Soothing Your Baby

Early Prenatal Care: Your Questions Answered

Urinary Incontinence
Dear Friends,

This is always one of my favorite issues of *Wellness Matters* because it highlights our Community Benefit Report, and gives us a chance to share with you how very important you, as members of the community, are to us. I am proud of all the services we offer to you both within the hospital and the community itself. Did you know that our hospital spends a higher percentage of its budget than any other hospital in the State of Maryland on community education?

If you need a health care service, please check with us first; chances are you will be able to receive that service without having to leave your community. The hospital has 67 specialty and subspecialty services that our patients can access in their own community. If you want help finding a physician in Howard County, please refer to our Physicians Directory or call our Physician Referral Service at 410-740-7750. If you did not receive a copy of our Physicians Directory, please call our Public Relations Department at 410-740-7810, and we will be pleased to send you one.

To help keep you up to date on the many services we offer, future issues of *Wellness Matters* will be highlighting some of our lesser-known services such as the wound care clinic, anticoagulation clinic, cardiac rehabilitation services, breast health services, electrophysiology, laser vein removal, laser sinus surgery, and other minimally invasive surgical procedures. In this issue, you will read about some of our maternity and child health services and programs. Howard County General Hospital delivered more than 3,000 babies last year, and we are pleased to be able to provide the highest quality prenatal, obstetrical and postnatal care in the area.

To update you on our Campus Development Plan, you will start seeing the first construction activity on the back part of our parking lot this fall. This is the beginning of many exciting changes ahead for Howard County General Hospital. I would like to acknowledge the generosity of Howard County Government, The Rouse Company Foundation, W.R. Grace & Co., and The Horizon Foundation. Their capital campaign leadership gifts are greatly appreciated.

Finally, as the holiday season approaches, I invite you to join us for Dazzle Dash on Sunday, November 19 as we kick off our annual Symphony of Lights display which will run nightly until January 2. We hope your family will have a chance to drive through this spectacular holiday light show that has become a tradition for so many families in Howard County and the region.

To all of you and your families on behalf of the board of trustees, physicians, volunteers and employees of Howard County General Hospital, I wish you a very happy and healthy holiday season.

Sincerely,

Victor A. Broccolino
President and CEO
Howard County General Hospital
FOCUS THIS ISSUE

Early Prenatal Care
Howard County General Hospital obstetricians answer your most pressing questions as you prepare to have a baby.

4

6 Soothing Your Baby
Learn how to soothe a crying infant and how HCGH’s new “Happiest Baby on the Block” program can help.

7 Hopkins Happenings
Sperm retrieval offers hope.

8 Urinary Incontinence
Gotta go? Causes and treatment options for those with urinary incontinence.

9 Community Benefit Report
Howard County General Hospital programs and initiatives are helping our community.

13 Wellness Classes
Classes to prepare for parenting, improve your well-being, and develop a healthier lifestyle.

16 Health Matters
Read about a new HPV vaccine for girls.

17 On the Board
Meet some of our leaders.

18 Hospital News
Learn what’s new at HCGH.

19 Giving Matters

20 Mark Your Calendars
Get ready to Dazzle Dash into the holidays with events to keep you healthy and help others.
**First Trimester Prenatal Questions and Answers**

Finding out you are pregnant can be overwhelming. Below, two Howard County General Hospital obstetricians answer some common questions you may have in your journey to motherhood.

Q Should I see a doctor before I get pregnant?

**Dr. Rojas:** Ideally, you should have a preconception evaluation a minimum of three months before you try and get pregnant. During this visit your doctor will evaluate you for risk factors including any genetic conditions in your family. Prenatal vitamins which contain folic acid will be prescribed, which have been shown to significantly reduce abnormalities in the baby’s spine.

Q I think I’m pregnant. When should I see my doctor?

**Dr. Rojas:** See your doctor as soon as possible. Your doctor will not only want to confirm that you are pregnant, but also he/she will want to locate the pregnancy.

Q When does morning sickness become a health concern?

**Dr. Rojas:** Go to the hospital when you can’t replace what you are losing. Are you producing less urine? In addition to these symptoms, you should call your doctor if you have a persistent headache that doesn’t improve, bleeding, or severe pain in your pelvis, abdomen or shoulder. Do not become concerned if you lose a few pounds early in the pregnancy. Your baby is receiving everything it needs from you.

Q Are ultrasounds safe?

**Dr. Rojas:** Ultrasounds are safe and frequently used to monitor the fetus, determine the number of babies, and help you and your doctor plan and prepare for the remainder of your pregnancy. A routine sonogram is done around 19 to 20 weeks. These sonograms allow for an anatomical review of the fetus by a professional who has been specially trained to do the evaluation.

Q What are some of the symptoms I will experience?

**Dr. Rojas:** Initially you will feel fullness and bloating — similar to what you usually have with a period. This feeling will persist for several months, leaving you feeling tired and slightly uncomfortable. You may experience mild pain sensations as your tissues become congested and your uterus starts swelling and pulling on ligaments.

Q Will I experience morning sickness?

**Dr. Rojas:** Some pregnant women experience nausea around seven to eight weeks into their pregnancy. This sensation usually peaks at ten weeks, and you will start to feel better after the twelfth week. Morning sickness can occur morning, evening and during the day.

Q What should I avoid?

**Dr. Rojas:** While quitting is ideal, decreasing your smoking can make such a difference. Don’t drink alcohol. There is no information that supports a “safe” dose of alcohol for pregnant women. Excessive drinking while pregnant can lead to Fetal Alcohol Syndrome, which is a cause of mental retardation. While small amounts of caffeine are okay, high levels should be avoided.

Q How much weight should I gain during pregnancy now that I’m eating for two?

**Dr. Davis:** Recommendations for weight gain depend on your weight prior to pregnancy. Target weight gain for those of normal weight Body Mass Index (BMI 19.8-26) is 25-35 lbs, underweight (BMI under 19.9) is 28-40 lbs, overweight (BMI 26-29) is 15-25 lbs and obese (BMI over 29) is 15 lbs.

Q What can I do to reduce morning sickness?

**Dr. Rojas:** Eating small meals may help you feel better—for example, eating ten small meals can be better than consuming three big meals. If that does not help, your doctor can recommend safe medications to help curb your nausea.

Q What should I be concerned about eating fish?

**Dr. Davis:** The mercury content that fish absorb from the water they swim in and from

While normal pregnancies occur in the uterus, ectopic pregnancies can grow outside the uterus and can be very dangerous for the mother.
the food they eat is of concern for the pregnant woman. According to the FDA/ EPA guidelines, limit yourself to 12 ounces a week (about two servings) of canned “light” tuna and other cooked fish. You should completely avoid shark, swordfish, king mackerel, and tilefish (also called golden or white snapper), tuna steak (fresh or frozen) and orange roughy. In addition, Spanish mackerel, marlin, and grouper should also be avoided because these fish are at the top of the food chain and contain the highest levels of mercury. There are however, some fish the FDA still considers safe such as salmon, rainbow trout, and canned mackerel. They contain low levels of mercury and are high in vitamins and omega-3 fatty acids and can be eaten twice a week.

**Q** Is dental work safe during pregnancy?

**Dr. Davis:** Routine dental work, under local anesthesia, is generally safe during an uncomplicated pregnancy. If general anesthesia or X-rays are required, postponing them until after the baby is born is preferable. A lead shield can be placed over the abdomen to minimize radiation exposure if X-rays are absolutely necessary. If general anesthesia is necessary, the second trimester is the most desirable time to have it.

**Q** Should I get a flu shot?

**Dr. Davis:** If you will be in your second or third trimester during flu season (October thru February), then a flu shot is safe and is recommended. A woman’s immune system is often compromised during pregnancy which makes you more vulnerable to contracting the flu.

**Q** What about prescription medications?

**Dr. Davis:** Taking prescription medications should be discussed with your physician prior to conception. Several prescription medications may affect your unborn fetus after conception but before you realize you are pregnant. If the pregnancy is unplanned, you should contact your physician immediately prior to stopping any medication.

**Q** Does bleeding in the first trimester mean I am going to miscarry?

**Dr. Davis:** Although bleeding in the first trimester can sometimes be the first sign of an impending miscarriage, its occurrence does not mean that you definitely will. Approximately 25 percent of pregnant women have light vaginal bleeding, or spotting, during the first trimester. In most cases, the spotting is not a sign of a problem and is often caused by the implantation of the fertilized egg in the wall of the uterus or slight separation of the placenta from the uterine wall.

**Q** Is sex safe in the first trimester?

**Dr. Davis:** The fetus is well protected within the amniotic sac in the uterus. Provided you have not experienced any prior vaginal bleeding and your pregnancy is low risk, then sex is perfectly safe during the first trimester. Sexual arousal and orgasm may lead to cramping during or after sex but should subside within a few hours. If cramping persists or bleeding occurs with intercourse, you should contact your medical provider.

To find an obstetrician on staff visit www.hcgh.org or call 410-740-7750.

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**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 31, 7–9 p.m.**

Wellness Center. Free.
Newborns cry for a variety of reasons—they are hungry, need to burp, soiled their diaper, want to be bundled, or require a nap. While crying can indicate that your baby wants or needs something, parents also have to recognize the difference between a fussy baby and one with colic.

“If your otherwise healthy baby cries more than three hours a day, three days a week for more than three weeks, and is younger than three months of age, your baby may be one of the five to 25 percent of babies that experience colic—periods of intense, uncontrollable crying,” says Dr. Sujata Qasba, a pediatrician on staff at Howard County General Hospital. “Colic is not the result of bad parenting, so don’t blame yourself. Soothing a crying baby can be a heart-wrenching experience, and it’s very easy to feel helpless when you aren’t sure what’s wrong or aren’t able to comfort your baby.”

To help new parents learn to soothe and comfort their baby, Howard County General Hospital is introducing a new program endorsed by the American Academy of Pediatrics, Happiest Baby on the Block. The program’s five, easy-to-learn techniques will be offered through two-hour classes taught by a certified instructor at Howard County General Hospital’s Wellness Center. The four-part method—the Fourth Trimester, the Calming Reflex, The 5 S’s, and The Cuddle Cure—can help reduce persistent crying and sleeplessness, offer new mothers more breastfeeding success, and help parents succeed at soothing their baby.

Happiest Baby on the Block
January 17, 7-9 p.m., $50 per couple, includes a parents’ kit consisting of the Happiest Baby on the Block DVD or VHS as well as the “Super-Soothing Sounds” CD. HCGH Wellness Center. To register, call 410-740-7601.
Biological Fatherhood for Men Missing Sperm

Karen Boyle isn’t at all fazed by the question that seems to be inevitable: “Don’t your patients feel uncomfortable talking to you about their infertility?”

On the contrary, says the Johns Hopkins Medicine Brady Urological Institute’s director of reproductive medicine and surgery at Green Spring Station. She may be one of only a handful of women in the country who specialize in microsurgical sperm harvesting, but the men she treats, and their partners, have no problem discussing what brings them to her in the first place.

Among couples unable to conceive, it’s estimated that in about 30 percent the reason is due solely to a male factor. Whether the problem turns out to be an endocrine disorder, infection, genital abnormality or side effect of surgery, male infertility often falls into one of two broad categories: obstructive or productive. In either case, Boyle says, even total absence of sperm in the ejaculate doesn’t automatically mean that the swimmers don’t exist. And if they do, she’s an expert at retrieving them. Using an operating microscope to gain a clear view of the tiny tubules within the testicles, Boyle chooses one of several extraction methods.

In patients who have a known obstruction, one option is MESA (micro-epididymal sperm aspiration). Using an open incision while the patient is under general anesthesia, Boyle looks for dilated portions of the epididymis, the coiled tube that both stores sperm and carries it to the vas deferens, and extracts the sperm for planned in-vitro fertilization. Although postoperative discomfort is slightly greater with this technique, Boyle says it allows her to retrieve the largest amount of sperm in obstructed patients.

A local-anesthetic alternative is percutaneous epididymal sperm aspiration (PESA), in which Boyle inserts a needle into the epididymis. Easier on the patient, PESA must be performed without directly seeing dilated areas, so she’s able to aspirate fewer sperm. In a similar fashion, testicular sperm aspiration (TESA) can also be performed.

When a problem with sperm production is suspected, Boyle can also use either local or general anesthesia and excise a small piece of testicle to get at the seminiferous tubules where sperm are produced (testis biopsy or testicular sperm extraction, TESE).

Even when a biopsy has not showed any sperm present, depending on the problem, Boyle can take a more aggressive approach known as micro-dissection of the testicle (micro-TESE). The procedure, which requires general anesthesia and opening the entire testicle to find dilated seminiferous tubules, allows men who would otherwise be unable to conceive to father their own children. Men with the chromosome abnormality Klinefelter’s disease, a history of undescended testicles or testicular cancer are often served best by this micro-dissection technique.

Whatever the harvesting method, any sperm retrieved can be either frozen or used immediately in a form of assisted reproduction called in-vitro fertilization/intracytoplasmic sperm injection. In this technique, one of the sperm Boyle’s teased out is inserted directly into an egg from her patient’s partner. As with any IVF procedure, there’s no pregnancy guarantee. But, says Boyle, her microsurgical approaches do make it possible for men who don’t ejaculate sperm to have their own child.

Call 410-502-1718 to learn more.

According to Howard County General Hospital urologist Dr. Peter Filderman, “This is a proven method which has been shown to provide hope for couples who have had trouble conceiving.”
Urinary incontinence can be a frustrating and often embarrassing problem for millions. If you are having trouble controlling when you urinate, leaking urine when you cough or sneeze, having a sudden urge to urinate and sometimes not making it to the bathroom in time, you have urinary incontinence. The inability to control the release of urine from your bladder is a medical condition that can have many different causes and be managed, if not eliminated, with the help and advice of your doctor.

**The Causes**

Urinary incontinence could be a temporary condition caused by drinking too much alcohol or caffeine, consuming foods and beverages that irritate your bladder, taking certain medications, or having a urinary tract infection or constipation. While temporary urinary incontinence can eventually go away, other forms of urinary incontinence—which can result from pregnancy and childbirth, hormonal changes following menopause, a hysterectomy, an enlarged prostate, bladder cancer, or neurological disorders—indicate an underlying problem or condition that should be treated.

**Treatment**

Urinary incontinence treatment options can involve behavioral techniques, medications, devices or surgery. Treatment largely depends on the type, severity and underlying cause of your incontinence. In order to determine the type of urinary incontinence you are experiencing, your doctor can have your urine sample checked for signs of infection, traces of blood or other abnormalities.

One cause for persistent urinary incontinence in females is a cystocele. “This occurs when the wall between your bladder and vagina weakens and stretches; the bladder then drops down into the vagina,” says Dr. Lisa Hawes, a urologist on staff at Howard County General Hospital. Also referred to as a prolapsed bladder, this condition can occur either as a result of excessive straining caused by childbirth, chronic constipation, lifting heavy objects or through the natural aging process during which menopause decreases estrogen, weakening pelvic muscles. “Women who have delivered multiple children vaginally, are older, had a hysterectomy or are genetically predisposed run the risk of experiencing a prolapsed bladder,” says Dr. Hawes. “It is a common condition, and, fortunately, many women can undergo a simple surgical procedure, known as a bladder suspension, to lift the prolapsed bladder back into place and re-establish the pelvic floor. While this surgery is generally recommended for women who are not planning on having any additional children, it is important to review your risk factors and symptoms with your doctor to determine the best method of treatment and management of your symptoms.”

In men, the most common cause of incontinence is an enlarged prostate. As the prostate grows, it causes obstruction so the bladder cannot empty well. Treatment options include medications, minor surgeries and more invasive procedures as needed.

For a referral to a urologist on staff at Howard County General Hospital, visit www.hcgh.org or call 410-740-7750.
Dear Friends,

When reading this Community Benefit Report, I am amazed at the commitment of our employees, physicians and volunteers to the hospital and to the communities we serve, and realize how many lives we touch each year. In addition to the 165,000 patients we cared for at the hospital, well over 30,000 more people in our community benefited from hospital outreach and education programs; we also collaborated with over 100 community organizations, providing financial, in-kind, and human and educational resources.

Once again this year, the hospital was pleased to cosponsor Howard County’s second Latino Health Fair in March, and we look forward to continuing to be a significant part of this event. We were also proud to support the third Muslim Health Fair, which was held in April; in total, the hospital participated in more than 30 health fairs in the past fiscal year.

Health screenings and education programs offered both in the hospital’s Wellness Center and throughout the community promote wellness, prevention and early detection for a wide range of diseases. Howard County General Hospital provided 1,860 blood pressure screenings through our Community Cardiovascular Project in 19 churches throughout Howard County last year and more than 4,500 blood pressure screenings were performed at libraries, senior centers and the mall. Twenty-six speakers furnished through the HCGH Speakers Bureau presented 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 members of the communities we serve.

Sincerely,

Victor A. Broccolino
President and CEO
Willa Xiong is a senior at River Hill High School. In addition to her full AP class load, for two hours each day, four days each week, Willa goes to work with her mentor, Tina Milman at Howard County General Hospital too. With dreams of one day becoming a physician, getting a taste for a profession in health care through the hospital’s mentor program in partnership with Howard County Public Schools, was an exciting opportunity for Willa.

Tina Milman, clinical program manager of Pulmonary Rehabilitation at HCGH and Willa’s mentor, has been involved with the program for many years. "These students are a special part of our team. We assign projects that will give them a good experience and they observe and participate with patient therapy," says Tina. “Willa has been quite an asset to our department. She has coordinated our flu vaccine initiative, made beautiful handouts and bulletins, done research for us and compiled educational materials.” Some students have been inspired by their experience and chosen a career in health care.

The hospital’s mentor program offers two different options for students. Senior Howard County high school students, identified by their teacher, can apply for the program to shadow a physician or nurse at the hospital. They spend a full school year for a minimum of five hours each week, working with their mentor. This year the program has 17 students enrolled.

The second mentor program is catered to vocational technical students looking to gain experience in the health care arena. The vocational mentor program currently has 11 students enrolled. These students are placed in clinical departments such as diagnostic imaging, physical therapy, lab and nursing units. Periodically, they rotate to various departments to gain exposure to as many clinical situations as possible. They spend eight to 10 hours per week at HCGH.

According to Sarah Sherman, R.N., the hospital’s coordinator of the mentor program, for almost 20 years Howard County General Hospital has been partnering with schools to bring students into the hospital to gain experience. The motivated students receive the same orientation and training as employees in patient confidentiality, fire safety, HIPAA, etc. “This program is a big commitment for the students to make, but the experience they receive is one they will never forget. The hospital and mentors are proud to be able to provide this opportunity to the students,” notes Sarah.
Don’t tell Richard Davis it can’t be done. He will tell you it can and then make it happen. It should come as no surprise that Richard Davis was recently named 2006 Volunteer of the Year by the Howard County Government.

As a volunteer at Howard County General Hospital, Richard knows the impact volunteers can have on an organization. When a request went out in 2003 by the American Cancer Society for a volunteer coordinator to work with local organizations to bring exercise into the workplace, Richard knew the job was for him.

Exercise was important to Richard. It had impacted his health in the past. In 1999, Richard was diagnosed with coronary artery disease. Following angioplasty, Richard went through Howard County General Hospital’s 12-week cardiac rehabilitation program. “I was driven by fear, so I exercised, and it immediately improved my condition,” says Richard.

The American Cancer Society’s Active for Life Program became Richard’s new mission. As the Howard County program coordinator, Richard has recruited corporations, their employees and various other organizations to participate in the program including Howard County General Hospital, Columbia Association, Howard Community College, and churches—just to name a few. The number of participants over the past three years stretches into the thousands.

Active for Life is a free, team-based, 10-week wellness program. It can accommodate any number of people. Members of the program agree to do two things: set a personal goal to do moderate exercise that raises your heart level; as well as call the head of your team and report your progress each week. “We provide the team with a calendar of events to encompass the length of the program and a theme for each week,” notes Richard. “We include events such as a scavenger hunt, group walk, a speaker on nutrition or exercise, or workshops. The ultimate goal of the program is to create a change in behavior and habit. You can’t do that through exercise alone—education components must exist.”

At Howard County General Hospital, Richard introduces those completing the cardiopulmonary exercise regimen to the program to help keep them active. “Through the Active for Life volunteer-base, we follow-up with patients after they complete the hospital’s program to make sure they keep up with the exercise,” notes Richard. “I am so grateful that I took the initiative to spearhead this program. It has been an incredibly rewarding journey.”

For more information on the Get Active Howard County spring program, call 410-740-7601.
Debbie Harris, R.N., a long-time employee of Howard County General Hospital, wears a lot of hats. She is the director of Clinical Informatics at the hospital, a mother, wife, and, in her spare time, she gives of herself to the Community Action Council of Howard County (CAC). As immediate Past Board of Directors Chair and current Board Treasurer, Debbie is familiar with the support and services the CAC brings to Howard County’s low-income residents.

The CAC is an organization that grew out of the 1964 Economic Opportunity Act to fight the “War on Poverty.” The Act helped establish nonprofits to assist people achieve economic efficiency and step out of poverty.

The Community Action Council governs Howard County Head Start, a program that equips preschool children with skills to enter kindergarten. “The children are so eager, but often there is a gap in readiness. Head Start bridges the gap during the preschool years, so that by the time they are old enough for kindergarten, they are well prepared,” says Debbie. There are 264 children currently enrolled in three centers in the county, with a waiting list of income-qualified children.

In addition to Head Start, the Community Action Council provides assistance for people facing eviction, loss of electricity, and those in need of other crisis intervention services. There is a food bank, assistance for Katrina victims, transitional housing services, and a group that has formed a charity called “One Month’s Rent.”

“I love this agency because it makes a difference in so many lives, but there is so much more that needs to be done and so many people who need our help,” notes Debbie. “Many people don’t realize that there is poverty in Howard County. We are very fortunate for Howard County Government’s commitment to CAC. In addition, we are lucky because numerous community organizations have really helped CAC help those in need. “However, as hard as it is to believe, despite the generosity of those who have helped, there are many who are turned away because we have insufficient funding to address every need. We are constantly searching for ways to find additional funding and raise awareness of the poverty among us.”

“I am so in awe of the people who work for this agency. They inspire me and it is a blessing for me. When they thank me — I say, ‘no, I thank you,’” says Debbie.
**HEART MATTERS**  
February 21, 2007 • 8 a.m.–5 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.

**GREAT AMERICAN SMOKE-OUT**  
November 16, 2006 • 11:30 a.m.–1 p.m. • HCGH Lobby. Registration is not required.

**BRING A SACK, GET ANSWERS BACK**  
December 12, 2006 • 2–4 p.m. • HCGH Lobby. Free. Bring your medications to the hospital and learn from a pharmacist about the prescription drugs that you are taking. Registration is preferred, but walk-ins are welcome.

**CHILDBIRTH WEEKEND**  
Expectant couples will learn about childbirth preparation over a two-day period during this weekend program. Call or 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.

**LACTATION CLINIC**  
Prenatal breast assessment and lactation clinic visits after discharge are available by appointment with a certified lactation consultant. Call 410-740-7830 for 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. Newborns welcome. For prenatal and postnatal couples. HCGH Wellness Center. Call or go to www.hcgh.org for more information.

**INFANT MASSAGE**  
For parents/caregivers and baby. Bring a pillow and towel. Massage oil provided. Recommended for babies age one month to 12 months. Taught by Mari K. Sullivan, R.N., certified infant massage instructor. HCGH Wellness Center. Saturday, February 3, 10–11 a.m. $20.

**INFANT CARE**  
Two-part course designed to prepare parents, grandparents, and caregivers for the care of an infant. Lecture, group discussion, and hands-on practice are used to enhance learning. Topics include newborn appearance, feeding, sleeping, crying, signs of illness, care of the newborn, and parenting roles. Newborns welcome. HCGH Wellness Center. Call or go to www.hcgh.org for more information. $50 per person/$75 per couple.

**HEALTHY FAMILIES**

**MAYBE BABY?**  
Health Issues to Consider Before Pregnancy  
Learn about the health-related issues involved in preparing to start a family. Presented by Francisco Rojas, M.D. December 5, 7–8:30 p.m. Free.

**PREPARED CHILDBIRTH PROGRAM**  
Five-part program to prepare for the birth of your baby. Call or 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. HCGH Wellness Center. Call or go to www.hcgh.org for more information.

**MATERNAL CHILD CLASSES**

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

**NEW CLASSES**

**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 31, 7–9 p.m. Free.

**HAPPIEST BABY ON THE BLOCK**  
Learn successful techniques that can quickly soothe your crying newborn baby and promote a more restful sleep for your infant. Endorsed by the American Academy of Pediatrics. Parent kits are included. January 17, 7–9 p.m. $50 per couple.

**INFANT MASSAGE**  
For parents/caregivers and baby. Bring a pillow and towel. Massage oil provided. Recommended for babies age one month to 12 months. Taught by Mari K. Sullivan, R.N., certified infant massage instructor. HCGH Wellness Center. Saturday, February 3, 10–11 a.m. $20.
**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. This class will help you to understand what pre-diabetes is and how to make changes to prevent or delay developing actual diabetes. December 6, 7–9 p.m. Ambulatory Care Center. $15.

**LIVING WITH DIABETES**

Johns Hopkins Education at Howard County General Hospital. 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. January 19–20, February 16–17, March 2–3, March 16–17, 8:30 a.m.–3 p.m. $25 for a half-hour visit.

**DIETARY COUNSELING**

Nutritional counseling with a registered dietitian to discuss your dietary concerns and goals including dietary requirements for healthier bones, high blood pressure, elevated cholesterol, or for those wanting to maintain a vegetarian diet. Appointments are scheduled on Tuesdays and Thursdays between 9:30 a.m. and 2 p.m. $25 for a half-hour visit.

**INDIVIDUALIZED WEIGHT LOSS COUNSELING**

For school-age children and adults, this program offers the participant and cook in the family individualized nutritional counseling with a registered dietitian. Appointments are scheduled on Tuesdays and Thursdays between 9:30 a.m. and 2 p.m. $25 for a half-hour visit.

**NUTRITION AND CANCER**

Individualized, three-session counseling program with a registered dietitian. Examines diet as part of wellness. For those who wish to modify their diets to help lower their risks of certain cancers and those who are undergoing treatment for cancer. Call for dates and times. $90.

**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.

**Cardiac Rehabilitation Phase III/IV**

For information, call 410-740-7601.

**YOGA**

Eight-week class concentrating on basic yoga postures to improve muscular strength, tone, balance, and flexibility. Participants will experience breathing techniques, increased concentration, relaxation to promote self-awareness, and an increased sense of well-being. Taught by Anne Pogue, B.S., C.M.T. Beginning Yoga: December 5–January 30. Continuing Yoga: December 6–January 31. 7–8 p.m. $80 per session.

**THE MALL MILERS**

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

**BLOOD PRESSURE SCREENING AND MONITORING**

Howard County General Hospital. 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, 1125 St. Michael’s Road, Mt. Airy: 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. Florence Bain Senior Center: Every other Thursday of each month, 10:30 a.m.–noon. Call 410-313-7213 for dates. Free.

**COMPLEMENTARY THERAPY AND FITNESS PROGRAMS**

Exercise in a comfortable, relaxed atmosphere with knowledgeable exercise physiologists who also can provide personal training. Take advantage of one-on-one sessions with our golf physical therapists to improve your golf body, making your game more powerful, efficient, consistent, and eliminating injuries with our “wHole-In-One” Golf Body Enhancement Program. Also, enjoy the many benefits of massage therapy and acupuncture. For program details, contact Central Maryland Rehabilitation Center at 410-312-9000.

**RE-CONNECTING TO YOUR WELL-BEING**

Our well-being is the result of the many aspects of our lives. Learn new ways to make conscious choices to bring more balance into your life and promote your well-being. March 29, 7–9 p.m. Free.

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**FREE Health Screening**

To register, call 410-740-7601 or online at www.hcgh.org.

**DIABETES**

January 10 • 9 a.m.–noon.

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**American Heart Association CPR**

**ADULT, CHILD, AND INFANT CPR**

November 14, November 28, December 19, January 16, January 30. 5–9 p.m. $44.

**ADULT AND CHILD CPR**

November 21, December 18. 6–9 p.m. $32.

*pre-registration is required for all programs*
FIRST AID
Learn to effectively assess and treat a wide range of ailments in emergencies. Lecture and hands-on training. Receive a three-year National Safety Council certification. February 24, 9 a.m.–3 p.m. HCGH Wellness Center. $60 (includes book).

FREEDOM FROM SMOKING
The best way to improve your health is to stop smoking. Our program offers support and strategies to assist you in achieving your goal. It is not necessary to quit smoking by the first class. Next eight-class session begins January 16, 7–8:30 p.m. HCGH Wellness Center. $60.

WOMEN’S SELF DEFENSE REresher
Women who completed our women’s self-defense course will review and develop the skills they learned. March 17, 9–11 a.m. $30.

Healthy Lifestyles

For Children and Teens

SELF-DEFENSE FOR YOUNG WOMEN
Learn physical and psychological strategies of self-defense. Also discusses concepts of self-image, self-esteem, and assertive behavior. For ages 12–14 years. February 10, 9–11 a.m. $30.

ESSENTIALS IN BABYSITTING
Learn how to effectively manage children, create a safe environment, and apply emergency techniques. Certificate of attendance provided. Cosponsored with Health Quest, Inc. December 3, January 27, or February 17, 9 a.m.–2 p.m. HCGH Wellness Center. $46 (includes lunch).

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. Saturday, March 3, 9–11 a.m. $25.

REGISTER ONLINE FOR YOUR PROGRAM NOW!

Howard County General Hospital • Wellness

program registration

winter 2007

Unless otherwise noted, classes will be held at HCGH Wellness Center. For more information about courses listed, call Howard County General Hospital Wellness Center unless another number is listed. Advance registration is required for all classes and programs. MasterCard and VISA are accepted for payment. 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. Please note that classes may be cancelled due to low enrollment.

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. Early registration is advised. Call for dates and times. Howard County General Hospital. Free.

Improving With Age

BE SEATED
Ongoing seated fitness program geared to adults age 50 and older. Through gentle movements, increase your range of motion and build muscle strength. Cosponsored with the Howard County Department of Recreation and Parks. Tuesdays and Thursdays, 10–10:45 a.m. Roger Carter Recreation Center. (16 classes beginning January 9). To register, call 410-740-7601. $24.

AGEWELL
Ongoing senior exercise program for people age 60 and older. Cosponsored with Howard County Office on Aging. Available in five locations throughout Howard County. Call Barbara Miller at 410-313-7213 for class dates, times, and locations.

AARP DRIVER SAFETY PROGRAM
American Association of Retired Persons’ (AARP) Driver Safety Program is a classroom refresher program designed to meet the needs of older drivers. Participants must be age 50 or older. Some insurance companies give a discounted rate for completing this course. Call for dates and times. HCGH Wellness Center. $10.

FITNESS FUN FOR SENIORS
Exercise to music at your own pace for flexibility and fun. For age 60 and older. Cosponsored with Howard County Department of Recreation and Parks. Call 410-313-7275 for class dates and time. Next 10-week session starts January 8. $36.

For more information, call 410-740-7601 (general information & registration) or 410-740-7990 (TDD); www.hcgh.org (online pre-registration); or 800-850-3137 (long distance only, please).
New Cervical Cancer Vaccine

Gardasil® is a new non-infectious vaccine developed to provide protection against the human papillomavirus (HPV)—a sexually transmitted disease that can cause cervical cancer and precancerous conditions of the genital tract. At least 75 percent of sexually active women will have HPV in their lifetime. There are more than 100 types of HPV, and approximately 30 can be found in the genital area. According to the Centers for Disease Control and Prevention, HPV types 16 and 18 account for more than 70 percent of all cervical cancers. HPV types 6 and 11 are considered low risk types but account for more than 90 percent of genital warts.

The new HPV vaccine, Gardasil is made up of all four of these common types of HPV. Gardasil® is recommended for girls and women 9 to 26 years of age and is administered through a series of three shots over six-months.

According to Dr. Mary Hogan, a gynecologist on staff at Howard County General Hospital, “This new vaccine is an exciting step in preventing cervical cancer which is the second largest cause of female cancer mortality worldwide. However, women who receive Gardasil should continue to undergo cervical cancer screening.”

Support group information is subject to change. Before attending a meeting, verify information by calling the contact number listed.
Harry “Chip” Lundy
Board Member,
Howard County General Hospital
Board of Trustees
Chairman, Williamsburg Builders

When Harry “Chip” Lundy moved to Howard County in the early 1970s, Columbia was in its infancy. Today, Howard County is celebrating being named as one of the top 10 places in the USA to live by Money magazine. According to Mr. Lundy, a member of the Howard County General Hospital Board of Trustees, the hospital plays an important role in making the county a great place to live.

“The hospital serves a broader range of citizens than any other organization in Howard County. Three generations of my family have been served by the hospital,” notes Mr. Lundy. “At some point in time, the hospital will touch nearly every single person in Howard County. It is important to have a facility of the caliber of HCGH in our community.”

Mr. Lundy is a current board member of Search Ministries, the Howard County Economic Indicators Committee, and the Homebuilders Association of Maryland. He is a founder and past member of the Board of Directors of Columbia Bank. Previously, he has served on the boards of the Columbia Foundation, Howard Community College Educational Foundation, Howard County Oversight Commission and Leadership Howard County.

He currently resides in Howard County.

Richard Lombardo
Board Member,
Howard Hospital Foundation
Executive Vice President, COO,
Harkins Builders

Richard Lombardo has a true understanding of the growth that Howard County has and will continue to experience in his role as executive vice president of Harkins Builders, a Howard County-based commercial and multifamily general contractor.

Since moving its corporate headquarters to Waverly Woods in 2000, the company and its employees have become further entrenched within the community. Two years ago, Mr. Lombardo began serving on the Howard Hospital Foundation Board of Directors. He currently also serves on the Foundation’s Finance Committee and the Golf Tournament Committee.

“I feel it is important to support the hospital because there are no other hospitals in the county. The hospital must be able to address the needs of its community and do its best to keep pace with the county’s growth,” says Mr. Lombardo. “To help the hospital in its Campus Development Plan, Harkins Builders will be supporting the hospital’s upcoming capital campaign.”

In addition to donating his time to the Foundation, Mr. Lombardo serves on the Catholic Charities Leadership Committee, Friends of Gallagher Committee, and the Board of Directors of Associated Builders and Contractors — Baltimore Chapter.

He resides in Howard County.

Kevin McGovern, M.D.
Chairman, HCGH Department of Orthopaedic Surgery
Member, Howard County General Hospital Medical Executive Committee

For more than 21 years, orthopaedist Dr. Kevin McGovern has been a member of the Howard County General Hospital Professional Staff. During that time, Dr. McGovern has seen the hospital expand not only in size, but also in the services offered to the community. “Johns Hopkins has given us access to super specialists and made it easier to refer our patients to Hopkins,” notes Dr. McGovern.

Orthopaedic services have really evolved through the years. When Dr. McGovern joined HCGH, there were only eight orthopaedists on staff. Now there are close to 30. With the shift in the population from the young professional to an increasingly older patient, he has seen many, many more joint replacements. Orthopaedic specialists have also joined the medical staff with concentrations on the spine, sports medicine and joint replacements.

“The hospital has not just reacted to the population it is serving but has made every effort to predict the trends of the community. Howard County General Hospital is good at planning now what we need to be offering five to 10 years from now,” notes Dr. McGovern.

Dr. McGovern is a resident of Ellicott City.
Maternal Child Services Recognized

Johnson & Johnson recently presented a Johnson’s® Childbirth Nursing Award Certificate of Recognition to the Maternal Child Services staff. Johnson & Johnson, in partnership with the Association of Women’s Health, Obstetric and Neonatal Nurses (AWHONN), invited patients everywhere to recognize the dedication and skills of the nursing team who cared for them during the birth of their child. Parents fill out a registration form explaining why they feel their team of professionals exceeded their expectations. The HCGH staff was nominated by a patient who delivered a baby at the hospital in March 2006.

The hospital and nominating parent have been entered into a special drawing in which the winning parent receives a supply of selected Johnson’s® Baby Products and the winning hospital receives a $1,000 educational grant, awarded in the form of a check and a pair of registrations to the AWHONN 2007 Convention.

“We take great pride in the quality of care we provide to our patients and we are delighted to be recognized for that care by one of our own patients,” said Kim Barnes, RN, director of Obstetric Services.

Howard County Health Department Offers Information Card

The Public Health Partnership, a collaborative effort of The Horizon Foundation and the Howard County Health Department, has developed a pocket-sized medical information card for individuals to customize with their health information. To receive a copy of the card call, 410-313-6506 or e-mail sfitzpatrick@co.ho.md.us. Howard County General Hospital is a key partner in the Health Department’s Health Improvement Plan Steering Committee.

Construction for Behavioral Emergency Unit

Construction is underway for the new Behavioral Emergency Unit. These new facilities will expand our emergency services for our patients with mental illness. Building is expected to be completed in early 2007.

New Auxiliary President

Alicia Slahetka has been named president of the Howard County General Hospital Volunteer Auxiliary. Alicia has been a volunteer for 17 years at HCGH. Serving with Alicia are Leonore H. Hess, second vice president; Richard M. Davis, treasurer; and Mary Chiu, secretary.

Wheelchairs and Walkers Needed

If you have a wheelchair or walker in good condition that you no longer need, please consider donating it to the hospital. Call the nursing office at 410-740-7770 for more information. A special thank you to those who have donated in the past!

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Critical Care Medicine

Mohammed Alattar, M.D.
Michael B. Drummond, M.D.
Pulmonary Disease & Critical Care Associates
10724 Little Patuxent Pkwy. #200
Columbia, MD 21044
410-997-5944

Internal Medicine

Thomas John Lang, M.D.
4801 Dorsey Hall Drive #226
Ellicott City, MD 21042
410-992-7440

Harry Li, M.D.
8600 Snowden River Pkwy. #301
Columbia, MD 21045
410-312-4700

Pediatrics

Rachel Findley Plotnick, M.D.
Parnes, May & Associates
9501 Old Annapolis Road #101
Ellicott City, MD 21042
410-992-9339

Huma H. Wasi, M.D.
10794 Hickory Ridge Road
Columbia, MD 21044
410-964-9033

Physical Medicine and Rehabilitation

Susan J. Liu, M.D.
Maryland Orthopaedics
3570 St. Johns Lane
Ellicott City, MD 21042
410-461-9500

Psychiatry

Rose B. Ambrose, M.D.
10632 Little Patuxent Pkwy. #330
Columbia, MD 21044
410-844-1555

Wheelchairs and Walkers Needed

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Sowing Seeds of Giving

River Hill Garden Center has a long-standing reputation of providing quality gardening products and home decorating items as well as nurturing the community it serves. The garden center recently hosted the Fourth Annual Holiday Design Show to benefit the HCGH Neonatal Intensive Care Unit (NICU) and Campus Development Plan.

This festive event offered an artistic display of holiday designs as well as floral arrangements. Guests enjoyed live music, culinary delights, and floral decorating demonstrations.

Stop by Howard County General Hospital's lobby until November 19 to see River Hill's custom-decorated, seven-foot-tall holiday tree that will be raffled off at this year's Dazzle Dash. Raffle tickets are $10 each and can be purchased at the hospital's Gift Shop or from River Hill Garden Center by calling 410-531-3303.

Something New for Dazzle Dash

Continuing the tradition as the kick off to Symphony of Lights, Dazzle Dash introduces the first “Kids Helping Kids” fun run/walk. Organized by father and son, Todd and Michael Garner, owners of FitWize4Kids in Columbia, the 1.4 mile run/walk allows kids to solicit donations to sponsor their participation. Dazzle Dash has also expanded the festivities to include children's activities such as crafts and games, souvenir shopping and fun give-aways. All proceeds from Dazzle Dash benefit HCGH Maternal Child Services.

To register, or for more information, please call the Howard Hospital Foundation at 410-740-7840, or FitWize4Kids at 443-312-2173.

Ten Years and Still Cutting

Cuts Against Cancer celebrated its tenth anniversary on Saturday, August 20. This year’s event, hosted by Rafet’s Hairmasters and Natural Nails and Cosmetics, raised more than $20,000, bringing the 10-year total raised for the Claudia Mayer Cancer Resource & Image Center to $155,000. Stylists from eleven salons provided cuts, manicures and massages to participants. Mary Catherine Cochran, director of the center, acknowledged the efforts of the salons, “Every year they do such an amazing job to support our cancer patients. Not only do they raise significant funds to support us, but they volunteer their time and talent day in and day out throughout the year at the center.” Additional funds were raised through corporate sponsorships and a silent auction.

Hines Joins Foundation as Director of Development

In September, the Howard Hospital Foundation welcomed Jan Hines as director of development. Ms. Hines is responsible for managing all aspects of the comprehensive development program including special campaigns, major gifts, annual giving programs, grants and internal operations.

She comes to HCGH with an extensive background in fundraising, health care marketing, physician relations, and volunteer services. Prior to joining the foundation, she managed all community outreach and marketing initiatives for a local hospital. Jan has also served as the director of special events for a national non-profit organization in Washington, D.C.

When asked about what she is most looking forward to in her new role, Jan responded, “I am excited about joining Howard County General Hospital at such a pinnacle time in its history. I look forward to supporting the hospital’s fundraising efforts as the campaign for the Campus Development Plan comes to fruition. In addition, I am especially excited about continuing the tradition of excellence.”

Representatives from the 11 participating salons prepare to cut the anniversary cake.
**November**

Dazzle Dash  
Sunday, November 19 • 5:30 p.m.  
Symphony Woods in Columbia

Join in the fun to kick off the 13th Annual Symphony of Lights with Dazzle Dash, and the newly added Kids Helping Kids Fun Run/Walk. Participants will enjoy refreshments, holiday music and children's activities in the Holiday Village. For more information or to register, please call the Howard Hospital Foundation at 410-740-7840.

Symphony of Lights  
Open nightly at 6 p.m.  
Symphony Woods in Columbia

Delight in more than 70 larger-than-life animated and stationary light displays as you drive through Symphony Woods for this annual holiday tradition. All proceeds from the Symphony of Lights benefit the Maternal Child Services of Howard County General Hospital. For more information call, 410-740-7666.

**December**

Garden of Lights  
Illumination Ceremony  
Sunday, December 3, 2006 • 5 p.m.

Remember friends and loved ones by purchasing lights to honor or memorialize loved ones with donations from $10 to $500! Gifts help support Howard County General Hospital’s oncology services. For more information or a donor form, call 410-884-4580.

**January**

Howard County Library Health Information Center Open House  
Wednesday, January 17, 2007 • 7–9:30 a.m.

Looking for information about prevention and wellness, diet and nutrition, treatment options (including alternative treatments) or survivor issues? Come to an open house at the Howard County Central Library (10375 Little Patuxent Parkway in Columbia). The library’s information specialists will discuss and demonstrate the expanded Health Information Center’s resources. To RSVP, or for more information, call 410-313-7750.