

good health



Don't let joint pain slow you down

The Joint Replacement Center at Union Hospital can help you get back to doing the things you love

Chronic joint pain can keep you from enjoying the activities that matter to you, such as playing tennis or golf, gardening or simply strolling through your neighborhood. Even negotiating stairs or doing household chores can become painful and difficult with chronic joint pain. But the Joint Replacement Center at Union Hospital can help.

The center takes a team approach to treating joint pain with skilled orthopedic surgeons, anesthesiologists, nurses and physical therapists who are committed to getting patients back to doing the things they love. Our team of experts focuses on each patient personally through every step of the joint replacement process — from accessing the joint, explaining treatment options and performing state-of-the-art surgery, through recovery and rehabilitation.

Our surgeons are skilled in progressive orthopedic procedures you might expect to find only at a big-city medical center, including:

- **Gender-specific joint implants** — specially sized joint replacements to “fit” every body size for greater comfort and a more complete recovery
- **Minimally invasive bone grafting** — a technique that uses a needle and does not require a surgical incision
- **Hip resurfacing** — a method of preserving bone while using a partial replacement device
- **Reverse shoulder replacement surgery** — a procedure that “reverses” the mechanical structure of the shoulder and may help people who have exhausted other treatment options

Each year the Joint Replacement Center team performs more than 100 procedures right here at Union Hospital, reducing pain, restoring mobility and helping patients in our community enjoy life again.

To find an orthopedic surgeon who is right for you and for more information, call Union Hospital's Physician Referral Service at **(410) 392-7012**.



Union Hospital's board-certified orthopedic surgeons (left to right): Brian DeMuth, MD; Bijoy Ghosh, MD; Mark Pfaff, DO; and Andrew Cumiskey, MD.

Union Hospital integrates with Google Health to make managing your health information easier

At Union Hospital, we believe getting your medical records should be quick and easy. By integrating with Google Health, we can now provide our patients with online access to their medical records from Union Hospital including medications, allergies, diagnoses and procedures.

Union Hospital patients can now create a Personal Health Record (PHR) and securely import their own medical records into Google Health. To protect your privacy, Google Health lets you decide who can access your records and what information you share. With Google Health, you can:

- Provide accurate, up-to-date information to your doctor
- Keep a record of medications to help prevent serious drug interactions
- Stop filling out the same paperwork every time you see a new doctor
- Provide a list of tests to avoid repeating the tests for each new provider
- Avoid losing your medical records when you move or change jobs, doctors or health insurance plans

Google Health is a free service providing private, secure storage of your health information. Visit www.uhcc.com/About/Patients/Google-Health for information about creating a PHR for yourself or family members and importing your records from Union Hospital.



Adult Day Services meets a vital need for caregivers and their loved ones

According to the latest research, more than 65 million Americans provide care for a loved one. Fortunately for those in our community, Union Hospital's Adult Day Services is here to provide support for caregivers and their loved ones — such as Susan Newton, who cares for her mother, Virginia.

“When I started caring for Mom five years ago, I soon realized that I needed help,” says Susan. “Adult Day Services was the right place for me and my mother. Without this service, I don't know whether I could care for her at home.”

Adult Day Services provides a nurturing environment for physically or mentally challenged adults who cannot be safely left alone, but do not need institutional care. In addition, it offers caregivers a respite from their round-the-clock responsibilities.

Along with activities to help maintain or restore daily living skills, the staff provides meals, manages medications and hosts social activities, such as Virginia Newton's 90th birthday party on June 30, as well as local outings and activities for people with varying degrees of ability. “The center gives Mom more independence with a social life, friends and activities of her own,” says Susan. “I can have time for myself knowing my mother is in a safe environment and having a really good time.”

According to Interim Program Director Maria Denny, RN, “Our staff takes great pride in providing the same care we'd want our own loved ones to receive. We are also proud that Union Hospital is committed to the ongoing support of Adult Day Services that allows us to continue meeting this vital and growing need in our community.”

Services are available Monday through Friday, from 7:30 a.m. to 5:15 p.m. Transportation is provided to and from the Center. Call **(410) 392-0529** for more information.



Stress-free imaging

Union Hospital's new high-field MRI provides more comfort and improved imaging capabilities

Since magnetic resonance imaging (MRI) was introduced in 1977, physicians have relied on this powerful diagnostic tool to produce high-quality images. However, with traditional closed MRI scanners, the patient is inside a tight cylinder, producing anxiety and claustrophobia for many and making it difficult to use MRI for very large patients or those with limited mobility or orthopedic injuries.

Now Union Hospital offers a less stressful MRI experience with the Philips Panorama 1.0 High-Field Open MRI. “The new open MRI gives the patient a 360-degree view of the room so there's less anxiety or claustrophobia,” says Union Hospital Director of Imaging Garnell Brunson, RT (R) MSA. “It also lets us position orthopedic patients to get better images of injured joints, such as knees or shoulders. And, open MRI makes it possible to use this technology for patients whose size prevents the use of a closed MRI.”

In addition to the open environment for patient comfort, the new high-field open MRI offers exceptional speed, resolution and contrast for outstanding image quality. “The images produced by the new high-field open MRI are as good as the high-field closed scanners while making the procedure more pleasant for patients,” Brunson adds.

Having the new high-field open MRI is a great complement to the variety of state-of-the-art imaging services Union Hospital provides. Call **(410) 392-7050** for information or to schedule an appointment.



Union Hospital's Speakers Bureau

Create more excitement about meetings for your community group or civic club with experts from Union Hospital who can speak on a wide variety of health topics of interest to your members.

We welcome invitations for our speakers — all highly qualified doctors and specialists who can eloquently address complicated medical issues in everyday language. Our most commonly requested topics are:

- Breast Health
- Nutrition
- Women's Health Issues
- Men's Health Issues
- Medications
- Diabetes
- Volunteering Opportunities

If you would like our experts to speak on any of these topics or another health subject, please call **(410) 392-7000**. Union Hospital can develop a custom presentation to meet your group's needs.

Community Health Education Programs – Summer 2010

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 18 & September 15, 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

August 31, 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 and confident decision.

Registration required; call (410) 392-7000.

Childbirth & Family Education

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

Childbirth Education • \$100 per couple
Five-week series begins August 12 & September 23, 6:30 - 9 p.m.; Express Saturday class August 28; Express Split classes July 30 & 31

This class provides you with the knowledge and coping skills to replace fear of the unknown with realistic expectations 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 that classes be started 8-10 weeks before your due date.

Breastfeeding Class • \$20 per couple

August 7, 1 - 3 p.m.

This class is recommended to those expectant mothers in their third trimester. This interactive class is designed to educate mothers to the benefits of breastfeeding and how to properly breastfeed. Mothers will also be provided with a resource list and where to find help if needed.

Infant Massage & Soothing Techniques

\$20 per couple • August 16, 6:30 - 9 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. Included in the class are: benefits of infant massage for baby as well as caregiver; all strokes used in a full body massage for baby demonstrated; and therapeutic strokes for relieving symptoms of colic, constipation, teething and congestion.

Super Siblings • \$10 per family

August 7, 10 - 11 a.m.

Helping a child cope with the arrival of a new brother or sister can be a challenging experience. The Union Hospital Maternal & Infant Center offers Super Sibling classes for children ages 3 to 8. This class will focus on the enjoyment of helping Mom and Dad with the new arrival. **Registration is required, so please do so during your second trimester as classes fill quickly.**

New Additions • \$20 per couple

September 14, 6:30 - 9 p.m.

This class prepares the expectant couple for the exciting event of childbirth. It is offered to expectant couples who either are new parents or for current parents just in need of a refresher. Topics will include diapering, bathing, safety and much more.

Grandparenting Today • \$10 per couple

September 13, 6:30 - 8:30 p.m.

Learn how to keep your grandchild safe, make your child's job of parenting easier, and receive updated information on the many changes since you first became a parent yourself.

Second Time Around Refresher Class

\$20 per couple • September 20, 6 - 9 p.m.

This one-night class is intended for those who have already experienced labor and delivery at least once. Included are: a review of labor, pain coping strategies, breathing, relaxation and medication options available; how this pregnancy and family adjustment may be different; and a tour of the Maternal Infant Center.

Meetings, Clubs & Support Groups

Red Hot Mamas Menopause Management Program

Free • August 24, 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. You will receive answers to your questions and the resources you need to become an active participant in managing this season of your life.

Caregivers Support Group • Free

August 18 & September 15, 4 - 5 p.m.

This group offers emotional support, tips about managing your loved one and information about community resources. It's sponsored by Union Hospital's Adult Day Services, and is located at the Center, 152 Railroad Avenue, 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.**

Look Good . . . Feel Better • Free

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. **Call for an appointment: (410) 398-4000, ext. 1729.**

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 age 40, 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 details.

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 details.

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

If you are over age 50, 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 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 have joined forces to offer a new program, “Living Well – Take Charge of Your Health,” a FREE six-week program that meets weekly for two hours. The program helps people learn how to cope with their chronic conditions. For more information, please contact Linda Tull at (410) 996-8437 or Delois Brown at (410) 996-5168.

Helping families make healthy choices

Union Hospital launches a new Pediatric Weight Management Program

Although chubby-cheeked babies are adorable, there's nothing cute about the epidemic of overweight and obese children and teens in our country. Childhood obesity rates have tripled since 1980. Kids are now suffering from diseases that were once seen almost exclusively in adults, including high blood pressure, high cholesterol levels, type 2 diabetes, sleep apnea and weight-related orthopedic problems.

To help families in our area address this important issue, Union Hospital is offering a new Pediatric Weight Management Program that helps children and their families learn to make the right choices and maintain a healthy weight.

"Our six-month program is family-based because putting an overweight child on a diet doesn't work," says Union Hospital Outpatient Dietitian Jennifer Noll, RD, LDN, CDE. "We involve the entire family, parents and children in learning how to choose healthy foods and activities that promote lifelong weight control."

The basis for our program is the 5-2-1-0 initiative developed by the American Academy of Pediatrics. "The numbers are daily reminders to eat five servings of fruits and vegetables, limit TV watching time to two hours, get one hour of exercise and have zero-calorie drinks," explains Noll. "We've also incorporated best practices from other programs and will work with individual families and their physicians to tailor a weight management program for each child."

To participate in the Pediatric Weight Management Program, ask your child's doctor for an order to see the registered dietitian at Union Hospital. Then call **(410) 392-7050** to schedule an appointment. You will be asked to keep a three-day record of food intake and activities prior to your appointment. The program is covered by most insurance plans, but you should verify your coverage.



Joint Replacement Center at Union Hospital Page 1
Union Hospital integrates with Google Health Page 1
Adult Day Services meets a vital need for caregivers
and their loved ones Page 2
New high-field MRI provides a stress-free experience Page 2
Union Hospital's Speakers Bureau Page 2
Community Health Education Programs Page 3
Community Screening Programs Page 3
New Pediatric Weight Management Program
helps fight childhood obesity. Page 4
We can help you find a committed, qualified physician. Page 4

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.



106 Bow St.
Elkton, MD 21921
(410) 398-4000
Rising Sun: (410) 658-4757
Delaware: (302) 731-0743
TDD: (410) 398-5941
Visit us online at www.uhcc.com

Dr. Kenneth S. Lewis, President & CEO
Kathryn McKinney, Director Public Relations & Marketing

OR CURRENT RESIDENT

Nonprofit Org.
US POSTAGE
PAID
PROGRESSIVE
IMPRESSIONS
INTERNATIONAL
61701

Good Health is published quarterly by the Public Relations Department of Union Hospital, 106 Bow St., Elkton, MD 21921. Nonprofit postage paid. Issue date: Summer 2010