

good health



The Wound Care Center — Help and healing for chronic wounds

A normal cut or scrape can be painful, but usually these types of wounds heal in a few days. However, about 7 million people nationwide suffer from chronic, non-healing wounds that cause long-term pain for patients and frustration for their doctors. A wound that is slow to heal becomes a complex medical problem that can lead to a life-threatening infection and possible amputation as well as significant pain and suffering.

There's no reason to suffer with a non-healing wound. The Wound Care Center at Union Hospital is a state-of-the-art outpatient center that offers the latest technologies in advanced wound care, including hyperbaric oxygen therapy. The center is staffed by a multidisciplinary team of health professionals who are uniquely qualified to enhance the care provided by the patient's personal physician in treating wounds and ulcers.

Treatments focus on the underlying factors that result in delayed healing, such as poor circulation or diabetes. Wound care professionals take a systematic yet personalized approach to promote faster healing and an effective, long-term resolution of the problem.

With our outpatient program, wound care professionals work with you and your doctor to deliver:

- Advanced therapies and proven clinical protocols
- An individualized, comprehensive plan of care that brings you the most appropriate and effective treatments for your particular needs
- Assessment and ongoing care by our highly skilled team of wound care specialists, including a case manager who will oversee every aspect of your case
- Thorough training for you and your family on caring for the wound at home, including educational materials and resources related to prevention, nutrition and hygiene
- Hyperbaric oxygen therapy for problem wounds

If you have a wound that has failed to heal, contact the Wound Care Center directly or ask your doctor for a referral. To make an appointment, call **(443) 406-1825**.



State-of-the-art hyperbaric oxygen therapy helps speed the healing of wounds, while a multidisciplinary team of specialists provides personalized care for your particular needs.

Your voice at Union Hospital

At Union Hospital, patients and their families have a voice in the decisions that affect the quality of care we provide. The Patient and Family Centered Care Advisory Council is made up of both current and past patients, as well as Union Hospital staff members who meet monthly to discuss ideas and suggestions to enhance the level of care provided to Union Hospital's patients.

The volunteers who serve as members of the Union Hospital Patient and Family Centered Care Advisory Council are responsible for representing the patient and family perspective with regard to improving the patient experience. Working with hospital staff, they also help develop creative solutions to improve the patient experience and offer recommendations on topics that are referred to the advisory council by Union Hospital staff and management.

Dedicated, caring advocates

Members are asked to serve on the Patient and Family Centered Care Advisory Council for a minimum of one year. No specific experience is required to serve, other than being a current or former patient. All members are encouraged to share both positive and negative experiences with the hospital and to reach out to other patients, families, health care providers and community members to solicit their views and experiences with the hospital.

At Union Hospital, we're grateful for the volunteers who serve on our Patient and Family Centered Care Advisory Council and appreciate their ideas for making the care we provide even better for our patients.

New mural creates a brighter outlook for behavioral health patients

American novelist John Updike said, “What art offers is space — a certain breathing room for the spirit.” Now a beautiful new mural by local artist Ezra Berger in Union Hospital’s Behavioral Health Unit brings some of that “breathing room” to members of our community who experience a mental health crisis.

Research into the impact of art on mental health care shows that it can reduce anxiety and depression in patients. Behavioral health nurse manager Michelle Lauer, MSN, RN, BC, has seen that impact firsthand. “I absolutely believe the mural has had a therapeutic effect,” says Michelle. “It provides a way for patients to transcend their environment and lifts the spirits of both patients and staff members.”

Made possible by an anonymous donation, the mural depicts a European outdoor café and a peaceful farm scene. “We actually use the mural as a therapeutic tool by asking patients what they think is happening in the painting,” says Michelle.

The Behavioral Health Unit provides care to patients with severe depression, schizophrenia, bipolar disorder or other mental health disorders. Specially trained psychiatric caregivers evaluate individuals in crisis and provide the care each patient needs to stabilize and transition to outpatient treatment. And support groups help educate family members about their loved one’s illness and provide coping strategies.

With our new medical director, Oscar E. Galvis, MD, Union Hospital is hoping to expand our services to better meet the mental health needs of the community, including child and adolescent care.

“Our goal at Union Hospital is to provide comprehensive inpatient and outpatient treatment and individualized care in a healing environment as a service to our community,” says Michelle.



New surgery means less pain, faster recovery for women facing hysterectomy

In the past, women needing a hysterectomy faced major surgery with pain, hospitalization, scarring and as much as six to eight weeks downtime from normal activity. Now, due to recent advances in laparoscopic surgical technology, women have a new choice that promises to greatly reduce pain and speed recovery.

Samir Khanjar, MD, board-certified in OB/GYN, and his associates at Chesapeake Women’s Care have performed the new Single Incision Laparoscopic Surgery™ (SILS) at Union Hospital for patients needing a hysterectomy or other procedures for about a year. This new technology allows the surgeon to make one half-inch incision in the navel for an access port that holds the specially designed cameras and instruments used in the surgery.

“The benefits of this new technology are considerable for the patient,” says Dr. Khanjar. “It can be performed as an outpatient procedure without requiring extended hospitalization. Recovery is much faster — within as little as two weeks and with much less pain. And, because the incision is inside the navel, there’s no visible scar.”

Dr. Khanjar’s patient, Cathy Parsons, couldn’t agree more. “When I went into surgery, we weren’t sure whether the new procedure would be possible,” recalls Cathy. “Though a traditional hysterectomy might have been easier for them, my doctors chose to do the more time-consuming new procedure because they wanted to make it easier on me. I’m grateful they made that choice. I was up walking a few hours after surgery and went home the next morning.”

The doctors at Chesapeake Women’s Care were the first in our area to perform SILS for gynecological procedures and believe in its benefits for their patients. “Some patients may not be good candidates,” says Dr. Khanjar, “but, for the majority of women, we believe it’s at least worth trying.”

For more information, contact Chesapeake Women’s Care, 111 West High Street, Suite 204, in Elkton, or call **(410) 392-6033**.

Union Hospital welcomes new gynecologist



We are pleased to announce that Diane S. Robinson, MD, who is board-certified by the American Board of Obstetrics and Gynecology, has joined the medical staff of Union Hospital. Dr. Robinson is a graduate of Howard University College of Medicine in Washington,

DC, and completed her residency at Cooper University Hospital in Camden, NJ.

Dr. Robinson has joined the gynecology-only practice of Judith Hidalgo-Ahmed, MD, at Fem-Care Health Associates, 215 North Street, Suite B, in Elkton.

For appointments, call **(410) 620-7800**.

CaringBridge

Free personalized websites connect loved ones during illness and recovery

CaringBridge websites give patients, their friends and family members a private way to communicate and find support while dealing with the stress of a significant health challenge.

To create a CaringBridge website, visit **www.uhcc.com** and click on “About Us” to find a link to **CaringBridge.org**.

Community Health Education Programs

For more information and registration for these and other community education programs, call (410) 392-7000 or visit www.uhcc.com.

Health Programs

American Cancer Society & Union Hospital Co-Sponsor "I Can Cope" Cancer Education Program
Free • August 17 & September 21, 5:30 - 7 p.m.

This program gives participants an opportunity to share their concerns with others having similar experiences and to design ways to cope with the challenges that arise from a cancer diagnosis. Guest speakers include professionals in the field of cancer management. A light dinner will be provided.

LAP-BAND AP System® for Surgical Weight Loss
July 26 & August 30, 6 - 7 p.m.

Learn more about our adjustable gastric banding weight loss tool at one of our free seminars. The seminar will provide an overview of the procedure, qualifications for surgery, costs, life after surgery and expected results to help you make an informed decision. **Registration is required, so call (410) 392-7000.**

Childbirth & Family Education

For more information and registration for our childbirth & family education programs, call (443) 406-1355 or visit www.uhcc.com.

Childbirth Education • \$50 per couple
Five-week series, August 4 to September 1, 6:30 - 9 p.m.

This class prepares you with the knowledge and coping skills for the birth of your baby. Learn about breathing and relaxation techniques, physical and emotional changes to expect, types of anesthesia and medications sometimes used in labor, post-delivery adjustments and care of the newborn. We recommend starting classes 8-10 weeks before your due date.

Express Labor Basics • \$50 per couple
One-Day Session, August 27, 8 a.m. - 2 p.m.; Weekend Two-Day Session, July 29 - 30.

Only the essentials of labor and delivery are covered. Topics include: signs of labor, breathing, relaxation, comfort measures, possible interventions, caesarean birth and medications.

Breastfeeding Class • \$20 per couple
August 6, 1 - 3 p.m.

This class is recommended to those expectant mothers in their third trimester. This interactive class educates mothers about the benefits of breastfeeding and how to properly breastfeed.

Infant Massage & Soothing Techniques
\$20 per couple
August 15, 6:30 - 8:30 p.m.

Infant massage promotes bonding and attachment to your new baby. It calms your baby's nervous system leading to less crying and more restful sleep. Develop confidence in handling your baby.

Super Siblings • \$10 per family
August 6, 10 - 11:30 a.m.

This class will help a child cope with the arrival of a new brother or sister by focusing on the enjoyment of helping mom and dad with the new arrival. Both parents are encouraged to attend and tour the Maternal & Infant Center with your little one.

Meetings, Clubs & Support Groups

Red Hot Mamas Menopause Management Program • Free
July 26 & August 23, 6:30 - 8 p.m.

The goal of this program is to provide sound medical information and peer support to women dealing with the physical and psychological impact of menopause.

Caregivers Support Group • Free
August 17 & September 21, 4 - 5 p.m.

Sponsored by Union Hospital's Adult Day Services, this group offers emotional support, tips about managing your loved one and information about community resources. Anyone caring for a loved one either at home or in a nursing facility is invited. If you wish, bring your loved one. Staff is available to provide care. **Contact (410) 392-0539 for information.**

Look Good . . . Feel Better • Free

This program offers those with cancer a chance to learn how to enhance their appearance while undergoing treatment. A licensed cosmetologist assists you in looking your best. **Call (410) 398-4000, ext. 1729, for an appointment.**

Union Survival Circle • Free • August 10
Noon - 1 p.m. & 5:30 - 6:30 p.m.

Support groups are an excellent complement to medical care. Those faced with breast cancer can join us and receive support, understanding, guidance and education to help you stay strong and positive. **For information, call (410) 620-3710.**



Breastfeeding Support Group • Free
Every Tuesday, 10 - 11 a.m.

This support group is an easy way for mothers to exchange information and experiences, thereby increasing the incidence and duration of breastfeeding. **Call (410) 620-3773 for information.**

Community Screening Programs

Just Us! A Community Legacy for Breast Cancer Screening Program
Funded by the Susan G. Komen for the Cure Maryland Affiliate

If you are under 40-years-old and are a resident of Cecil, Harford or Kent counties, have a family history or symptoms of breast cancer, and have limited income and little or no health insurance, you may be eligible for a FREE clinical breast examination and a mammogram. Call the Cecil County Health Department at (410) 996-5168 for more information.

Breast & Cervical Cancer Screening Program — Early Detection is the Best Protection

If you are a woman ages 40 to 64, have limited income and little or no health insurance, you may be eligible for a FREE GYN examination and mammogram. Call the Cecil County Health Department at (410) 996-5168 for more information.

Free Smoking Cessation Services — Be Happy, Be Healthy, Be Tobacco Free!

The Cecil County Health Department offers a variety of FREE "Tools to Be Tobacco Free" stop smoking programs to Cecil County residents. Call (410) 996-5168 for more information.

Colorectal Cancer Screening — It's Simple and It Saves Lives

If you are over age 50 or have a family history of colorectal cancer, have a personal history of polyps, inflammatory bowel disease, cancer of the ovary or endometrium, or have had radiation therapy to the colon or rectum, talk with your health care provider or call the Cecil County Health Department at (410) 996-5168 about colorectal cancer screening. The Cecil County Health Department provides FREE screening services to those Cecil County residents who meet eligibility criteria.

Living Well — Take Charge of Your Health

Do you know firsthand what it's like to struggle with diabetes, cancer, heart issues, hypertension, COPD or other chronic medical conditions? Or do you help care for someone who does? Senior Services & Community Transit and the Cecil County Health Department are offering a new, FREE six-week program, "Living Well — Take Charge of Your Health." The program helps people learn how to cope with their chronic conditions. Please contact Linda Tull at (410) 996-8437 or Delois Brown at (410) 996-5168 for more information.

Hear what you're missing with Union Audiology



Audiologist Dana Sokolowski, MD

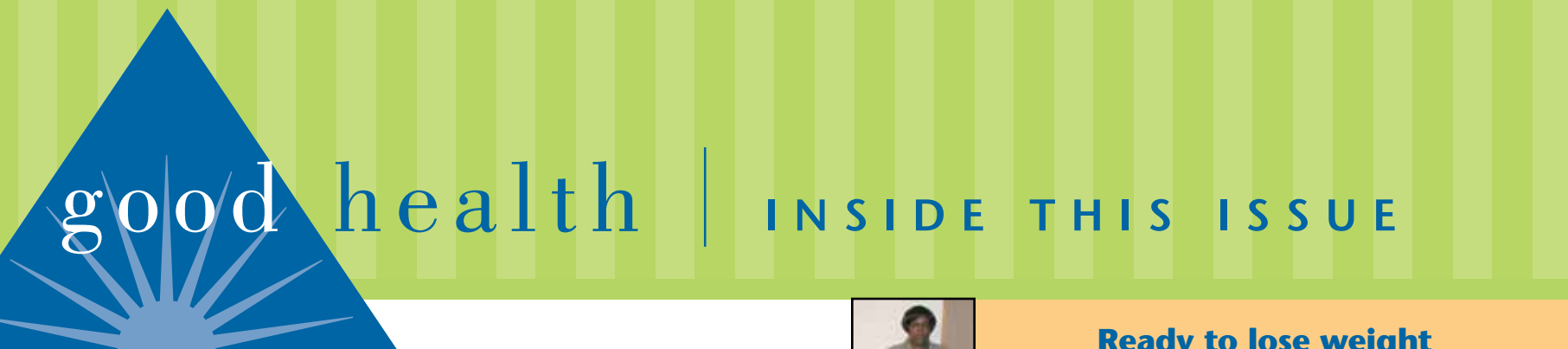
The morning songs of birds, the laughter of a child or the voice of a loved one ... hearing loss can mean you miss many of life's sweetest sounds, as well as important ones such as a ringing telephone or warning alarm. Now Union Audiology can help you recapture the sounds you've been missing with state-of-the-art hearing evaluations and today's most advanced hearing technology available at Union Hospital.

Audiologist Dana Sokolowski, AuD, has more than 13 years of experience in helping improve hearing — and quality of life — for those in our community who suffer from hearing loss. At Union Hospital, Dr. Sokolowski provides hearing evaluation for patients, including infants and geriatric patients. “In addition to testing, we provide fitting and repairing services for all levels of hearing aids, including the new digital technologies,” says Dr. Sokolowski.

In keeping with Union Hospital's mission of service to our local area, community outreach is an important element of the hearing services offered by Union Audiology. “We have a program this summer to provide hearing screenings for children at local YMCA summer camp sessions,” says Dr. Sokolowski, “And soon we'll also be going into local nursing homes to offer screenings and services to residents.”

If you have hearing loss, Union Audiology offers the expertise and advanced technology to ensure a thorough evaluation and hearing assistance that's right for your problem and fits your lifestyle.

Dr. Sokolowski's office is located at 111 West High Street, Suite 303, in Elkton. Call (410) 398-5022 for an appointment ... and hear what you've been missing.



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Ready to lose weight and keep it off?

Then consider the Lap-Band AP System[®], a healthy way to lose a significant amount of weight and enjoy long-term results. The Lap-Band AP System is a device placed around the upper part of the stomach — often as an outpatient procedure — to help you feel full faster and longer and without stomach cutting or stapling.

To learn more about this procedure, join Union Hospital and Tri-State Surgical Associates, LLC for a free seminar at Union Hospital on one of the following dates:

July 26 August 30
Call (410) 392-7000 to register.



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 Elkton, MD 21921
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Rising Sun: (410) 658-4757
Delaware: (302) 731-0743
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