

SUMMER 2021

# Wellness Matters

**Focus on Your Health Again**



**HOWARD COUNTY  
GENERAL HOSPITAL**

JOHNS HOPKINS MEDICINE

# President's Message



*Dear Friends,*

Several months ago, we commemorated the one-year anniversary of the pandemic arriving at our hospital doors. Today, the vaccine has provided us with renewed hope and a return to a new, more-normal world. As doors have reopened

and many of you have ventured out to places you once frequented often, I encourage you to also return to focusing on your health.

We are seeing that the pandemic not only impacted the health of those who contracted COVID-19, but the health of those who did not. With the inactivity the quarantine brought us all, the stress eating and anxiety—to name but a few of the challenges we faced—many in our community are struggling with complications from new and previously diagnosed chronic health conditions.

In this issue of *Wellness Matters*, we hope to provide you with some tips to get your health back on track and steer you on a course to wellness. I encourage you to engage with your physician if you have postponed check-ups because of the pandemic. Schedule your tests and screenings to help prevent small health concerns from becoming more serious chronic conditions. We are your partners in care and our medical staff are ready for your safe return to their offices.

Be well and stay well!

Sincerely,

M. Shafeeq Ahmed, M.D., MBA, F.A.C.O.G., *Interim President*

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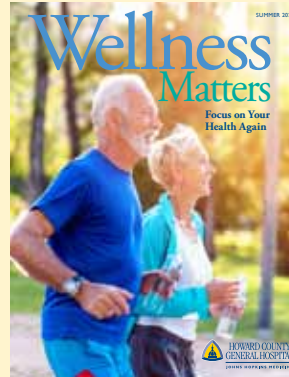
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# Wellness Matters



In this issue of *Wellness Matters*, read how the pandemic has impacted our health and learn what you can do to get back on track to a healthy lifestyle.

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

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Jeanette T.M. Nazarian, M.D.  
 president

# When His Heart Spoke, He Listened

**At 69, Bob Lefenfeld had two COVID exercise regimes — riding his stationary bike and a fast-paced barbell workout. He would exercise at least five times a week for an hour. This spring Bob started to experience pain that made him stop and question what his body was trying to tell him.**

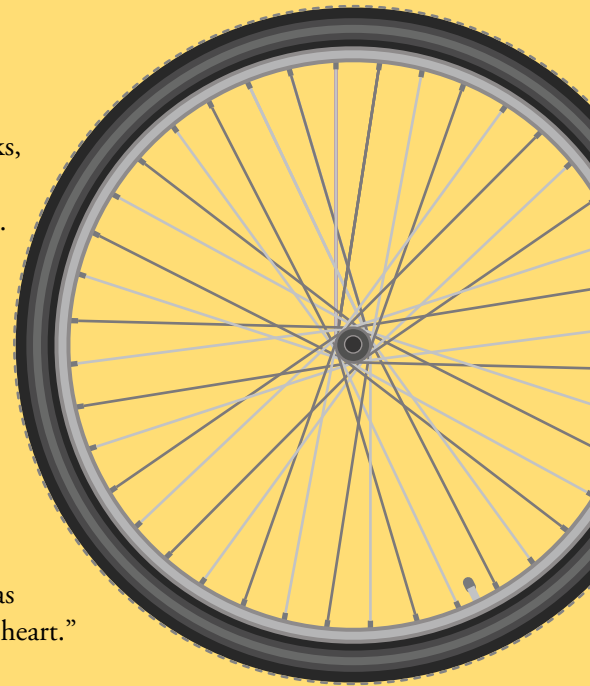
“I was getting sharp pains in my side which initially I thought might have been my lungs,” recalls Bob. “I was also breathless and a little lightheaded. That made me unable to complete my workouts. I’m approaching 70, so you’re never sure what’s a natural occurrence and what’s not — your mind can play tricks on you.”

Bob’s primary care physician sent him to his cardiologist who was concerned and ordered a stress test. “The results of his stress test were abnormal and suggestive of disease,” recalls **Eric Schwartz, M.D.**, a board-certified cardiologist on staff at HCGH. “We ordered a cardiac catheterization which can now be done electively at HCGH as an outpatient to check for any blockages. Patients previously were sent to other hospitals and can now get the exact same procedure done by the exact same physicians here at Howard County.”

“I was very happy to keep my care close to home — just one less level of stress,” says Bob. “The procedure went well. We were all surprised that not only was there a blockage, but the artery was 95% blocked and I needed two stents. I realized I was sort of playing with fire.”

**If you’ve been putting off a checkup or have health care concerns, visit your doctor or [hcgh.org/findadoctor](https://www.hcgh.org/findadoctor) to find a primary care physician or cardiologist.**

“Within two weeks, I was back on the bike—low impact. Now, I am doing everything I was before, probably even a little better. At my recent follow-up appointment, Dr. Schwartz said everything looked good and there was no damage to my heart.”



Dr. Schwartz is pleased with Bob’s progress.

**“Bob feels good and has normal heart function. He was right to listen to his heart. Somebody who regularly exercises who suddenly says, ‘I can’t do what I was doing before,’ and there’s no other cause is concerning to us. Some people won’t experience chest pain, they just experience heavy breathing — that’s the same as having chest pain. Any exertional symptoms that are relieved by rest is a cardiac symptom that should be investigated by your doctor.”**

—Eric Schwartz, M.D.  
Board-certified cardiologist at HCGH

Bob says, “I still have the limitations of a 70-year-old — but now I know what to look for. I have follow-up tests to make sure the clogged artery is clear and a regimen of medication. It was a good outcome and I’m ready to take on the next challenge that comes.”



# Focus on Cardiac Care

## *It's Time to Put Your Heart First*

Do you remember those times before the pandemic? You were exercising. Maybe eating better. The number on your scale may have been lower. Stress and lack of sleep weren't weighing you down. You saw your doctor. You had your annual blood tests, screenings and physical. **Daniel Kim, M.D.**, a board-certified cardiologist on staff at HCGH, has a message for you: the time to focus on your health and your heart again is now.

"COVID-19 has caused a disruption in cardiovascular care in so many different ways," says Dr. Kim.

"The virus itself causes cardiovascular complications that can be mild or severe that we are still learning about. In addition, we have seen the pandemic decrease the number of patients coming to the emergency room with a heart attack or stroke. It is not that there are fewer heart attacks and strokes. Many of those patients are dying at home or waiting to come to the hospital and they are much sicker and have more heart damage. That's a big problem."

"In addition, we are seeing that the pandemic and quarantine caused weight gain, an increase in sedentary habits, less exercise, increased stress, psychiatric illnesses and an increased use of substances like alcohol. These are all associated with cardiovascular disease."

### The American Heart Association defines three categories of risk factors:

**1. Major you cannot control:**  
Increasing age, male gender, heredity (including race)

**2. Major you can modify, treat or control:**  
Smoking tobacco, high blood cholesterol, high blood pressure, physical inactivity, obesity and being overweight, diabetes

**3. Other factors:**  
Stress, alcohol, diet and nutrition

### Know the Signs and Symptoms

**Always call 9-1-1** if you have heart attack symptoms that include: chest pain, shortness of breath, heart palpitations, pain radiating to your jaw and/or left arm coupled with sweatiness or nausea. Patients with diabetes, or women or older individuals, may have atypical signs that can just be one symptom such as shortness of breath, abdominal discomfort or just nausea. In addition to heart attack symptoms, Dr. Kim also recommends you go to the emergency room, "if you experience loss of consciousness, respiratory distress or persistent heart arrhythmias (such as rapid heart rates above 150 beats per minute), to be evaluated and not wait for an outpatient appointment.

"It's been a very stressful year for everybody. We have seen people who are having heart attacks at home and coming in very late to the hospital. Stress can cause psychosomatic symptoms, and it is difficult to differentiate between a heart attack versus what could be just stress related. Don't assume that it is nothing or think it is silly to see a cardiologist. If you are thinking about it, or if you are concerned, that's enough reason to seek guidance from an expert."

### Getting Back on Track

Dr. Kim recommends you refocus on your health:

- Exercise more
- Find relief for your stress—self-care is very important
- Ensure you are getting enough sleep
- Follow up with your primary care doctor to get back on track with regular screenings for traditional cardiac risk factors—if your doctor determines you are at a higher risk, or has concerns with your test results, they can refer you to a cardiologist
- Quash any new bad habits you may have picked up during the pandemic such as smoking cigarettes or excessive caffeine or alcohol consumption

## Cardiac CT Calcium Test Sheds Light on Risk

In recent years, physicians have added a noninvasive test to help assess a patient's cardiac risk. The cardiac CT calcium test measures calcified plaque in the heart's arteries that could lead to a heart attack. The imaging exam takes less than 10 minutes, is painless and does not require any IV or oral contrast dye.

The coronary artery calcium score augments the traditional 10-year atherosclerotic cardiovascular disease (ASCVD) risk calculator that defines your risk in the next 10 years of having a heart attack or stroke. "The test is helpful in detecting coronary artery disease before symptoms have developed and can be a powerful tool in preventing cardiovascular events," says Dr. Kim. "It is often used in patients with intermediate risk to help determine when to initiate cholesterol medications or aspirin therapy to decrease overall cardiovascular risk. For example, if your score is a zero, then you probably don't need to be on statin or aspirin therapy for cardiac primary prevention; while an elevated score would signify a higher benefit in medical therapy.

"You can have two people of the same age with the same traditional risk factors such as age, high blood pressure or cholesterol, but with different chances of heart attack or stroke. The calcium score is one way to further stratify future cardiovascular risk. You should discuss if this test is appropriate for you with your physician."

### Should you get a Cardiac CT Calcium Score?

- Middle-aged adults at intermediate risk of heart disease
- Family history of heart disease
- Uncertain about taking daily preventive medical therapy

### SCHEDULING YOUR TEST

The cardiac CT calcium test can be done at an outpatient imaging center and requires a prescription from your physician. Your insurance plan may not cover the cost of the test. The fee at Johns Hopkins Medical Imaging in Columbia is \$75. **Appointments: 443-997-7237**

Read these Johns Hopkins Medicine articles about this test and scoring:  
[bit.ly/CalciumTest](https://bit.ly/CalciumTest)  
[bit.ly/UnderstandingCalciumScore](https://bit.ly/UnderstandingCalciumScore)

To find a cardiologist on staff at HCGH, visit [hcg.org/findadoctor](https://hcg.org/findadoctor).

**Daniel Kim, M.D.**, is a board-certified cardiologist with Cardiovascular Specialists of Central Maryland in Columbia.  
**Appointments: 410-997-7979**



# Shedding the Pandemic Pounds

*In college, there was the freshman 15. In pregnancy, you may have eaten for two. When COVID-19 hit, were you struck with pandemic pounds?*

“The sedentary lifestyle that came with the shutdown combined with people increasing the amount of food they eat and eating food for comfort, has created the weight gain we are now seeing,” notes **Saba Sheikh, M.D.**, a board-certified internal medicine physician on staff at HCGH. “As patients return to our offices, we are seeing the added weight resulting in new or worsening health conditions which is upsetting to see. It is important that you take the steps to lose the weight.”

## DR. SHEIKH SHARES SOME TIPS TO HELP YOU SHED YOUR UNWANTED POUNDS.

### Q. How do I start losing weight?

A. Take one step at a time and make small changes. Now that the weather is better, go out in the daytime. Walk daily for five minutes this week, 10 minutes next week, 15 minutes the week after. Walk during daylight hours so you get the benefit of light which will also improve your mood. If you have been sedentary over the past year, your joints may protest. Loosen them by starting small and building up.

If you are still reluctant to go out or have children at home, put on some music and dance with your kids. If you can, dance or move outside in your yard so you can get the benefit of light therapy.

### Q. What tips can you give me to help me eat better?

A. Don't buy junk food. Kids don't need to eat junk food either, so it will be better if you start those healthy eating habits at a young age so they will grow with them.

The worst time to make a choice about what you could eat is when you're starving and you're reaching for food. Keep healthy food at home—it helps your kids stay healthy too. Keep cut vegetables in your refrigerator.

If you don't want to cook, then buy cooked food like a rotisserie chicken, take the skin and fat off, then use that to make sandwiches, salad, etc. Little changes can add up and will help you make big changes to your weight.

### Q. What do I do if I like to snack?

A. Indulge in a hobby that involves using your hands. Knitting, crocheting, scrapbooking, woodworking—whatever you want to do, but do crafts that keep your hands busy. If you keep your hands busy, you're less likely to eat. If you are sitting in front of the TV or reading a book, your hands are not busy, so you can keep eating.

# Q & A

WITH

**Saba Sheikh, M.D.**

**Saba Sheikh, M.D.**, is a board-certified internal medicine physician with Columbia Medical Practice in Columbia.

**Appointments:**  
**410-964-5300**





## **I gained some weight, but will it have a big impact on my health?**

Weight gain is a key risk factor for metabolic syndrome that can lead to heart disease, diabetes, stroke and other health problems. Because of the excess weight, your blood pressure, blood sugar and cholesterol can increase which are triggers for these serious health conditions.

In addition, your joints are affected by weight gain and can be overly stressed and painful—worsening arthritis as a result of the added pressure the weight creates.

## **How often should I get on the scale and check my weight?**

Don't step on the scale more than once a week. Focus on smaller goals. You may have 50 or 70 pounds to lose, but if that is all you're focused on, you're not going to feel like you're making any progress. Always focus on the first five pounds, then the next five pounds, and then the five pounds after that. You know you have a larger goal, but you break your goal down into smaller manageable goals so when you reach each goal, you feel good and then you can reward yourself with a non-food item.

## **Is fasting a good tool to lose weight?**

Often when you don't eat all day, by dinner you are starving and binging as well as making the wrong food choices. You should eat small portions on a regular basis. Don't starve yourself.

## **Since fruits and vegetables are healthy, can I have a lot of them?**

When we tell people to eat their fruits and vegetables, my advice is two to three servings of fruit a day. You don't need eight servings of fruit and no vegetables. Fruit has natural sugars, so you don't want to overdo fruit either. Eat as many non-starchy vegetables as you want—fill up with those. However, you want to avoid eating too many potatoes, corn, peas, etc., which are starchy vegetables.

## **Dieting is stressful, and these are stressful times. What is your advice?**

The pandemic has made many people tense and anxious. I suggest trying relaxation exercises and techniques to try to help you. A little bit of quiet time—30 seconds to one minute—goes a long way.

# Fighting Fatty Liver

**Just as the pandemic has had a growing effect on many waistlines, there has also been a correlating increase in the diagnosis of fatty liver.**

Obesity causes visceral fat accumulation which in turn can cause fatty liver disease. "Visceral fat is harmful and is located inside the abdominal cavity and surrounds the organs," says Dr. Sheikh. "Metabolically, you can have visceral fat, even though you're technically not obese. But obesity and visceral fat tend to go hand in hand."

While there are no signs or symptoms of fatty liver, it is usually caught in routine bloodwork showing elevated liver enzymes. "When we see high liver enzymes, we typically do tests to rule out hepatitis, and an ultrasound scan of the liver to confirm fatty liver," notes Dr. Sheikh. "Fatty liver is a chronic condition and if left untreated, there is a 12% incidence of developing cirrhosis over your lifetime. Cirrhosis results in permanent scarring and hardening of the liver.

"The good news is that, over time, fatty liver can be reversed with the trifecta of losing weight, exercising and diet. Eat a low-fat, more plant-based fat diet and avoid eating a lot of sugars and starches which contribute to higher blood sugars and triglycerides. Alcohol is fermented sugar which should be avoided.

**“The key is to prevent fatty liver now before it is damaging and progresses to a more serious condition.”**

– Saba Sheikh, M.D.

# Prediabetes: A Pandemic

The precursor to diabetes is called prediabetes—when blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes. According to the Centers for Disease Control and Prevention, approximately 88 million American adults—more than 1 in 3—have prediabetes and more than 84% don't know they have it.

**Andrew Demidowich, M.D.**, chief of Inpatient Endocrinology at HCGH, is seeing those numbers climb as patients return to their doctor's office for care after a year of reduced activity, poor food choices and weight gain due to the pandemic.

## DR. D'S TIPS TO TACKLE PREDIABETES

Ignoring prediabetes is like knowing a hurricane is coming but not worrying about it until it is already here. Prediabetes puts you at increased risk of developing Type 2 diabetes, heart disease, stroke, cancer and dementia. Diabetes symptoms are often silent, and you can go years without knowing that you have diabetes, when all the while damage is occurring. Symptoms oftentimes only begin to appear once the diabetes has become severe. The good news is that you can avoid getting diabetes with small lifestyle changes now.

## It's 80% about your diet and 20% about exercise.

Consider this, it takes 30 seconds to resist eating a 200-calorie candy bar, but it will take you 30 minutes of exercise to burn it off.



## Concentrate on your diet.

You really are what you eat. Almost every cell in our body is built from what we've put in our mouth, digested in our stomach and absorbed into our bloodstream. If you eat good things, you're putting good building blocks in your body.



## Eliminate temptation.

Don't keep unhealthy food in your house that will keep tempting you until you can't resist. It is normal to get urges telling you that you're still hungry, and you want to snack. Try to hack your

brain and your lifestyle to eat as healthy as you can. Fill your pantry and refrigerator with snacks that are enjoyable and healthy.

## Don't drink your calories.

Make the biggest yet simplest changes first. For example, many people think juices are healthy—they are made from fruit and have vitamins, right? But for people with prediabetes, they should be treated as a candy or a treat. Juice spikes your sugar because it contains the simplest of sugars, glucose or fructose, which goes right into your bloodstream. In addition, you should avoid other high-sugar beverages including alcohol, energy drinks, soda, sweetened teas, lemonade, flavored coffees and athletic drinks.





# Surge

## Read your labels.

If you have prediabetes, consider yourself officially “allergic” to fructose or fructose corn syrup. If you see a food label that says fructose corn syrup, or high fructose corn syrup, stay away and find another product without it. Sugar is also hidden in many common foods to improve taste, such as bread and ketchup—so it’s really important to read your labels.



## Watch carbohydrates.

Counting the precise number of carbs at every meal can be hard, so a simple rule to follow is to limit the total starches for the meal (e.g., pasta, rice, potatoes, bread, corn) to the size of your fist. You don’t want to give up what you love, but be mindful of how much you’re taking in.



## It’s OK to cheat.

You vow to never have a cookie again. You cave, jump off the healthy diet bandwagon and feel you have failed. Instead, give yourself a cheat day or two each week. By allowing yourself to have a treat—in small quantities—healthy eating becomes more sustainable in the long term.

## Lose 5%.

Weight loss reduces your risk of developing diabetes. Don’t wrestle with the big number you need to lose—start small—even a 5% weight reduction can have dramatic beneficial effects on your glucose levels. Keep a food diary and track what you eat. It may open your eyes to pitfalls sabotaging your progress.

## UNDERSTANDING THE SIMPLE STICKY TRUTH ABOUT DIABETES

Honey, caramel and molasses are sticky. The same is true for the sugar that floats around your bloodstream. In high quantities, it sticks to your cell walls, proteins, blood vessels and nerves; it impacts your body’s normal function; and hinders cell movement. High sugar levels provoke your immune system and cause chronic inflammation, which promotes early cardiovascular disease, as well as nerve damage. In the U.S., the number one cause of blindness, kidney failure and amputations—whether it’s a toe or a limb—is due to diabetes. It can also cause deficiencies in your immune system, so you’re at higher risk of developing infections and pneumonias. And for those with COVID-19, having Type 2 diabetes puts you at increased risk of hospitalization, intubation and death.

## No shame. No blame.

You are effectively learning a new diet language, and you won’t be immediately proficient. Do your best and be willing to seek advice. It’s like training for a marathon. You won’t be able to run 26 miles tomorrow, but start walking with one mile and build from there.

## Get tested.

If you have prediabetes, get bloodwork to test your A1C at least once a year to ensure you haven’t become diabetic—especially if you have gained weight.



## Diabetes distress? You’re not alone.

It is normal to be overwhelmed and depressed about poor diabetes control. Acknowledge those feelings and ask yourself, “What can I do to confront my struggles rather than run away from the problem?” Have a conversation with your doctor or join a support group. The HCGH Diabetes Support Group meets monthly and welcomes people with prediabetes to join.

*(See Page 15 for more information.)*

# Cancer Center Offers Support

**Every patient and their family should feel supported in the wake of a cancer diagnosis.**

At the Claudia Mayer/Tina Broccolino Cancer Resource Center, patients and their families can find comfort and compassion in counseling and support groups, integrative health therapies, educational resources, and personal wig and hair services.

Most support services offered at the center are provided at no cost to the client. During the pandemic when job loss and uncertainty skyrocketed, the center provided social and emotional support to those experiencing a cancer diagnosis. It is because of the generosity of our donors, that the center was able to continue to meet these needs without interruption.

The Howard Hospital Foundation is grateful to those who have made gifts to the center, which is funded through philanthropy, for recognizing the need and investing in the health of our community.

Read more about the center and its services on Page 14.



*Center Manager Chris Miller provides support to a client.*

## Why I Give...



“Now more than ever, it is essential to have world-class medical care right here in Howard County. I am proud to support the CMTBCRC and hope that my giving will inspire others to

invest in this wonderful place of hope and ensure the center’s doors remain open.”

— Paul Miller



“I have lived in Howard County for nearly thirty years and I built my businesses in Howard County. I believe it is my duty as a community leader to support critical programs

and services that benefit our residents. When I was asked to make a gift to the CMTBCRC endowment, I said yes without hesitation.”

— George Doetsch

**Support the Claudia Mayer/Tina Broccolino Cancer Resource Center with your gift today. Visit [bit.ly/GiveCMTBCRC](https://bit.ly/GiveCMTBCRC).**

# Funding the Future

## Local family and business establish endowment to support Claudia Mayer/Tina Broccolino Cancer Resource Center

When Ellicott City resident and business and community leader Elizabeth Rendón-Sherman considered philanthropic priorities for her family and her business, she says it was very simple,

**“I wanted to make an impact — not only to give back — but to make a real difference and inspire others to join us in support of a truly critical need in our community.”**

— Elizabeth Rendón-Sherman

Elizabeth, who is chair of the HCGH board of trustees and has served on the boards of the hospital and its foundation for more than a decade, had to look no further than the CMTBCRC at HCGH. Her family (*pictured right*) and her company LG-TEK both have a long history of giving to the center. Located on the hospital's campus, the center is named in memory of Claudia Mayer and in honor of Tina Broccolino who has been a longtime advocate and supporter.

“I raised my family in Howard County and built a business in this community,” shares Elizabeth. “The value of world-class, compassionate care in our backyard is immeasurable. Both my family and business recognize the vision and dedicated advocacy of Vic and Tina Broccolino. It is my honor and privilege to give back to HCGH and help the CMTBCRC fulfill its mission and serve future generations.”

“We are delighted to have supported the CMTBCRC since Tina co-founded it in 1998,” says Vic Broccolino, former president and CEO of HCGH. “With this gift, our dear friends Elizabeth and Mark have created a legacy of hope for cancer patients and survivors in our community, and we hope that others will be inspired to join us to ensure the center's doors remain open for all who need it.”



Elizabeth made a gift of \$250,000 and established The LG-TEK and Mark and Elizabeth Sherman Endowment in Honor of Vic and Tina Broccolino. The fund will benefit the center providing annual, critical support for the center's operations.

“A gift of this magnitude is transformational; it not only benefits the center today but will provide funding in perpetuity. We still have work to do to fully fund the endowment, and we are grateful to LG-TEK and the Sherman family for their investment and leading the charge,” says Elizabeth Edsall Kromm, president of the Howard Hospital Foundation and vice president of Population Health and Advancement at HCGH.



# Thank You *for Caring for Our Caregivers*



HCGH is grateful for the support of the more than 2,000 individuals, businesses and foundations who made a gift to the Howard Hospital Foundation in support of our COVID-19 response. View a list of donors at [bit.ly/HCGH\\_ResponseDonors](https://bit.ly/HCGH_ResponseDonors).

More than one year has passed since Howard County General Hospital treated our first COVID-19 patient. While our caregivers served tirelessly on the frontlines, our community and friends came together to ensure that every one of the nearly 2,000 HCGH employees were cared for as well. The generosity of donors funded nutritious meals, care packages, stress relief kits, resiliency resources and the creation of a food pantry and recharge room within the hospital.

To support HCGH caregivers, visit [bit.ly/Support-HCGH-Heroes](https://bit.ly/Support-HCGH-Heroes).

## Recharging the Frontlines

Inspired by the dedication of HCGH caregivers, Howard Hospital Foundation board member Sharon “Missy” Radcliffe led efforts to support the staff through the establishment of the hospital’s new recharge room. This dedicated respite and relaxation space offers meditation, yoga and mindfulness programs, healthy snacks and a quiet place to take a break from caring for patients.

Missy held a virtual fundraiser to support the recharge room in December 2020 that raised nearly \$50,000 to make the vision of an HCGH recharge room a reality. “These incredibly brave individuals gave so much of themselves every single day, during a time of change and uncertainty,” she shared. “It was my honor and privilege

to give back and my hope that the HCGH recharge room provides comfort and enhances the physical and emotional well-being of the staff.”

In addition to her drive to see the project succeed, Missy credits the success of the fundraiser to support from her family and friends, including Paulina Nemecc.

“The recharge room resonated with our family,” said Paulina, who made possible a \$15,000 Community Impact Grant from New York Life to benefit the project. “My husband Ed and I are proud to support the resiliency of our local health care heroes as they care for our families and neighbors.”

SAVE THE DATE



**AN EVENT HONORING**  
THE HEROIC ACTS OF ALL HOSPITAL STAFF DURING THE COVID-19 PANDEMIC

**TUESDAY, SEPTEMBER 14, 2021**

**MERRIWEATHER POST PAVILION**

**HONORARY CHAIRS Gary and Kelly Garofalo**

Picnic chic attire

**6:00 P.M. Reception 7:00 P.M. Program**

**7:30-9:00 P.M. Private Concert by The Columbia Orchestra and Fireworks Show**

**For more information and sponsorship opportunities, contact:**

Diane Stulman at 410.913.7473 or [dstulman@jhmi.edu](mailto:dstulman@jhmi.edu)

*This event is planned to be held in person and outdoors following physical-distance and COVID-19 precautions consistent with state and federal guidelines.*

Purchase tickets: **[HCGH.ORG/HEROES](https://hcg.org/heroes)**

**THANK YOU** TO OUR TOP SPONSORS\*



**HOWARD COUNTY  
GENERAL HOSPITAL**

JOHNS HOPKINS MEDICINE

\*As of May 28, 2021

## HCGH Maternity Care Recognized

HCGH is proud to have recently been recognized by CareFirst BlueCross BlueShield with a Blue Distinction® Centers+ (BDC+) for Maternity Care designation. The hospital was evaluated in key quality factors that address gaps in care and help to ensure better health of mothers to include: preventable or treatable pregnancy-related conditions, lower rates of Caesarean sections, and racial and ethnic disparities in maternal health care. Facilities eligible for the Blue Distinction Centers+ for Maternity care show statistically significant differences in key clinical outcomes compared to their peers.

## Hair With Care Helps You Look Your Best

Losing your hair for any reason can be distressing, and even more overwhelming when it is the result of cancer treatment or a medical condition. If you are facing hair loss, HCGH offers a full-service salon, Hair with Care. Our professional hair stylist will take the time to help you find a hair solution that will suit you best as your hair changes. Hair with Care offers a wide selection of wigs, hair pieces, head scarves, sleep caps and hats. Appointments are required and can be made by calling **410-720-8588**. Visit [hcgh.org/hairwithcare](http://hcgh.org/hairwithcare) to learn more.

## Johns Hopkins 2020 Clinical Awards

The awards program, established by the Office of Johns Hopkins Physicians, honors physicians and care teams for their commitment to the mission of Johns Hopkins Medicine and their consistent dedication to providing excellent patient care.

### CONGRATULATIONS TO THE HCGH RECIPIENTS:

**Physician of the Year Award:** Mark Landrum, M.D.  
**Innovations in Clinical Care Award:** Daryn Norwood and staff  
**Excellence in Service and Professionalism Award:** Andrew Angelino, M.D.

Read more about these winners: [bit.ly/HCGHawardees](https://bit.ly/HCGHawardees).



Mark Landrum, M.D.  
Infectious Disease



Daryn Norwood  
Pharmacy



Andrew Angelino, M.D.  
Psychiatry

## HCGH Community Health Worker Training Program

Community health workers connect people with health care and social services providers. The accredited HCGH community health worker training is a 14- to 15-week program that consists of 117 hours of online and virtual real-time sessions as well as in-person activities. For more information and upcoming training dates, visit [bit.ly/chw-training](https://bit.ly/chw-training), call **410-720-8788** or email [HCGH\\_CHWTraining@jhmi.edu](mailto:HCGH_CHWTraining@jhmi.edu).

## HCGH Employee Excellence Awards

HCGH gave Employee Excellence Awards to both clinical and non-clinical employees and teams who gave extraordinary effort during the pandemic. Winners were announced in the following categories:



**Excellence and Discovery:** 4 South (COVID-19 Unit) Team; Facilities Team

**Leadership and Integrity:** Larry Raymond (Vaccine Clinic); Tehani Mundy (Community Outreach)

**Diversity and Inclusion:** Jennifer Durkin (Emergency Department); Food and Nutrition Management Team

**Respect and Collegiality:** Case Management Team; Aminah Leekins (Materials Management)

**Rising Star:** Kristine Batty (Endocrinology); Christina Yuan (Physician Relations and Monoclonal Antibody Clinic)



# Wellness Classes:

## VIRTUAL CLASSES

are held live at a set day and time via computer video and audio using Zoom to allow for real-time instruction and interaction.

## ONLINE COURSES

provide material for review that can be accessed at any time.

### MENTAL HEALTH FIRST AID: *A Virtual Class*

Learn to assist an adult experiencing a mental health or substance-use challenge. Participants will complete a self-paced online course before participating in an instructor-led class using Zoom. Includes digital manual. 9/24 or 11/12, 8:30 a.m.-3 p.m. Free.

### YOUTH MENTAL HEALTH FIRST AID: *A Virtual Class*

Learn how to help an adolescent (age 12-18) who may be experiencing a mental health or substance-use challenge. Participants will complete a self-paced online course before participating in an instructor-led class using Zoom. Includes digital manual. 10/15, 8:30 a.m.-1 p.m. Free.

### ADVANCE CARE PLANNING HELP

Our staff can help you complete an advance directive, which is a legal document that assigns a health care agent who would speak for you should you be unable to communicate for yourself. It can also include a living will that communicates your health care wishes. Having your advance directive on file at the hospital allows providers to follow your wishes if you are in the hospital and unable to communicate. Learn more at [speakeasyhoward.org](http://speakeasyhoward.org). To schedule a phone appointment, call 443-518-6684 or email [HCGH-ACP@jhmi.edu](mailto:HCGH-ACP@jhmi.edu). Third Thursday of the month, 3-6 p.m. Free.

### LIVING WELL WITH CHRONIC DISEASE: *Virtual*

In this 6-week self-management program, learn skills to manage chronic health conditions. Learn to cope with frustration, fatigue, pain and isolation; communicate effectively with family, friends and health professionals; exercises to maintain and improve strength, flexibility and endurance; and nutrition and healthy eating habits. Includes resource book. For dates and to register, visit [hcgh.org/events](http://hcgh.org/events). Free.

### CANCER SELF-MANAGEMENT: *Virtual*

In this 6-week class, share experiences and identify solutions and tools for solving problems and creating a supportive environment. Explore real-life skills for maintaining nutrition; minimizing fatigue, frustration, pain and isolation; increasing sleep quality; regaining flexibility and endurance; understanding treatment and complementary therapy decisions; and communicating with family, friends and health professionals. For dates and to register, visit [hcgh.org/events](http://hcgh.org/events). Free.

### DIABETES SUPPORT GROUP: *Virtual*

Support is an important part of diabetes management. This group provides social and emotional support of your experience with diabetes as well as educational resources. Third Thursday of the month, 10-11:30 a.m. or 6-7:30 p.m. To register, visit [bit.ly/VirtualDiabetesGroup](http://bit.ly/VirtualDiabetesGroup). Free.

For more information about these offerings and other Living Well classes, contact [HCGH-J2BH@jhmi.edu](mailto:HCGH-J2BH@jhmi.edu).

During COVID-19, we are offering classes and support groups virtually where possible. To register, visit [hcgh.org/events](http://hcgh.org/events). For more information, call 410-740-7601 or email [jstanto6@jhmi.edu](mailto:jstanto6@jhmi.edu).

### CHILDBIRTH AND NEW PARENT CLASSES

Childbirth and new parent classes are available virtually and online and will soon be available in-person. Online classes are available to you for nine months. Cost listed is per couple. For information, dates, times and to register, visit [hcgh.org/babyclasses](http://hcgh.org/babyclasses).

#### • Infant and Toddler Safety, Childproofing and CPR: *A Virtual Class*

Learn about car, sleep and water safety; childproofing; and more. Watch a video demonstration of infant CPR and airway blockage/choking response techniques. This adult-level course is recommended for parents, grandparents and caregivers of babies and children up to four years old. Course does not include online component and is not a certification course. 8/12 or 9/9, 6-8 p.m. \$45.

#### • Childbirth Preparation: *An Online and Virtual Class*

Learn about pregnancy, labor, childbirth, comfort techniques, cesarean section and medical procedures. In the virtual class, you will also practice breathing and relaxation techniques. \$75.

#### • Breastfeeding: *An Online and Virtual Class*

Learn about breastfeeding, getting enough milk, latching and positioning, breast care and the breastfeeding lifestyle from our lactation consultant. \$40.

#### • Breastfeeding Support Group: *Virtual*

Meet with other breastfeeding mothers and a lactation consultant. To receive a link to this Zoom group, email [bmadera1@jhmi.edu](mailto:bmadera1@jhmi.edu). Wednesdays, 12:30-2 p.m. Free.

#### • Infant Care: *An Online and Virtual Class*

Topics include newborn appearance, traits and behaviors, crying and comforting, bathing and dressing, feeding and sleeping, and signs of illness and newborn health and safety. Practical skills will be demonstrated in the virtual class. \$65.

#### • New Moms' Online Support Group

Using Zoom, share experiences with other new moms at this 8-week virtual support group. Includes discussion of parenting topics, referrals, guest speakers and time to share and support. For mothers and babies up to 5 months old. Tuesdays, 7/27-9/14 or 9/28-11/16. 10-11:30 a.m. Free.

#### • Birthing Center Tour: *Virtual*

Our nurse will show a video of the Birthing Center at Howard County General Hospital; answer your questions; and discuss hospital services, preregistration, where to park and enter when you arrive at the hospital, COVID-19 policies for Labor and Delivery and Maternal-Child units and more. Free.

#### • Empower: Supporting Positive Parenting for Substance-exposed Newborns: *A Virtual Class*

Mothers will learn to console their baby experiencing neonatal abstinence syndrome in this instructor-led course. Families will have questions answered, be empowered to care for baby through the withdrawal period and collaborate with the health care team to give baby the best possible outcome. 7/28, 8/25 or 9/22, 5:30-6:30 p.m. Free.

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

**ENDOCRINOLOGY**

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

**PODIATRY**

Benjamin Elgamil, D.P.M.  
Foot and Ankle Pain Center  
9821 Broken Land Parkway, #103  
Columbia, MD 21046  
410-575-3668

**FAMILY MEDICINE**

Rubina Alvi, M.D.  
Family Medical and Dental  
Wellness Center  
6020 Meadowridge  
Center Dr., #U  
Elkridge, MD 21075  
410-698-1953

**VASCULAR SURGERY**

Christopher Abularrage, M.D.  
Caitlin Hicks, M.D.  
Johns Hopkins Community Physicians  
11085 Little Patuxent Parkway, #103  
Columbia, MD 21044  
443-997-1508

Michael Osgood, M.D.  
Vascular Surgery Associates  
4801 Dorsey Hall Drive, #220  
Ellicott City, MD 21042  
443-640-4827

To find a specialist, visit  
[hcg.org/findadoctor](http://hcg.org/findadoctor).

# Calendar 2021 of Events:

**Ongoing Weekly Walk-in COVID-19 Vaccine Clinics**

In collaboration with faith community partners, HCGH will offer free COVID-19 vaccines to Howard County residents, expanding vaccine access to those who may be underserved. For locations, dates and times, visit [hcg.org/vaccine](http://hcg.org/vaccine). For more information, contact Health Promotion [HCGH-J2BH@jhmi.edu](mailto:HCGH-J2BH@jhmi.edu) or **410-740-7601**.

**Medicare 101: What You Can Expect**

Free  
July 15/10-11:30 a.m.  
Sept. 9/6-7:30 p.m.

*Held virtually via Webex*

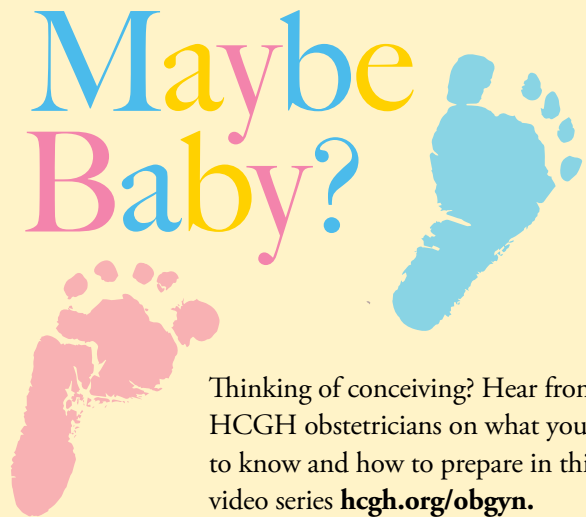
Learn about Medicare Part A (hospital), Part B (medical) and Part D (prescription drug). How does Original Medicare work? What are the benefits? What is your share of the costs? When should you make decisions regarding your coverage? Registration required: **410-313-7392**.

**Medicare 102: Why Medicare Isn't Enough**

Free  
July 22/10-11:30 a.m.  
Sept. 16/6-7:30 p.m.

*Held virtually via Webex*

Learn about Part C (Medicare Advantage), other Medicare Health Plans and Medicare Supplement Policies (Medigap Plans). Learn how the two paths work, what they cost and when you can enroll. Registration required: **410-313-7392**.



Thinking of conceiving? Hear from HCGH obstetricians on what you need to know and how to prepare in this video series [hcg.org/obgyn](http://hcg.org/obgyn).



**Race Across Howard County  
to benefit Howard County  
General Hospital**

December 2021

*Mark your calendar for our second annual event this winter!*

Walk or run with friends, family or teams while raising funds to support HCGH and our new Nursing Excellence Fund. For sponsorships, call **410-913-7473**.