

SUMMER 2015

Wellness Matters



Your Lungs:

**Battling Seasonal Allergies and
Managing Lung Conditions**



HOWARD COUNTY
GENERAL HOSPITAL

JOHNS HOPKINS MEDICINE

President's Message

Dear Friends,

After a very long winter and with spring finally arriving, I am sure everyone is happy to be able to get outside and get active. For those of you who are challenged with breathing problems, like chronic obstructive pulmonary disease (COPD) or allergies, Howard County General Hospital (HCGH) specialists are here to help and to be your partner in your health care, so you too can enjoy spring.



This issue of *Wellness Matters* is dedicated to keeping you healthy and helping you to breathe easier. Struggling with pollen this spring? I invite you to read some tips from an allergy specialist on our staff so that you can enjoy the beautiful Howard County parks. Our pulmonary rehabilitation program also helps improve lung function for those of you with COPD.

Hand-in-hand with staying active and enjoying the outdoors, we encourage you to maintain a healthy diet. Please visit the farmers market now open until October 30 in the HCGH Visitor Lot C on Fridays to purchase farm-fresh produce.

However you are spending your summer, please enjoy and stay safe and healthy!

Sincerely,

Steve Snelgrove
President

Wellness Matters

In this issue of *Wellness Matters*, we focus on helping you breathe a little easier. If you are suffering from a lung condition such as COPD or lung cancer or are trying to manage seasonal allergies, our specialists at HCGH are here to provide knowledge and advice for you.



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Please direct comments regarding *Wellness Matters* to 410-740-7810.
Hospital Information: 410-740-7890

Writing/Editing

Susan Case, senior director
Marketing & Communications, HCGH
Bonnie Heneson Communications

Design

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Whoop! There It Is

The cough that is on the rise

Whooping cough, also known as pertussis, is a highly contagious bacterial infection that starts with the cold symptoms of a runny nose, congestion, fever and cough. The hallmark of this infection, however, is a persistent dry cough which arises from toxins that the bacteria secrete in the lung. Pertussis is known as the “100-day cough” and coughing spasms, even to the point of a cracked rib or vomiting, can occur. In fact, the sound of the first breath of air taken after a coughing fit, which sounds like a “whoop,” gives rise to the name of the syndrome.

Though the infection is seen as a childhood illness, adults and adolescents are common carriers. According to **Mark Landrum, M.D.**, an infectious disease specialist on staff at HCGH, children and especially infants are at greatest risk for severe illness. “In 2012, more than 48,000 cases of pertussis were reported to the Centers for Disease Control and Prevention (CDC), including 20 deaths. Most deaths were in infants less than 3 months of age,” explains Dr. Landrum. “The CDC estimates that half of all infected infants less than 1 year of age require hospitalization.”

In the past few years, pertussis cases have been rising across the nation. “Immunity from the vaccine weakens over time, placing us at risk for infection from *Bordatella pertussis*. Infants start vaccination at 2 months of age, while most preteens get a vaccination at 11-12 years of age, and all adults from 19-65 need a booster dose,” says Dr. Landrum. “Pregnant women should receive a dose of Tdap at the end of the second trimester or during the third trimester with each pregnancy. This antibody protection is shared with the infant and provides some protection for new babies. Grandparents shouldn’t be surprised if the new mom insists on vaccination for visitors. All adults over 65 should receive a dose if in contact with infants to prevent infection in those who can’t protect themselves.”

Test Your Whooping Wit with Dr. Landrum

True or False:

My childhood booster vaccination gives me immunity forever.

FALSE – The protective effect wears off after about 10 years. Recommendations are for additional vaccination at age 11-12, and again after ages 19 and 65.

There are risks to getting the booster as an adult.

FALSE – The older form of the vaccine was known to cause high fevers, but the newer vaccine, Tdap, has few serious reactions. Most complain of tenderness at the injection site the next day.

I only get the vaccine once as an adult/adolescent.

FALSE – Current recommendations are for adult vaccination between age 19-64 and once after age 65. You should still get the tetanus/diphtheria Td booster every 10 years.

I have gotten the whooping cough once, so I will never get it again.

FALSE – Immunity seems to wane after about 10 years.

Mark Landrum, M.D.

is the section chief of Infectious Diseases at HCGH and the Chair of the Epidemiology and Infection Prevention

Committee. He is with Infectious Disease Associates in Ellicott City.
Appointments: 410-418-8550



The Latest on Lung Cancer

According to the National Institutes of Health, “lung cancer is the most common type of cancer in both men and women, and the majority of these cancers are directly linked to cigarette smoking.”

“Although lung cancer is more prevalent in smokers, non-smokers can also get lung cancer,” says HCGH pulmonologist **Francis Chuidian, M.D.** “If you are suffering from a chronic cough, recurring pneumonia or bronchitis, shortness of breath, or have a cough that produces blood, you should see your physician. Smokers often disregard their cough as ‘a smoker’s cough’ and do not seek a diagnosis until the cancer is advanced. Also, some patients in their 30s and 40s falsely believe they are too young to have lung cancer and ignore their symptoms.”

In addition to smoking, risk factors for lung cancer include exposure to radon, secondhand smoke, certain chemicals, or asbestos; a family history; or previous radiation to the chest.

“Many people think that lung cancer is a death sentence, but, when caught early, a combination of chemotherapy, radiation and surgery can significantly increase your chances of a cure,” notes Dr. Chuidian. “The key is to catch the cancer in its early stages through screening.”

New Screening

If you are age 55-80, have smoked in the last 15 years, or are currently smoking and have a 30-pack-per-year smoking history, the U.S. Preventive Services Task Force recommends you receive an annual low-dose CT scan. “This test allows us to see lung cancer in its earliest stages using much less radiation than a traditional CT scan,” says Dr. Chuidian. “This screening has saved many lives and is available at local imaging facilities with a prescription from your doctor.”

Here to Help You Quit

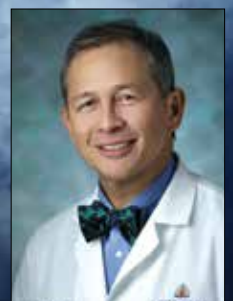
Cigarette smoking is the number one risk factor for lung cancer. In fact, nearly 90 percent of lung cancers in the United States are linked to cigarette smoking. Even if you have smoked for many years, quitting now can still significantly reduce your risk for developing lung cancer. If you are looking for help to quit smoking, join the Howard County Department of Health Tobacco Cessation Program. This free program is held the first Wednesday of each month for four consecutive Wednesdays beginning at 11:30 a.m. or 6:30 p.m. Services include physician evaluation, medication, acupuncture, support groups and individual appointments. Facilitators are trained Tobacco Treatment Specialists. For more information, call 410-313-6265 or visit howardcountymd.gov.



E-Cigarettes

In recent years, many people have been turning to e-cigarettes as a substitute for tobacco cigarettes. Dr. Chuidian warns e-cigarette users that “the safety of electronic cigarettes has not been adequately studied (nor demonstrated). Formaldehyde, a known carcinogen, has been shown to be an inhaled vapor of e-cigarettes.”

Francis Chuidian, M.D., is a pulmonologist with Johns Hopkins Community Physicians Pulmonary Medicine in Columbia.



Appointments: 410-715-1060

'Tis the Sneezing Season for Allergies

When it comes to allergies, **Michael Goldman, M.D.**, an allergist/immunologist on staff at HCGH, answers questions you may have:

Q & A
with

Michael Goldman, M.D.

Q: What are some tips to survive allergy season?

Most people should expect to be able to manage their allergies through environmental control and medications. Trees in this area typically begin pollinating in March and continue through early June while grasses pollinate in May and continue through early July. Weeds, such as ragweed, start in mid-August and continue through October.

To control pollen allergies: keep the pollen out by closing your windows during allergy season. Keeping the windows closed is better than installing an air filter.

Also, take a shower before going to bed to remove allergens that have accumulated during the day on your hair and body.

Q: What medicines can help my allergies?

Medications called antihistamines block histamine that is produced by the body in response to allergens or irritants, and relieve a runny nose, sneezing, itchy nose and/or eyes. There are several long-acting, over-the-counter antihistamines available. Decongestants can help with nasal congestion, but should not be used in young children or in adults with hypertension, enlarged prostate or narrow angle glaucoma. Antihistamine eye drops can soothe itchy eyes. Nasal steroids are very good at treating nasal symptoms of allergies, but must be used every day and can take more than a week to reach maximum effect. I recommend avoiding nasal and eye decongestants, which can become addictive.

Q: At what point should I see an allergist?

If controlling your environment and medications are not enough to help your allergies, it is probably time to see the allergist. A board-certified allergist can accurately diagnose what you are allergic to and interpret tests in the context of your symptoms. Based on the testing, other environmental measures to control allergen exposure might be suggested or different medications might be prescribed.

If symptoms persist, allergen immunotherapy, or desensitization, may be recommended. Immunotherapy now comes in two forms: allergy injections (allergy shots) and sublingual immunotherapy (drops or tablets under the tongue).

Q: How does allergen immunotherapy work?

By giving increasing doses, in a controlled fashion, building up to a maintenance dose, the body develops immunity or tolerance to the allergens. Allergy shots are typically given one to two times per week for three to six months, then every two to four weeks thereafter. Allergy drops are given daily at home, five drops held under the tongue for two minutes every day.

Michael Goldman, M.D., is an allergist/immunologist with the Allergy & Asthma Center of Central Maryland in Columbia.
Appointments: 410-730-6000



Continued next page •••

Q: What are the benefits/risks of allergy shots?

Allergy shots get at the source of the problem with allergies: your body's overreaction to allergens. Medications simply treat the symptoms. Allergy shots are well established through numerous studies and have long been used to treat allergic rhinitis. The majority of patients on allergy shots get better, but it does require a commitment to get the injections. Improvement begins as patients get to higher doses of the injections. For patients who have completed five years of allergy shots, most can stop the injections and continue to do well. Allergy shots are generally very safe, but do entail a small risk of an allergic reaction. I feel strongly that allergy shots should only be given in a doctor's office with a physician nearby to treat an allergic reaction should one occur. While severe reactions are extremely rare, they can happen. All patients on allergy shots should wait 30 minutes in the doctor's office (the time of greatest risk).

Q: How do allergy drops work?

Sublingual immunotherapy (SLIT) works under the same principle as allergy shots. Daily doses of allergen extracts are placed under the tongue, held for two minutes, and swallowed. Multiple studies have shown benefit for high doses of SLIT. Low doses do not generally work. To get the maximum benefit, allergy drops should be started a few months before the allergy season and continued during the allergy season. I find allergy drops to be a particularly good option for patients with one season of allergies, since the drops would be needed only part of the year. While slightly less effective than allergy shots, SLIT appears to be safer, and therefore, may be taken at home, with some precautions. At present, allergy drops are not FDA approved and therefore not covered by insurance.

Q: Can my allergies lead to sinus infections?

Allergies can increase the risk of upper respiratory tract infections including recurrent sinus and ear infections. You may wish to consider testing to see if allergies are contributing to these conditions in you or your child.

Q: What are the pros/cons of steroid nasal spray?

Nasal steroids are very effective at controlling nasal symptoms of allergies. There is a small risk of growth effects in children and this should be monitored. A small percentage of patients are intolerant of nasal steroids due to nosebleeds. If you experience bleeding, you should stop the nose spray.

Q: What is the effectiveness of a saline nose rinse?

The saline nose rinse has not been well studied. Some people find rinses helpful, and others find it not to be worth the trouble. If you do find it helpful, you want to be sure to use distilled water to prevent introducing infection into the nasal cavity.

Q: How can I calm my itchy eyes?

Resist the urge to itch. Itching will introduce pollen into your eye from your finger tips and the skin around your eyes and make it worse. There are over-the-counter and prescription antihistamine eye drops that can help, and cool compresses (wet, clean washcloths) may feel soothing. Immunotherapy can be helpful in some cases.

Q: What are some common misconceptions about allergies?

The term "hay fever" is a misnomer. Allergies do not actually cause an increase in body temperature, but people can feel feverish, sick and uncomfortable due to their allergies. Allergies can affect quality of life as much as many other chronic diseases.

Allergic secretions are clear when you have a runny nose or watery eyes. If secretions are thick, yellow or green, they could be a sign of an infection.

Living with COPD

According to the American Lung Association (ALA), chronic obstructive pulmonary disease (COPD) is a lung disease that, over time, makes it hard to breathe. COPD is a disease that involves inflammation and thickening of the airways and the destruction of the tissue of the lung where oxygen is exchanged.

Fernando DeLeon, M.D., a pulmonologist on staff at HCGH, explains that this disease is diagnosed through pulmonary function testing, though it can sometimes be diagnosed through X-rays or CT scans of the chest. Some symptoms of COPD are shortness of breath, coughing and wheezing. As the disease advances, it becomes more difficult to remain active due to shortness of breath.



“Contrary to popular belief, if you are diagnosed with COPD, that does not mean you will end up on oxygen,” explains Dr. DeLeon. “COPD is treated with inhalers. It is progressive but moves at a slow pace — if you do not smoke and are not exposed to excessive airborne pollution. COPD is not a terminal disease; many people diagnosed with it can even routinely exercise.”

HCGH offers pulmonary rehabilitation, a program that incorporates an individualized regimen of exercise, education, breathing retraining and the development of coping and support skills. It will help to ease your symptoms, achieve an optimal level of independence and self-reliance, decrease anxiety and depression, reduce infections and hospitalizations, and improve quality of life by increasing mobility and stamina. “Pulmonary rehabilitation does not treat the disease, but it makes someone more physically fit, which helps,” says Dr. DeLeon.

Take the Path to Pulmonary Wellness

Dr. DeLeon recommends:

SAY YES TO EXERCISE: Though it may be more difficult to stay active with COPD, exercise is recommended. People who are short of breath and do not exercise become even more short of breath.

SAY NO TO SMOKING: More than 80 percent of COPD cases in the United States are caused by tobacco use. The main precaution if you are diagnosed with COPD is to stop smoking if you are still smoking and to try to avoid being exposed to secondhand smoke.

SAY YES TO A HEALTHY DIET: In addition to exercise, a healthy diet is important if you have COPD. A diet with a variety of the right nutrients will not cure COPD, but will help you breathe easier and feel better. Because COPD patients use more energy to breathe than the average person, they may require more calories in their diet compared to a person living without COPD.

SAY NO TO AIRBORNE POLLUTION: In addition to not smoking, it is also important to avoid inhaling secondhand smoke and to be aware of your air quality by avoiding dust and fumes.

Fernando DeLeon, M.D., is a pulmonologist with Howard County Center for Lung and Sleep Medicine.
Appointments: 410-740-3635





Be in the Know About **Pneumonia:** Reducing Your Risk

Pneumonia is an infection of one or both lungs that can be caused by a bacteria, virus or fungus. The infection causes the air sacs in your lungs to become inflamed and filled with fluid. Symptoms often include a cough and fever, feeling tired or weak, being short of breath and chest pain that worsens when coughing.

“Pneumonia can be a very serious illness and you should receive a vaccination to prevent it — especially if you are at risk,” says **Gerren Perry-Fabrizio, M.D.**, a Johns Hopkins family medicine physician. “Children under the age of 2 and adults over the age of 65 are at a higher risk of getting pneumonia and, when they do, tend to have a more severe case and often require hospitalization. Also, if you have a weak immune system due to HIV, diabetes, liver disease, alcoholism or chronic heart disease, or have COPD or lung diseases such as asthma or Cystic Fibrosis, you are at an increased risk of getting pneumonia.”

A Vaccine to Prevent Bacterial Pneumonia

Eighty percent of all bacterial pneumonia is caused by the bacteria, streptococcus pneumoniae. There are two vaccines available to prevent this type of bacterial pneumonia: Pneumococcal Polysaccharide Vaccine 23 (PPV23) and Pneumococcal Conjugate Vaccine 13 (PCV13). “If you are otherwise healthy, and age 65 or older, there is a new recommendation that you should get the PCV13 initially and then, in six months, get a dose of the PPV23. In five years, in some cases, you will receive a booster,” says Dr. Perry-Fabrizio. “All babies should receive a series of the PCV13 shots during their first year of life. If you are an adult with a higher risk due to a compromised immune system or other risk factors, but younger than 65, you too should receive the PPV23 vaccine and PCV13 vaccine regardless of your age.” Unfortunately, there is no vaccine to prevent viral pneumonia.

What is Walking Pneumonia?

Walking pneumonia is typically diagnosed in younger adults and is also caused by bacteria. Usually symptoms are milder, and you will feel achy and may have a cough.

Gerren Perry-Fabrizio, M.D., is a family medicine physician with Johns Hopkins Community Physicians in Fulton/Maple Lawn.

Appointments: 240-459-1800



Reducing the Risk

In addition to getting the pneumonia vaccines, Dr. Perry-Fabrizio recommends:

- you get an annual flu vaccination — the influenza virus can often lead to pneumonia
- if you have asthma, make sure you are regularly taking your medication to control your asthma and get both flu and pneumonia vaccines
- if you have a young baby, do not expose your baby to large crowds
- if you are a smoker, stop smoking
- if you are a diabetic, keep your diabetes in check so you don't lower your resistance to infection
- you wash your hands regularly
- if you have a child under the age of 2, be sure to have him or her receive the Hib vaccine (the Hib vaccine protects your child from a specific flu that can cause pneumonia)

Year-round Exposure

Unlike the flu, you can get pneumonia year-round. "However, pneumonia is more prevalent in the winter months when it is cold and everyone is indoors and it is flu season," notes Dr. Perry-Fabrizio. "So, regardless of the time of year, if you have a cough lasting for more than three days, you should be seen by your physician."

HCGH doctors serving you

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

ENDOCRINOLOGY

David Ni, M.D.
Maryland Endocrine
10710 Charter Drive, #410
Columbia, MD 21044
301-953-2080

FAMILY PRACTICE

Risa D. Kramer, M.D.
Columbia Medical Practice
5450 Knoll North Drive, #250
Columbia, MD 21045
410-964-6200

GASTROENTEROLOGY

Jeffrey Bernstein, M.D.
Priti Bijpuria, M.D.
Richard M. Chasen, M.D.
Jeffrey Garbis, M.D.
Sean M. Karp, M.D.
Theodore Y. Kim, M.D.
Marvin E. Lawrence, M.D.

Maryland Digestive Disease Center
5500 Knoll North Drive, #460
Columbia, MD 21045
410-730-9363

GENERAL SURGERY

Shirali T. Patel, M.D.
Maryland Surgeons
10710 Charter Drive, #230
Columbia, MD 21044
443-574-8500

INTERNAL MEDICINE

Elizabeth S. Bower, M.D.
Seton Medical Group
10711 Birmingham Way
Woodstock, MD 21163
410-480-1895

INFECTIOUS DISEASE

Jennifer Husson, M.D.
Mihaela Carter, M.D.

Infectious Disease Associates
2850 North Ridge Road, #203
Ellicott City, MD 21043
410-418-8550

OBSTETRICS & GYNECOLOGY

Homayara Aziz, M.D.
Aziz OB/GYN
10632 Little Patuxent Parkway, #106
Columbia, MD 21044
410-775-6430

PEDIATRICS

Chunxiao Zhu, M.D.
Columbia Medical Practice
5450 Knoll North Drive, #180
Columbia, MD 21045
410-964-6300

Jennifer H. Zinderman, M.D.
Johns Hopkins Community Physicians
at Howard County
6350 Stevens Forest Road, #102
Columbia, MD 21046
443-259-3780

PEDIATRIC ORTHOPAEDIC SURGERY

R. Jay Lee, M.D.
Johns Hopkins Shoulder and Sports Medicine
10700 Charter Drive, #140
Columbia, MD 21044
443-997-2663

PODIATRY

Charles M. Boyd, D.P.M.
Wade A. Ritter, D.P.M.
David VonSteuben, D.P.M.

Podiatry Associates
5500 Knoll North Drive, #440
Columbia, MD 21045
410-730-0970

PULMONOLOGY

Mai-Chi T. Nguyen, M.D.
10910 Little Patuxent Parkway, #100
Columbia, MD 21044
410-531-0700

UROLOGY

Robert A. Mevorach, M.D.
Chesapeake Urology Associates
7625 Maple Lawn Boulevard, #210
Fulton, MD 20759
443-738-8180

**For a full list of HCGH physicians,
visit hcg.org/findadoctor.**

Supporting Cancer Patients and Their Families Through Blossoms of Hope

Founded more than 10 years ago, Blossoms of Hope was established as a tree planting program that would beautify Howard County with Kwanzan cherry trees — the kind found at the Tidal Basin in Washington, D.C. — as well as support the Claudia Mayer/Tina Broccolino Cancer Resource Center at HCGH. During this time, contributions from Blossoms of Hope to the center have totaled nearly \$260,000.

“Blossoms of Hope has had a rich history of establishing a relationship in the community with organizations that have a need,” notes Joe Barbera, chairman of Blossoms of Hope. “We are an all-volunteer non-profit board comprised of people who demonstrate how much they care for the community through their actions. It is heartwarming to see the effect the center



In celebration of Blossoms of Hope’s 10th anniversary in October 2014, Blossoms of Hope planted a cherry tree outside the Claudia Mayer/Tina Broccolino Cancer Resource Center. (l. to r.) Joe Barbera, chair, Blossoms of Hope; Tina Broccolino and Janet Robey, Blossoms of Hope board members.

has had on cancer patients and their families, and to know that Blossoms of Hope has been a part of that impact.”

In 2014, Blossoms of Hope also donated 100 cherry trees to center patients, survivors and their families. For more information on Blossoms of Hope, visit blossomsofhope.org.

CHARITABLE GIFT ANNUITIES Q&A

If you would like to make a donation to HCGH and are interested in supplementing your income during retirement, consider a charitable gift annuity.

Q. *What is a charitable gift annuity?*

- A. It’s a contract with the Howard Hospital Foundation (HHF) in which:
- You agree to make an irrevocable donation to us.
 - HHF agrees to make fixed payments to you each year for your lifetime. (You can have the payments benefit others, too, such as your spouse.)
 - The portion of your gift that remains at your death helps support the mission of HCGH.

Q. *What are the benefits?*

- A. It’s a gift that:
- Enables you to meet your charitable goals.
 - Provides you with tax-favored lifetime payments.
 - Offers immediate income tax savings (when you itemize).

If you are retired and depend on stock dividends for income, consider funding a gift annuity with those stocks. That way, you’ll still receive income from the assets — in many cases, in higher amounts.

Q. *What payments can I expect?*

- A. The rate of payment is determined by the ages of those receiving payments at the time of the contribution — the older the recipients, the higher the rate. Payment rates are locked in for the duration of the gift annuity.

For more information about charitable gift annuities, contact the Howard Hospital Foundation at 410-740-7840 or your tax planning professional.



Rita and George Wilson

Honoring Her Mother by Honoring Caregivers

HONOR CAREGIVER

Ten years ago, Kim Sherman's mother, Rita Wilson, lived in Florida and was struggling with a terminal cancer diagnosis. Kim convinced her mother to move to Maryland so she could help care for her.

"She had an aggressive cancer and had been given only three months to live," remembers Kim. "Her incredible care began at HCGH when oncologist, Nicholas Koutrelakos, M.D., treated her and put her into remission for 10 years.

"Over the years, all of my mom's caregivers at HCGH, including Suzan Abdo, M.D., Melissa Hawkins-Holt, M.D., Edward Schaefer, M.D., and a host of others, took incredible care of her," says Kim. It was her mother's most recent and final visit to HCGH during the fall of 2014 that really touched Kim and her mother.

"Mom fell and shattered her hip, had surgery and was in the hospital for quite some time before she passed away," says Kim. "During her stay on the second floor, what really touched my mom was the compassion of all of the nurses and techs. She was a fireball, but they knew what would make her happy and what would make her comfortable. Some of the caregivers would sit and talk with her on their day off. She felt like she got to know them as people too. Since we had no extended family, the hospital employees became her social network. So, in the end, it was important to her to take care of them. She said to me, 'I know I am going and these people have gone out of their way and been kind and caring. I want to do something for them.'"

Following Rita's death, Kim contacted the Howard Hospital Foundation to determine the best way to fulfill her mother's request to honor her caregivers. "We are exploring ways to help the employees further their education and/or obtain additional certifications," says Kim. "I know my mom would be pleased."



Barbara and Curtis Wise

A Letter of Thanks

It is with a grateful and thankful heart that we are writing this letter to recognize the staff at HCGH. We would like to commend and say a special "thank you" to Dr. Willie Bivings who was the doctor for my husband, Curtis. My husband arrived by ambulance having chest pain. Little did we know that he was experiencing an aortal dissection that was indeed life threatening. The nursing staff that assisted Dr. Bivings in Mr. Wise's care also were very attentive to his needs.

Without a doubt, we can say that Mr. Curtis Wise Sr. is here with his family today because of the care extended to him and the expertise and knowledge exhibited by Dr. Bivings and nursing staff in attendance that day. I thank God for you all, and we are proud of our neighborhood hospital. Some would say you were just doing your job, but we would like to say "thank you" because we appreciate your dedication and service to the care and wellbeing of our community.

Sincerely,

Curtis and Barbara Wise, Jessup, Md.

If you would like to make a donation to honor an HCGH caregiver, call 410-740-7840 or visit hcg.org/honoracaregiver.

CELEBRATE KINDNESS • CARING • COMPASSION • HOSPITALITY

Thank You to Our Donors

Howard Hospital Foundation recognizes the generous support of individuals, organizations and corporations who have given to the hospital between January 1, 2014 and December 31, 2014. Howard County General Hospital is grateful for each and every contribution; however, due to space restrictions, only the names of those who have given \$1,000 or more are published here. Donor lists are checked carefully each year; in the unfortunate event of an error, please notify us at 410-740-7840.

\$5,000,000

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Estate of Shirley Bossom †
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Kupcakes & Company, LLC
Melissa Leffler*
Mary Agnes and Fred Lewis, D.V.M.
Mary and E. Randolph Marriner
Maryland Digestive Disease Center,* division of Capital Digestive Care
Jefferey Bernstein, M.D.
Richard Chasen, M.D.
Jeffrey Garbis, M.D.
Sean Karp, M.D.
Theodore Kim, M.D.
Marvin Lawrence II, M.D.
Christopher Shih, M.D.

Maryland Endocrine, P.A.*
Maryland Oncology Hematology, P.A.*
Northwestern Mutual
NVR, Inc./Ryan Homes
Anne and Peter Rogers
T. Giovanis & Company, LLC
Lois and Richard Talkin Fund at the Community Foundation of Howard County*

\$2,500 - \$4,999

100% Land
Baltimore Gas and Electric Company
Bank of America Matching Gifts
Buch Construction, Inc.
Buffalo Wild Wings
Capital Women's Care of Howard County*
Marvin Davis, M.D.
Daniella Meshkat, M.D.
Christine Richards, M.D.
Cardiovascular Specialists of Central Maryland
CareFirst Administrators
The Columbia Bank
Comprehensive Pain Center

Therese Droege
Dynanet Corporation
ez Storage Corporation
Fred Frederick Family Foundation/
Betty Anne and Fred Frederick
Sergio Galindo
Susan and Nicholas Grosso, M.D.



Saying "YES" Every Month

A Columbia resident for the past 37 years, James Hawkins donates to the Howard Hospital Foundation frequently — every month to be exact for nearly two years. "I have to say 'yes' to my hospital," says James. "I was in the Army Medical Services Corps and spent my career in hospitals. Because of my experience, I take a very different view of a hospital than most. I am familiar with what should be going on in a hospital and, having spent time as a patient at HCGH, I know it is a good place.

"I know hospitals have tight budgets these days and every little bit helps. God has been good to me, and I have some extra dollars I can send the hospital on a regular basis with no big impact on me — but when you add it all up, it is a lot to me. Sometimes, if I have some extra at end of the year, I even send them a Christmas bonus."

Patricia and David Condron
Dawn Cooke
Mariebel and Marvin Davis, M.D.*
The Dorsey's Search, Harper's Choice, Hickory Ridge, Kings Contrivance, River Hill and Wilde Lake Village Center Merchants
Double R Ventures

Hoenes Family Foundation, Inc.
Howard Bank/The Scully Family*
Howard County Tourism & Promotion
Johns Hopkins Health System
Johns Hopkins Medicine
Susan Lancelotta, M.D., and Nicholas Koutrelakos, M.D.
Georgia Lovette

Charles Miller
Michelle and Andy Motsko
Pettit Family Charitable
Foundation
The ROI Companies
Shade Construction Company, Inc.
Siena Corporation
Maurice Simpkins*
Tele-Tector of Maryland, Inc.
Walmart
Williamsburg Homes
Julie and James Young*

\$1,500 - \$2,499

Bank of America
The Benevity Community Impact
Fund
bgr CPAs*
Tina and Victor Broccolino
Kelly and Dino Broccolino
Mark Broccolino
Patricia and Thomas Buescher
Columbia Benefits Consultants, Inc.
Delphi of TeamHealth
Karen and Douglas Douglas Jr.
Drinker Biddle & Reath, LLP
Mim and Steve Dubin
Nuala and Stephen Duffy
Johns Hopkins Corporate Security
Kelly Integral Solutions, Inc.
KPMG, LLP
LifeStar Response of Maryland
Norene and Peter Linder
The Mall in Columbia
Merritt Management Corporation
Maria and Dennis Miller
Elaine Northrop and Rick Menz
OBA Bank
Owens & Minor, Inc.
Physicians Eye Care and Laser
Center
Physiotherapy Associates
Professional SportsCare & Rehab
RadNet Management, Inc.
Randstad Professionals
Marilyn Rhodovi
Barbara and Lawrence Rowe
Priscilla Trubin and Richard Lewis
Visiting Angels Living Assistance
Services
Alwin and Renate Wenzel

\$1,000 - \$1,499

Peter Boycan
Suzanne and John Brinkley
Mary Caddell
Phyllis and Wayne Clark
Catherine and Edward Cochran
Cynthia and Bryon Deyscher
Jane and Larry Droppa

Dunloggin Middle School
Peggy and Charles Ecker, Ph.D.
Event Consulting & Management
Glenwood Lions Club
Sandra Isbister, M.D. and John
Isbister, Esq. *
J.I. Foundation, Inc.
Suzie and Joseph Jamaris, M.D.*
Lisa Kostelec
Beverly and James Mann
George and Ann Baldwin
Mech, J.D., R.N.
Muralidhar and Gayatri
Nimmagadda, M.D.
Donna and Lowell Pidel*
Pramud Rawat
Linda and Charles Rishell
Signature OB/GYN
The Stewart Eckers Charitable
Trust
Susan Swiztek and Stanley
Podlasek, M.D.
Lindsey Thattassery, M.D., and
Emil Thattassery, M.D.
Emmy Lou Volenick
Wells Fargo Home Mortgage

* denotes CDP pledge payment
** denotes new pledge
† deceased

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

Vivian C. "Millie" Bailey
Dr. Sanford A. Berman and Dr. Kay
Ota-Berman
Shirley Bossom †
Jean Hartman
George Huber, Pharm.D.
Mary and Thomas Knott †
Donald Miller †
Clare and James Openshaw
Grace and John Payne, M.D.
Eileen and David Powell
Joan Reisfeld
Emmy Lou and William † Volenick
F. Jean Warthen †
Karen and John Whiteside
Eugene "Pebble" Willis, M.D. †
† deceased

*LEADERSHIP COUNCIL is
comprised of individual,
corporate and foundation
donors who have contributed
\$100,000 or more in lifetime
giving to Howard County
General Hospital:*

Apple Ford Lincoln
Vivian C. "Millie" Bailey
Bank of America
Bare Bones Invitational Golf
Tournament
Dr. Sanford A. Berman and Dr. Kay
Ota-Berman
Blossoms Of Hope/The Howard
County Cherry Tree Project
Evelyn and J.P. Bolduc
Shirley Bossom †
Tina and Victor Broccolino
Patricia and Thomas Buescher
Cardiovascular Specialists of
Central Maryland
Chanceland Farm
The Columbia Bank
Constellation Energy Group, Inc.
The Dancel Family Foundation
Mim and Steve Dubin
Esmond Saturday Soiree
Susan and Robert Fischell, Sc.D.
Fretz Event to Benefit the Claudia
Mayer/Tina Broccolino Cancer
Resource Center
Mary and Kingdon Gould Jr.
Hamel Builders, Inc.
Harkins Builders, Inc.
HCGH Annual Benefit Golf Classic
Margaret and Wilson Hoerichs
Norma E. and Roger Hoff Sr.
The Horizon Foundation of Howard
County, Inc.
H. Elizabeth and Peter Horowitz
Howard County Anesthesia
Associates, P.A.
Howard County General Hospital
Professional Staff
Howard County General Hospital
Volunteer Auxiliary
Howard County Government
Cynthia and E. Wayne Jackson
JJAM Enterprises, Inc.
Johns Hopkins Department of
Emergency Medicine
JPB Partners
Kicks Against Breast Cancer
Mary Agnes and Fred Lewis, D.V.M.
The Lundy Family Foundation
M&T Bank
Macy's

Varsha and Mukesh Majmudar
Moira Mattingly and Jeff Leco
Dorothy and W. Brian McGowan
Charles Miller
Donald Miller †
Dessie and James Moxley Jr.
Judy and Bill Munn and The Munn
Family Foundation
Carla and Creig Northrop and
The Northrop Team, P.C.
The Painted Veil
David Paul, M.D.
Grace and John Payne, M.D.
Christina and Don Pistorio
PNC Bank
Eileen and David Powell
Quest Diagnostics, Inc.
The Rouse Company Foundation
The Ryland Group, Inc.
Hillery and Alton Scavo
Shade Construction Company, Inc.
Sodexo, Inc.
Symphony of Lights
U.S. Foodservice
W.R. Grace Foundation, Inc.
F. Jean Warthen †
Wells Fargo Bank
Karen and John Whiteside
Whiting-Turner Contracting
Company
† deceased

*FUNDRAISING EVENTS offer
additional opportunities for
the community to support
our hospital. We are proud
to recognize the following
events that raised nearly
\$800,000 to benefit Howard
County General Hospital:*

Autumn Extravaganza at
Marama Farm
Dazzle Dash
HCGH Annual Benefit Golf Classic
Midnight at 7
Symphony of Lights

SPECIAL EVENTS

Hearing Loss: Risk, Prevention and Support at Any Age

Hearing loss can be caused by infection and chronic exposure to loud noise and music, as well as aging. Learn how to identify risk, steps to take to prevent loss, and options for treatment. Our expert will share how to support a loved one who is experiencing hearing loss, skills required to identify the gradual loss and ways to handle the resistance to intervention. Presented by **Earl Wilkinson, M.D.** **6/10**, 7-8:30 p.m. Free.

Latest Advances in Cataract Surgery

Learn how cataracts develop and the risks, signs and symptoms. The management and treatment options for cataracts, including intraocular lenses and lens implants, will be discussed by Johns Hopkins Wilmer Eye Institute ophthalmologist **Yassine Daoud, M.D.** **6/3**, 7-8:30 p.m. Free.



GET HEALTHY WITH DIET & EXERCISE

Weight Loss Through Bariatric Surgery

Learn about weight-loss surgery from Johns Hopkins Center for Bariatric Surgery. Register at 410-550-0409 or hopkinsmedicine.org/jhbmc/bariatrics. **6/15**, **7/20**, **8/17**, 5:30–7 p.m. Free.

Dietary Counseling

Discuss dietary concerns/goals with a registered dietitian. \$40/half-hour visit.

The Mall Milers

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

Looking to Lose Weight This Year (Part 1)

Our certified nutritionist and registered dietitian will discuss physiology and health challenges that affect your weight. **6/1**, 7–8:30 p.m. Free.

Kitchen Wisdom (Part 2)

Sample food and learn how to spice up healthy meals with herbs and spices. **6/8**, 7–8:30 p.m. Register for one or both parts. Free.

Healthy Weight Connection

Kick-start individual lifestyle changes, including diet and exercise, to help you reach a healthier weight. Receive personalized guidance from a certified dietitian. Learn about various nutrition topics and participate in gentle yoga. Tuesdays and Thursdays, **9/15–11/3**, 6:30–8 p.m. \$195.

HEALTHY HEART & LUNGS

Adult/Child/Infant CPR

Learn skills to clear an airway obstruction, perform CPR and how to use an automated external defibrillator (AED). Earn a two-year American Heart Association completion card (not a health care provider course). **6/9**, **6/23**, **7/9**, **7/21**, **8/6**, **8/25**, 5:30–9 p.m. \$55.

Smoke-Free Lungs

Education and support for those wanting to quit or who have quit. **6/4**, 7–9 p.m. Free.

Cardiac Rehabilitation Program†

Assistance for cardiac patients in the recovery phase following a heart attack, angioplasty or cardiac surgery.

Cardiac Rehabilitation Maintenance†

Exercise for cardiac rehabilitation program graduates. Tuesdays and Fridays, 8 a.m. or 9:30 a.m. \$60 per month.

Pulmonary Rehabilitation†

Exercise and education to assist patients with lung disease.

Pulmonary Rehabilitation Maintenance†

Exercise maintenance for pulmonary rehabilitation program graduates. Tuesday and Friday afternoons. \$60 per month.

External Enhanced Counterpulsation Therapy†

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

† To schedule an appointment, or for information about all cardiac or pulmonary rehabilitation programs and Medicare and insurance coverage, please call 443-718-3000.

IMPROVING WITH AGE

AARP Driver Safety

Classroom refresher for ages 50+. **6/22, 8/17, 10 a.m.–2:30 p.m.** \$15/AARP members, \$20/others.

Medicare 101

Learn about Original Medicare (Parts A and B) and Prescription Drug coverage (Part D). Presented by the State Health Insurance Assistance Program, Howard County Office on Aging. **6/9, 10–11:30 a.m.** Free.

Medicare 102

Learn about Medicare Health Plans (Part C) and Medicare Supplement Policies. Presented by the State Health Insurance Assistance Program, Howard County Office on Aging. **6/16, 10–11:30 a.m.** Free.

Fitness Fun for Seniors

Individuals age 60 and older exercise at their own pace. Includes stretching and low-impact exercise. Mondays and Wednesdays, **9:30–10:30 a.m.** \$64/8-week sessions.

HEALTHY FAMILIES

Happiest Baby on the Block

Parents and parents-to-be learn techniques to quickly soothe baby. **8/18, 7–9 p.m.** \$50 per couple (includes parent kits).

Maybe Baby: Financial Issues for Expectant, New and Prospective Parents

A Certified Financial Planner™ will discuss financial issues involved in starting a family. Leave with a plan to help you feel confident about your finances. **10/15, 7–9 p.m.** Free.

Choose Your Pediatrician and Promote Your Newborn's Health

Learn factors to consider and questions to ask when choosing your pediatrician and ways you can promote your newborn's health. Presented by **Edisa Padder, M.D.** **9/16, 7–8:30 p.m.** Free.

Prenatal Class for Early Pregnancy

Parents-to-be and those in the first trimester of pregnancy learn about pregnancy's early stages. **7/8, 7–9 p.m.** Free.

Prenatal Exercise

Taught by a certified instructor. Physician permission required. Six-week session, Thursdays **5/20–6/24, 5:45–6:45 p.m.** \$66/six sessions.

DIABETES

Individualized Diabetes Management*

Learn from a certified diabetes dietitian and nurse how to manage diabetes. 443-718-3000.

Living with Diabetes*

Learn from an endocrinologist, podiatrist, psychologist, diabetes nurse educator and dietitian. 443-718-3000. **5/15 & 19, 6/19 & 23, 8:30 a.m.–2:30 p.m.** in the Bolduc Family Outpatient Center at HCGH.

Living with Diabetes: Executive Summary*

A condensed version of Living with Diabetes offered in the evening. 443-718-3000. **5/20 & 21, 6/17 & 18, 6–9 p.m.** in the Bolduc Family Outpatient Center at HCGH.

* Most insurance plans cover all or part of this program.

REGISTRATION

hcg.org—online registration

410-740-7601—information

410-740-7750—physician referral

410-740-7990—TDD

Advance registration is advised for all programs unless noted. Payment due at registration. A \$25 cancellation fee will be applied to cancellations made less than one week before class. Refunds will not be given less than 24 hours before class starts. For cancellations due to low enrollment, full refund will be issued.

Unless noted, all classes are held at **HCGH Wellness Center**

10710 Charter Drive, Suite 100
Columbia, MD 21044

FOR CHILDREN & TEENS

Essentials in Babysitting

Learn to manage children, create a safe environment and apply basic emergency techniques. **6/27, 7/25, 8/22, 9 a.m.–1 p.m.** \$50.

Home Sweet Home

Children (8–12) and their parents learn ways for children to stay at home alone. **6/6, 9–11 a.m.** Free.

FREE SCREENINGS

Hearing and Vision Screening

General hearing and vision screenings for all ages from 6 years to adult. Includes glaucoma screening. Bring eyeglasses if you wear them. **6/29, 3–6 p.m.** Free

FOCUSING ON BODY & MIND

Women's Self Defense

Women (16 and up) learn and practice highly effective, easy-to-learn techniques designed for adult situations. **6/27, 9 a.m.–12 p.m.** \$50.



Ongoing Support Groups: Support group contact information: hcg.org or call **410-740-7601**.

Cancer Support Groups: For information, call **410-740-5858**.

calendar 2015 of Events:

MAY

Farmers Market

Fridays, May 8 to October 30/2-6 p.m.

Stop by the rear of HCGH Visitor Lot C to purchase farm-fresh produce.

U Can Win Community Resource Day and Howard County Men's Health and FitnessFest 2015

Saturday, May 30/10 a.m. to 2 p.m. Free.

Celebration Church, Columbia, MD

This year's installment is themed "Taking Control of your Healthy Future" and includes fitness challenges, free screenings, nutritional information and more. For more information, call 410-313-3105 or kpruim@howardcountymd.gov

JUNE

25th Annual Howard County General Hospital Benefit Golf Classic

Monday, June 1/11 a.m.

Cattail Creek Country Club, Glenwood, MD

Registration: 11 a.m. Shotgun start: 12:30 p.m.

All proceeds from our Annual Benefit Golf Classic will benefit HCGH.

Register now to secure your tee time by calling Howard Hospital Foundation at 410-720-8706 or visit hcgh.org/benefitgolfclassic

Relay for Life

Saturday, June 6/4 p.m.

Long Reach High School

410-781-4316 or relayforlife.org/howardmd

Howard County Family Wellness Day

Sunday, June 7/10 a.m. to 3 p.m. Free.

Centennial Park

Promotes physical activity and a healthy lifestyle while highlighting the many activities and programs available that support wellness. wepromotehealth.org

4th Annual Power of the Purse

Monday, June 8/4:30-7:30 p.m.

Fretz Showroom, Columbia, MD

Silent auction and sale of new, gently used, vintage and designer handbags. Proceeds benefit Claudia Mayer/Tina Broccolino Cancer Resource Center at HCGH. powerofthepurse@blossomsofhope.org

Open Streets Howard County

Saturday, June 13/10 a.m.-2 p.m.

Little Patuxent Parkway Loop & Swansfield Elementary School

Based on the simple and proven idea that the design of our streets and neighborhoods should support and promote healthy living, enjoy walking, running, cycling and a variety of fun activities.

Sponsored by Horizon Foundation in cooperation with the Columbia Association, and Hickory Ridge Community Association.

For more information, facebook.com/OpenStreetsHoCo