

good health



Saving lives and limbs

New endovascular therapies offer safer treatment for blood vessel disorders

Vascular disorders include everything from potentially deadly aortic aneurysms to blockages in arteries that are a major cause of stroke as well as the loss of limbs for people with diabetes. In the past, open surgical repair was necessary to treat these blood vessel disorders. Today, Union Hospital offers revolutionary new treatments called endovascular therapies, which can literally save the lives and limbs of people with medical conditions that make traditional surgery too risky.

Endovascular treatments treat blood vessels from the inside using catheter-based technology. "The evolution of vascular surgery over the last 20 years has led to safer, simpler techniques for clearing arterial blockage and repairing veins," according to Dr. Bedford Boylston, Union Hospital's new vascular surgeon.



"Now we can use a laser or a mechanical device delivered through a catheter to clear a blockage," Dr. Boylston says. "The laser is especially effective for eliminating a blocked artery in the leg of a person with diabetes because it works even when the blockage is complete or longer than normal. The laser tool lets us go all the way out to the toe to open up blocked arteries and save the leg."

Stroke is the third-leading cause of death in the United States and a leading cause of serious disability. The most common type of stroke is caused by a blockage in an artery that carries blood to the brain through the carotid artery.

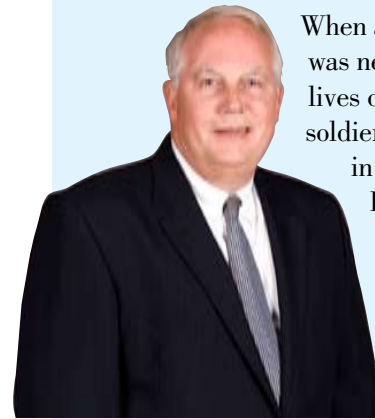
"Endovascular treatment can open carotid artery blockage so patients can be treated and the threat of stroke eliminated without open surgery," Dr. Boylston says. If you have risk factors for stroke, such as high cholesterol, high blood pressure, smoking or uncontrolled diabetes, talk to your physician about screenings to detect carotid artery blockage.

Aortic aneurysm is another potentially deadly disorder that can be successfully treated with endovascular techniques. Aneurysms are caused by progressive weakening of the wall of the artery, which will eventually rupture if not treated.

"Until recently, major abdominal surgery was the only treatment for aneurysms," Dr. Boylston explains. "If surgery was too risky for a patient, there was nothing we could do. With endovascular treatments, we can repair aneurysms even in patients with serious medical conditions. That lets us save more lives."

Ruptured aneurysm is a leading cause of death among those over age 60. However, 75 percent of people who are affected have no symptoms. If you're over 60 and have high blood pressure, a history of smoking or family history of aneurysms, a simple ultrasound scan can detect a potentially deadly aneurysm. Talk to your doctor about whether you should be screened.

Experienced vascular surgeon joins Union Hospital



When a vascular specialist was needed to save the lives of severely wounded soldiers and Marines in Iraq, U.S. Army Reserve Colonel Bedford Boylston, MD, was flown in to stabilize patients and fly back with them for treatment at Landstuhl

Regional Medical Center in Germany, the U.S. Army's largest military facility outside the United States.

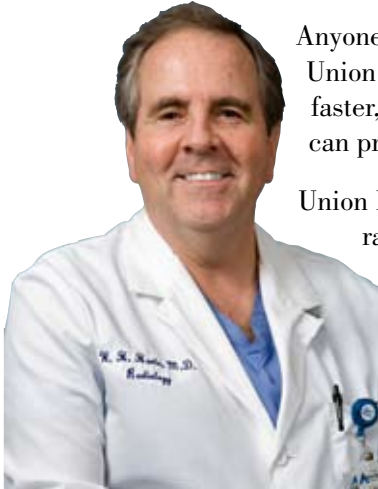
Still serving as a reservist, Dr. Boylston has returned home to the states, and we are pleased to welcome him to the medical staff at Union Hospital. Dr. Boylston is board certified in general surgery and thoracic surgery with over 20 years of experience as both a military and civilian surgeon, including advanced training and experience in the latest vascular and endovascular surgical techniques.

At Union Hospital, Dr. Boylston provides comprehensive services for vascular treatment including endovascular procedures to repair arteries and veins. "Union Hospital is evolving to meet the needs of our area's fast-growing population," Dr. Boylston says. "We're putting in place the technology and expertise to provide a level of care that was once only available in large cities. I'm happy to contribute to that evolution."

Union Hospital welcomes Dr. Boylston to our staff. We are fortunate to have this skilled, committed physician in our community. Dr. Boylston's office is located at 160 Railroad Avenue in Elkton, and can be reached by calling **(410) 398-7744**.

Helping physicians provide the right care faster

Union Radiology Associates provides efficient reporting technology with Union Hospital's advanced imaging services



Dr. William Hartz, Chairman of the Imaging Department

Anyone who's ever experienced the anxiety of waiting for the results of medical tests knows that faster is better. Now, Union Radiology Associates is joining Union Hospital to provide exceptional quality radiology services along with faster, more efficient reporting of results. More than just peace of mind, getting results faster means your physician can provide the care you need quickly.

Union Radiology Associates, a division of Tri-State Imaging Consultants, has provided hospital-based and outpatient radiology services for the past 24 years. Utilizing their unique teleradiology network, they are helping Union Hospital's Imaging Department optimize report response times.

Dr. William Hartz, Chairman of the Imaging Department, explains how the teleradiology network works: "We send images digitally to a centralized location where a radiologist reads the images and reports back to the physician, usually in less than one hour. This allows the radiologists on-site at the hospital to be available for patient procedures."

The teleradiology network also allows Union Hospital to tap the expertise of radiologists in advanced subspecialties, such as neuroradiology or magnetic resonance imaging (MRI).

"With the nationwide shortage of radiologists, especially those with highly specialized training, staffing the hospital imaging department can be difficult, but the teleradiology network gives us access to these specialists whenever we need them," Dr. Hartz says. "We can also send images and reports to a patient's physician wherever they are located to provide information the physician needs for complex consultations."

Teleradiologists are credentialed at Union Hospital with the same certifications as our on-site radiologists. Dr. Hartz and his staff review the teleradiology reports to ensure accuracy.

Union Hospital utilizes the latest technology for inpatient and outpatient imaging services, including general radiology, computerized tomography (CT scan), magnetic resonance imaging (MRI), positron emission tomography (PET), ultrasound and nuclear medicine. For more information or to schedule an appointment, call **(410) 392-7050**.



Union Hospital's Imaging Department utilizes the latest diagnostic technology, including computerized tomography (CT scan) that produces three-dimensional images.

An award-winning commitment to quality

Three new accolades for Union Hospital

"Our commitment to ongoing improvement," according to Mary Lynn Devlin, Vice President of Educational Services, "is the driving force behind three new awards recognizing Union Hospital and its employees for exceptional quality and service."

Health Care Quality Improvement Award

The hospital recently received the George Mason University's 2006 Health Care Quality Improvement Award for Excellence in Service. The award recognizes the work of an interdisciplinary task force of Union Hospital employees who redesigned the hospital's orientation and support of new nurses reducing first-year nursing turnover by 47 percent. "Reducing turnover means we have more experienced nurses caring for patients," Devlin says. "And because turnover is expensive, reducing it also means the hospital can devote more resources to patient care."

Union Hospital thanks all of those who served on the task force for their award-winning effort. "Christie Confer deserves a special thank-you for implementing the program as our New Hire Support Coordinator," Devlin adds. "As we continue the process of improving retention, we're now expanding the program so that new nurses have the support of an entire team of staff members."

Workforce Leadership Award

The Susquehanna Workforce Network recently named Union Hospital as the winner of its Workforce Leadership Award. The annual award goes to an employer that demonstrates commitment to innovative strategies for improving worker skills and workplace quality. Union Hospital was selected in recognition of its strong commitment to its employees as demonstrated through innovative staff development programs, employee recognition initiatives and career development opportunities.

Cecil County Chamber of Commerce 'Company of the Year'

Union Hospital was one of 12 recipients honored by the chamber at its 18th annual celebration of businesses on June 15. CEO Dr. Kenneth Lewis was on hand to accept the award. Chamber officials cited the hospital's significant contributions to the community, including the addition of 48 more hospital beds, the opening of a new, larger Adult Day Services, the opening of a parking garage and plans to build a new medical facility in Perryville.

Union Hospital is grateful to our employees, medical staff, volunteers, and members of our Board of Directors and Foundation for the commitment to quality that continues to earn recognition for our hospital.

Community Health Education Programs – Summer 2007

For more information and registration for these and other community education programs, please call (410) 392-7000

Health Screenings

Blood Pressure Screening

Free • First Wednesday of each month, 1:30-2:30 p.m.

No appointment needed. Cardiology Department.

Prostate Screenings

Free • September 10, 11 & 14 5-7 p.m.

Union Hospital offers prostate exams for men ages 50 to 75. If you answer “no” to the following questions, please call for an appointment:

- Have you had a prostate exam in the last 6 months?
- Have you had a positive PSA in the last 6 months?
- Are you currently being seen by a doctor for problems with your prostate?

David Goldstein, MD, Sankar Kausik, MD, and Paul Van Zijl, MD, will give examinations. Screenings will be held at the Union Hospital Cancer Center. **Pre-registration is required. Call (410) 392-7000.**

Maternal & Infant Programs



Childbirth Education • \$100 per couple Thursdays, 6:30-9 p.m. Classes also available the first Saturday of September 2007. Please call for class schedule.

Financial Assistance is available – call for information. This program is designed to prepare you with the knowledge and coping skills to replace fear of the unknown with realistic expectations for the birth of your baby. This six-week childbirth class will prepare you for the most positive and

rewarding birth experience possible. 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. A tour of the Maternal & Infant Center is included in the program. It is recommended that classes be started 8-10 weeks before your due date.

Meetings, Clubs & Support Groups

Caregivers Support Group

Free • First Tuesday of each month, 3-4:30 p.m.

Support group for caregivers, family members and friends of an elderly, ill or dependent person. The group offers emotional support, tips about managing your loved one and information about community resources. Sponsored by Union Hospital's Adult Day Services program and is located at the Center, 152 Railroad Avenue in Elkton. 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 while you join us for the meeting. **Call (410) 392-0539 for more information.**

Sleep Support Group • Free

Topic: CPAP & Machines Tuesday, August 14, 6-7:30 p.m.

The Sleep Disorders Center at Union Hospital offers a number of support groups throughout the year on various topics, such as sleep apnea, restless legs and narcolepsy. The meetings are free, but registration is required.

For registration or more information on Union Hospital's Sleep Disorders Center, call (410) 620-3705, extension 2.

Cecil County Ostomy Association

Free • September 10, 7 p.m.

A satellite of the UOA (United Ostomy Association). A support group for ostomates and their families.

American Diabetes Association

Free • September 11, 7 p.m.

Support and educational group for persons with diabetes and their families.

Living with Diabetes Classes • 4-week series

August 16, 23 & 30 and September 6, 10 a.m.-noon

This diabetes self-management education program has been awarded recognition by the American Diabetes Association in accordance with the National Standards for Diabetes Self-Management Education Programs. Our program will teach you the importance of proper nutrition and exercise, stress management and controlling your blood sugar to minimize complications. Call for more information on program cost and program schedule. **Registration required, so call (410) 620-3718.**

Juvenile Diabetes

Support Group • Free September 16, 6:30 p.m.

Support and education group for parents of children with diabetes. The children and their non-diabetic siblings are encouraged to attend and meet others their age and have fun.

Look Good ... Feel Better

Free • Second Monday of each month, 2-4 p.m.

This program offers women and men with cancer a chance to learn how to enhance their appearance while undergoing treatment. A licensed cosmetologist assists those with cancer in looking their best. **Registration necessary.**

Breast Cancer Support Group • Free

Second Wednesday of each month, noon-1 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 additional information, call (410) 620-3710.**



Community Screening Programs

Colorectal Cancer Screening – *It's Simple and It Saves Lives*

If you are over 50 or have a family history of colorectal cancer (mother, father, brother or sister) or have a history of inflammatory disease such as ulcerative colitis or Crohn's disease, you should 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 does provide screening services to those Cecil County residents who meet eligibility criteria.

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 free GYN examination and mammogram. Call the Cecil County Health Department at (410) 996-5168 for more information.

Smoking Cessation Classes – *You Didn't Start Alone ... Don't Quit Alone*

The Cecil County Health Department offers a variety of smoking cessation programs to Cecil County residents including free six-week smoking cessation classes, pre-quit classes and nicotine transdermal patches through the Nicotine Patch Program. Call (410) 996-5168 for more information.

Good-As-New Shop offers extended hours for bargain hunters

Bargain hunters know that the Good-As-New Shop run by Union Hospital volunteers is a treasure trove of good quality clothing and household goods at very affordable prices. Soon, families in our area will have an extra shopping day to take advantage of our bargain prices with the shop open from 10 a.m. to 2 p.m. on Wednesday as well as Thursday through Saturday.

“Employees from local companies, including some departments at Union Hospital, are volunteering to staff the shop on Wednesday,” says Frenchy Lightcap, the Good-As-New Shop chairperson on Union Hospital’s Junior Board. “We really appreciate these new volunteers and their employers for helping us expand our hours and raise more money for the hospital.”

Since opening in 1989, the Good-As-New Shop has been a very successful fund-raiser

surpassing the \$1 million mark in 2006. “That’s a lot of two-dollar sales,” jokes Lightcap who, like most of the 25 volunteers who regularly staff the shop, has been working in the store since it opened. “In addition to fund raising, we also perform a valuable service for the community as a place where people in need can find clothing they can afford.”



A volunteer shows off a few of the many “treasures” found in the Good-As-New Shop.

According to Jean Moran, Director of Volunteer Services, “The hospital is truly grateful to local companies and their employees for helping the Good-As-New Shop. We also appreciate our regular volunteers who contributed more than 7,000 hours of their time working in the store last year.”

The Good-As-New Shop is located on Howard Street in Elkton across from Eder Park. For directions or questions, please call the shop at **(410) 392-0766**.

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Need a doctor?

Call Union Hospital’s Physician Referral Service at (410) 392-7012

Our physician referral specialist can help you find a committed, skilled and caring physician who’s right for you and your family – all backed by a hospital that’s dedicated to delivering a quality patient experience.



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