

good health



Save time and trouble

Bone and breast health screenings now available under one roof

Two important women's health screenings can be performed under one roof at Union Hospital. Bone density testing is now available in the Breast Health Center, making it easy for you to schedule this important test to coincide with a mammogram.

"By offering bone density testing in one location, we are better able to accommodate patients' busy schedules and, often, the physical challenges of older patients," says Laurie Fitzgerald, RN, Nurse Administrator of the Breast Health Center. "Our patients appreciate the convenience and prompt, professional services we provide."

Why get a bone density test?

After about age 35, you begin to lose bone mass. If you are a woman, the process speeds up after menopause and may result in osteoporosis, sometimes called "brittle bone disease." In fact, about 8 million women in the United States have osteoporosis.

By weakening the bones, osteoporosis increases your risk of fractures. However, the condition is often not identified until after a fracture occurs. Bone density testing is the only way to diagnose osteoporosis. It allows the problem to be identified early so treatment to prevent complications can begin.

Bone density testing is an advanced form of x-ray technology that measures bone density in your hip and spine. Conducted by a Union Hospital technologist registered in bone densitometry, the test is painless, noninvasive and lasts only about 20 minutes. You will receive the results from the physician who referred you for the exam.

Who needs a bone density test?

Women at average risk for osteoporosis should begin screenings at age 65. You may need to start screenings earlier if you have certain risk factors, such as:

- Being physically inactive or in generally poor health
- Being taller than 5 feet 7 inches or weighing less than about 125 pounds (post-menopausal)
- Having a medical condition, such as hyperthyroidism, associated with bone loss
- Having a personal or maternal history of hip fracture
- Not taking estrogen therapy after menopause
- Suffering a fracture as a result of mild trauma
- Using alcohol excessively or smoking cigarettes
- Using corticosteroids or other medications known to cause bone loss

If you and your doctor decide that you need a bone density test and/or a mammogram, call the Union Hospital Breast Health Center at (410) 392-7075. If you are scheduled for a bone density test, do not take calcium supplements at least 24 hours before the exam; wear clothing that is loose and comfortable; and avoid wearing belts, jewelry or clothing that has metal zippers, buttons or decorations as metal may interfere with the equipment.



Painless, noninvasive and lasting only 20 minutes, the bone density test is the only way to diagnose osteoporosis.

Your hospital stay just got a little more relaxing

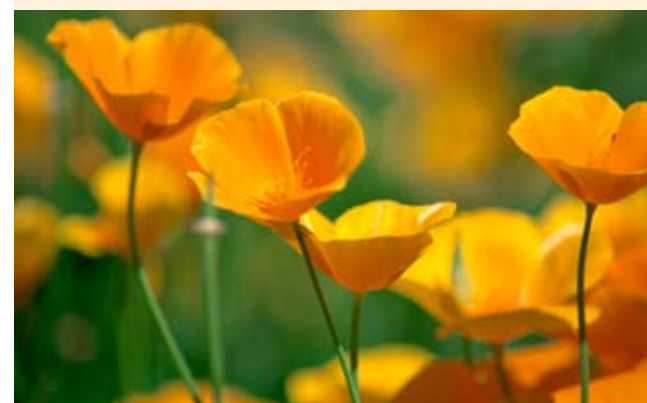
*"Music has charms to soothe the savage breast/
To soften rocks, or bend a knotted oak."*
—William Congreve, English playwright

Patients at Union Hospital now have the opportunity to learn firsthand how music can promote relaxation, encourage healing and support recovery, thanks to the new C.A.R.E. Channel™ available on patients' in-room televisions.

Part of our commitment to providing a healthful setting for patients, C.A.R.E. (Continuous Ambient Relaxation Environment) offers beautiful visual images of sunsets, flowers and other natural scenery, accompanied by instrumental music produced specifically to support healing. The programming even changes tone for its after-hours audience, with both soothing music and soft, subdued imagery of a midnight star field.

The beneficial health effects of music have been known since the days of ancient Greece, and music therapy was used to treat soldiers who suffered physical and psychological injuries during World War I and World War II. Modern research has backed up the practice, demonstrating that music can improve patients' mood, enhance physical rehabilitation, reduce muscle tension and work in conjunction with medication to ease pain. Today, many hospitals across the nation provide formal or informal music therapy programs.

To enjoy the C.A.R.E. Channel at Union Hospital, patients may turn to Channel 16 on their in-room televisions. C.A.R.E. is available to our patients 24 hours a day.



New imaging technology provides a more complete picture

Expectant parents can see 4-D color images of their unborn baby, and women can get additional information about their breast health screenings, thanks to new imaging technology now being used at Union Hospital.

Upgrades to Union Hospital's **ultrasound** equipment allow soon-to-be moms and dads to see virtually photograph-quality images of their child in unprecedented detail, including the baby's face. Physicians use the scans to check for congenital abnormalities.



Expectant parents can see virtually photograph-quality images of their child in unprecedented detail, thanks to upgrades to Union Hospital's ultrasound equipment.

With **breast MRI** (magnetic resonance imaging), women in Cecil County have another important tool that can help detect breast cancer early, when treatment is most likely to be successful. Breast MRI is usually ordered after a mammogram detects a suspicious growth in the breast, or when a woman has dense breast tissue or a family history of breast cancer.

The American Cancer Society recommendations call for breast MRI and annual mammograms for women at high risk for breast cancer.

According to the organization, "The two tests together give doctors a better chance of finding breast cancer early in these women."

Another new piece of imaging equipment is a **blood volume analyzer** (BVA). Manufactured by Daxor Corporation, a BVA helps physicians determine blood volume in critically ill and injured patients, including those suffering from congestive heart failure and kidney failure.

"With these new imaging technologies, Union Hospital is staying competitive and offering top-of-the-line diagnostic services to enhance patient care," says Garnell Brunson, Director of Imaging Services. "We're finding more ways to make it easier for Cecil County residents to get world-class care close to home."

A flu shot is your best shot for a flu-free winter

Autumn has arrived with shorter days, cooler nights — and flu shots, your best protection for a flu-free winter.

Anyone who has had the flu knows it's not "just a bad cold." Flu is a serious illness that is especially dangerous for older adults and anyone with a chronic health condition. Getting a flu shot is especially important for:

- Anyone age 50 or older
- Anyone who has diabetes, asthma or another chronic medical condition
- Anyone who lives with, works with or cares for someone at risk for flu complications
- Children ages 6 months to 5 years old
- Pregnant women

The best time to get your flu shot is October or November. However, flu season may peak as late as May, so you may still benefit from a flu shot you receive in December or early 2008.

Cold or flu?

How can you tell if you have the flu or a common cold? Pay attention to the symptoms. Flu symptoms may include exhaustion, fever, headache, general body aches and pain (may be severe), tightness in the chest, coughing and fatigue. Cold symptoms may include mild to moderate weakness, coughing, stuffy nose, hacking cough, sore throat and sneezing.

More ways to protect yourself from the flu

- Cough and sneeze into a tissue, handkerchief or the inside of your elbow — not your hands.
- Throughout the day, wash your hands often with soap and warm water.
- Keep a bottle of alcohol-based hand sanitizer handy when you're on the go.
- Avoid touching your eyes, nose and mouth.
- If you feel sick, stay at home.
- Do not send a child who is sick to school or day care.
- Stay away from people who are coughing, sneezing or have other obvious signs of illness.

Meet our newest physicians

Jamshid Mian, MD, Family Medicine



Board-certified in Family Medicine, Dr. Mian joins Union Hospital's medical staff and is now seeing patients in western Cecil County. After earning his medical degree and completing a general surgery internship at Temple University School of Medicine, Dr. Mian completed his residency at Reading Hospital and Medical Center in West Reading, Pennsylvania.

Among his professional activities, Dr. Mian is a member of the American Medical Association, the American Academy of Family Physicians and the Maryland Academy of Family Physicians.

Dr. Mian's office is in the Union Health Care Medical Office, 20 Craigtown Road, Port Deposit. For an appointment, call **(410) 378-9555**.

Rani Chintam, MD, Gastroenterology



Dr. Chintam is board-certified in Internal Medicine and Gastroenterology and is also a certified nutrition specialist. She earned her medical degree from Kurnool Medical College in Kurnool, India, and then completed a flexible internship at the Government Hospital in Kurnool. Her post-graduate studies in Obstetrics and Gynecology were completed at Niloufer Hospital in India.

She completed her residency in Internal Medicine at Grant Hospital in Chicago, and her residency at Hines VA Hospital in Illinois. Dr. Chintam has also served as a staff physician, attending physician, clinical instructor and assistant professor of medicine at various schools and medical facilities. A fellow of the American College of Gastroenterology and other professional organizations, she has special interests in areas such as gastroesophageal reflux disease, irritable bowel disease and obesity.

Dr. Chintam's office is at 215 North Street, Elkton. For an appointment, call **(410) 398-8888**.

Community Health Education Programs – Fall 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.

Diabetes Eye Screenings

Free • November 14, 9 a.m.

November is Diabetes Awareness Month.

All adults with diabetes are welcome.

Testing will be for diabetes-related eye disorders, vision, cataracts and glaucoma.

Drops will be used during the eye screening, so please bring sunglasses during daylight hours. **Pre-registration required, so call (410) 392-7000.**

Diabetes Foot Screening

Free • November 7, 1 - 4 p.m.

November is Diabetes Awareness Month.

All adults with Diabetes are welcome. Steve Kunkle of Physiotherapy Associates and podiatrist Dr. Breck Laudenberger will provide the screenings. **Pre-registration is required, so 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 November and December 2007. Please call for class schedule.

Financial Assistance is available, so call for information. 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 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: Weight Loss & Sleep Tuesday, December 11, 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 require registration. **For registration or more information on Union Hospital's Sleep Disorders Center, please call (410) 620-3705, extension 2.**

Cecil County Ostomy Association

Free • November 12 and December 10, 7 p.m.

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

American Diabetes Association

Free • November 13 and December 11, 7 p.m.

Support and educational group for persons with diabetes and their families. Guest speaker Bedford Boylston, MD, vascular surgeon will discuss "Alternatives to Amputation" on November 13.

Diabetes Group Classes • 4-week series

November 1, 8, 15 & 29, 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 please call (410) 620-3718.**

Juvenile Diabetes Support Group

Free • November 19, 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, please call (410) 620-3710.**

What a fun, easy Web site we weave

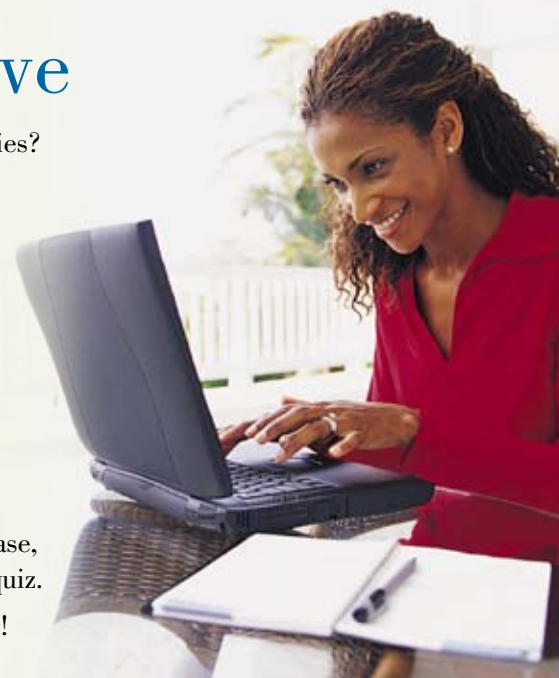
Need to learn about a health condition, locate a specialist or read Union Hospital's visitor policies? Make our all-new, easy-to-use Web site at www.uhcc.com your first stop.

Completely redesigned and updated with a fresh look, the site is now simpler to navigate so you can find the information you need fast. Stop here anytime you want to:

- Browse job listings at Union Hospital — and apply online!
- Find a local physician using variable search criteria
- Look up a health condition, symptom or medication
- Read the latest national health news headlines
- Register for community classes and events at Union Hospital

The site also hosts an extensive online library of health and wellness information about heart disease, cancer, women's health and many more topics. Or test your knowledge with an interactive health quiz.

It's all available 24 hours a day at no cost to you. Visit www.uhcc.com ... and come back often!



New medication system helps keeps patients safe

It's a fact of life: Human beings make mistakes. Fortunately, a sophisticated barcode scanning system is helping to minimize the risk of medication errors for patients at Union Hospital.



Before administering any medication, Union Hospital nurses use a handheld device to verify that the patient, medication and dose are correct.

Bedside Medication Verification (BMV) incorporates technology similar to that used to scan groceries at the supermarket. Upon being admitted to Union Hospital, each patient receives an armband with a unique barcode. Before administering any medication, nurses use a handheld device to scan the armband and verify that the patient, medication and dose are correct.

BMV also alerts nurses to potential allergic reactions or medication interactions, and it allows physicians to access their patients' electronic medication records via a secure Internet portal. Currently, all units of Union Hospital are using the technology except Maternal and Infant Care, Pediatrics and the operating rooms. When implementation is complete, BMV will be used in these remaining units as well.

"BMV is a huge safeguard for our patients," says Mary Jane Kamps, Vice President, Chief Information Officer. "Our nurses quickly recognized the importance of the system and seamlessly incorporated it into their routine. Through their dedication to patient care, BMV has become an integral part of our safety efforts."

In the long term, BMV's reporting capabilities may also provide data that will improve evidence-based care. That, however, is secondary to Union Hospital's primary purpose for investing in the system.

"We did this for patient safety and no other reason," Kamps says. "It was the right step to help protect our patients."



- Bone density testing now available in the Breast Health Center Page 1
- Your hospital stay is now more relaxing Page 1
- New imaging technology at Union Hospital. Page 2
- What you need to know about flu shots. Page 2
- Meet our newest physicians. Page 2
- Community Health Education Programs Page 3
- Surf our redesigned Web site Page 3
- New system minimizes the risk of medication errors Page 4
- We can help you find a committed, caring 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.



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