that improves after a bowel movement, and 10 or more bowel movements per day. In addition to abdominal pain, diarrhea, and weight loss, poor growth is another common sign of pediatric crohn’s disease. Patients also may exhibit joint

swelling or pain/arthritis, skin rashes, mouth sores, inflammation of the eye, clotting problems, and kidney stones.

“If your child exhibits symptoms of inflammatory bowel disease, talk to your pediatrician about medications and nutritional options available to treat both forms of the disease,” says Dr. Lee.

Diarrhea

“For children younger than 5, diarrhea is very common,” says Dr. Lee. Diarrhea is typically caused by infections

with bacteria, viruses, or parasites. How often is your child passing urine? Can they cry with tears? Do they have dry lips? Is he or she fussy with a decreased energy level? “These may be signs of dehydration,” says Dr. Lee. “While mild dehydration often can be treated outside of a hospital, a child with more severe diarrhea may need to go to the hospital to get IV fluids.”

Constipation

If your child has infrequent, hard, or painful bowel movements, they may be constipated. “Regular or normal bowel movements vary among infants, but most older children range between three bowel movements per day to three per week,” says Dr. Lee. “Infants typically experience constipation when solid foods are introduced. Changes in diet, activity level, or periods of change such as the start of the school year, toilet training, or birth of a sibling can trigger constipation in older children.”

If your child experiences pain while trying to pass a bowel movement or develops anal tears, they may develop withholding behavior, which can result in chronic constipation, soiling of the underwear, or even difficulty walking. “The best treatment for constipation is a combination of education, behavioral and dietary modification, and non-habit forming medications,” says Dr. Lee.

For a referral to a pediatrician on staff at Howard County General Hospital, call 410-740-7750 or visit us on the Web at www.hcgh.org.

Dear Friends,

Over the past few years, I have had the unique privilege of serving as Chair of the Howard Hospital Foundation and concurrently serving on the Howard County General Hospital (HCGH) Board of Trustees. This experience has afforded me an inside view of the major challenges and opportunities HCGH faces when providing medical care to the Howard County community. I have also seen firsthand the commitment and dedication of the entire HCGH staff. Their determination to bring and execute the best medical practices to our community and to continually strive for excellence in all areas of medical services HCGH provides is admirable. This drive “to be the best” as demonstrated by the staff of HCGH is one of the main reasons my family supports our community hospital with both my personal time as a volunteer and our family resources. I recognize that I can play a role in providing the employees of HCGH – the staff and administration – with the facility and equipment needed to be successful in accomplishing the HCGH mission.

In this issue of *Wellness Matters*, you will read about creative ways some Howard County residents have found to support the hospital. I hope you too will consider how you might help by sharing your time and resources. We all stand to benefit!

Sincerely,



Evelyn Bolduc
Chair

Howard Hospital Foundation



Dazzle Dash '08

Register online today for Dazzle Dash '08 at www.hcgh.org, and help kick off the 15th Annual Symphony of Lights!

Saturday, November 22: Runners Only –

Take an exhilarating run through the holiday light display.

Sunday, November 23: Walkers Only –

Enjoy family entertainment, kids activities, delicious food, give-aways, and a stroll through the lights.



15th Annual Symphony of Lights

A spectacular holiday display of more than 70 larger-than-life animated and stationary light creations. Symphony Woods in Columbia.

November 24, 2008 - January 4, 2009

Open 7 days a week, including holidays, 6pm-10pm

Visit www.hcgh.org for a \$5 coupon. Private group “walk-thrus” available for 50 or more; call 410-740-7570 for reservations. All proceeds benefit Maternal Child Services of Howard County General Hospital.

Donors Bestow Historic Gifts to HCGH



Harry L. “Chip” and Cathy Lundy

The Howard Hospital Foundation is pleased to announce two of the largest pledges from private donors in its history, both in support of the Campus Development Plan (CDP) expansion and renovation project currently underway at the hospital. **Chair of the Howard Hospital Foundation Evelyn T. Bolduc and her husband J.P. Bolduc, Chairman and CEO of JPB Enterprises,**

Inc., made a **\$1 million** “match” pledge to the CDP ten months ago, challenging the community to identify another private donor to make a commitment in the same amount.

The Bolduc’s remarkable gift has been matched by **The Lundy Family Foundation** of Columbia, led by **Harry L. “Chip” Lundy, Chairman of the Williamsburg Group, LLC**, and his wife **Cathy**, and including their children **Laurie Bean, Dianne Heeter**, and **Kerry Burton**. With these two leadership gifts totaling \$2



(left to right) Laurie Bean, Taylor Bean, and Kerry Burton. (not pictured): Dianne Heeter.

million, more than \$20 million has been donated or pledged to the CDP campaign to date. In honor of the Bolduc’s generosity and longstanding commitment to the hospital and foundation, the new outpatient services center at HCGH will be named **The Bolduc Family Outpatient Center**. **The Lundy Family Neonatal Intensive Care Unit** will also hold a special place in hospital history, as a fitting tribute to this family that has so generously supported the CDP.



(left to right) Front row: J.P. Bolduc, Evelyn Bolduc, Paul Glagola, Mary Glagola.

Back row: Anne Bolduc, James Bolduc, Anne Jang, Jay Jang.

(not pictured): John and Stacy Bolduc.

The Bolduc children, **John Bolduc, James Bolduc, Anne Jang**, and **Mary Glagola**, are Board members of the Bolduc Family Foundation, and each have made contributions to the Howard Hospital Foundation and numerous other nonprofit organizations.

The Kindness of “IN-KIND” Giving

The Howard Hospital Foundation thanks our generous community for its many “in-kind” donations. These gifts of goods or services are much appreciated and provide important support to the hospital. **Important note: To protect the health and well-being of HCGH patients, we can only accept new, unused items.** Please call the Foundation at 410-740-7840 before planning an in-kind donation.

Blanketeers and Purlers Wrap Patients in Love

HCGH’s youngest—and sometimes tiniest—patients are always warm and cozy thanks to three special and very talented groups who create handcrafted treasures of love for them. **Project Linus** volunteers make and donate an average of 200 blankets a month. Many of these blankets are given to babies in HCGH’s Neonatal Intensive Care Unit and children in the Pediatric Emergency Department, who find great comfort and security in these gifts from the heart. **The Claudia Mayer Knitting Group** and the **Howard County Community Knitting and Crocheting Group** also give generously of their time and talents, making beautiful clothes, hats, scarves, and blankets for babies and children who are patients at HCGH.



Project Linus volunteers: (seated left to right): Jennett Dan-Joell, Lavonne Jerkins, Joy McAuley, Inge Hyder, Michelle and Charles Pratt, Lil Janc, (standing left to right): Marian Greene, Jeane Evans, Anita Ayotte, Shari Kramer, Ilene Sweet, Arlene Kutz, Phyllis Parypinski, Eileen Lucero, HCGH President and CEO Victor Broccolino, and Liz Connolly

The Volunteer Auxiliary Reaches Halfway Mark of \$300,000 Pledge

The **Volunteer Auxiliary of HCGH** is on the fast track, recently making a \$50,000 payment toward its five-year, \$300,000 pledge in support of the hospital’s Campus Development Plan. The Auxiliary presented its first payment of \$100,000 to the hospital in June 2006, with plans to pay the balance over the next four years. Including its recent \$50,000 installment, this dedicated group has already paid half of its pledge in just two years.

Volunteer Auxiliary:

(left to right)
 Christopher J. McCabe, Vice President of Development for the Howard Hospital Foundation;
 Alicia Slahetka, President of HCGH Volunteer Auxiliary;
 Ellen McDaniel, Vice President of HCGH Volunteer Auxiliary;
 Mary Chiu, Secretary of HCGH Volunteer Auxiliary;
 and Richard Davis, Treasurer of HCGH Volunteer Auxiliary



SPOTLIGHT ON:

Young Donors Promising a Bright Future for our Community’s Health Care

Deep Run Elementary School Grooms Young Philanthropists

The dedicated Student Council at Deep Run Elementary in Elkridge rallied their entire school and collected more than 200 brand-new stuffed animals for HCGH to bring comfort to young patients.



Deep Run Elementary School Students: (front row): Jazmin Bangura, Dunja Sissoko, Amna Hussain, HCGH President and CEO Victor Broccolino, Vikram Sandhu, and Brittany Casey. (second row): Rosamond O’Neil, Tiffany-Amber Huynh, Silver Jones, Zakiya Ince, and Travis Priller. (back row): Guidance Counselor and Student Council Faculty Representative Ben Wade, Lacey Wiseman, Michael Bujold, Brendan Berndt, Alexander Gilbert, Assistant Principal David Adelman, Howard Hospital Foundation’s Vice President of Development Christopher J. McCabe, and Jewel Stevenson.

Deep Run Elementary School’s Second-Graders

undertook a creative initiative in support of HCGH. These young students held a read-a-thon, securing friends and family members to serve as their sponsors and to donate money for each evening they read. Through this philanthropic project, these young philanthropists raised \$1,025, which they used to buy nearly 400 books and 40 DVDs for the pediatric emergency room waiting areas at HCGH, as well as to make a \$200 donation to the hospital.



Second-Graders at Deep Run Elementary School, along with Lead Teacher Audrey Barcroft (middle back), personally made their donations to HCGH President and CEO Victor Broccolino (middle center) and Howard Hospital Foundation’s Vice President of Development Christopher J. McCabe (front center).

calendar 2008/09 of Events:

November

Dazzle Dash Weekend to Kick-Off Symphony of Lights

Saturday, November 22/ 5–8 p.m.

(course opens at 5:30 p.m.) — Runners only

Sunday, November 23/ 4–8 p.m.

(course opens at 5:30 p.m.) — Walkers only

Symphony Woods • Columbia

New Online Registration!

Mark your calendar for the Howard Hospital Foundation's annual Dazzle Dash weekend. Come out to enjoy a delightful holiday experience, complete with family entertainment, refreshments, music, crafts, and, of course, a close-up look at the Symphony of Lights on foot! All proceeds benefit the hospital's Maternal Child Services. **Visit www.hcgh.org to register online**, or call 410-740-7840. Space is limited for both days, so register today!



15th Annual Symphony of Lights

November 24, 2008 - January 4, 2009

Open 7 days a week, including holidays, 6–10 p.m.

Symphony Woods • Columbia

Visit www.hcgh.org for a \$5 discount coupon.

Private group "walk-thrus" available for 50 or more;

call 410-740-7570 for reservations.

December

Second Annual Celebration of Hope

Sunday, December 7/ 4:15–5:45 p.m.

Symphony Woods • Columbia

Light is a universal symbol of hope. Take a moment from your hurried life and join us for a peaceful twilight stroll through the Symphony of Lights. Open to current cancer patients and survivors. This event is free, but space is limited. Registration and tickets are required. Contact the Claudia Mayer Cancer Resource Center at 410-740-5858 for more information and to register.

February

Cardiovascular Clinic

Saturday, February 21/ 9 a.m.–1 p.m.

The Mall in Columbia

Free. Walk-in. Registration not required. Visit our booths and speak with our physician experts. Participate in screenings including carotid, total cholesterol, glucose, blood pressure, and body mass index.

Need a physician?

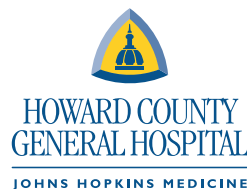
Howard County
General Hospital
Physician Referral Service

Call 410.740.7750
or visit www.hcgh.org

To receive a complimentary copy of
our 2008 Directory of Physicians,
call 410.740.7810.

HOWARD COUNTY
GENERAL HOSPITAL
JOHNS HOPKINS MEDICINE

C A R I N G F O R O U R C O M M U N I T Y



5755 Cedar Lane
Columbia, MD 21044

Non-Profit Org.
U.S. Postage
PAID
Balto., MD
Permit No. 1608

The Baltimore Sun
Presents
**Symphony
of LIGHTS**

\$5.00 OFF
ADMISSION
Pay only \$15 per car.
(Valid Mon.-Thurs.)

November 24, 2008–January 4, 2009
Symphony Woods, Columbia, MD • Open nightly at 6:00 p.m.
All proceeds benefit HCGH Maternal Child Services. **(including holidays!)** WM