

good health



Union Hospital expands access to health care in western Cecil County

Comprehensive outpatient services — including dental health care — will soon be available at the new Union Hospital Principio Health Center under construction in Perryville.

At Union Hospital, a vital part of our mission is providing access to the exceptional quality health care in our

community. As our region grows, we're expanding to provide easier access to medical services for residents of western Cecil County.

When it opens later this year, the \$15 million Principio Health Center will offer comprehensive outpatient services in a convenient community setting. The 24,000-square-foot facility will have a full-service Imaging Center providing diagnostic radiology services including ultrasound, computed tomography (CT) and magnetic resonance imaging (MRI). With physician offices conveniently located at the Principio Health Center, you may be able to see your doctor and then get any tests and therapy you need all at the same place.

An urgent care center will also be available at the Principio Health Center to treat patients who have an injury or illness that requires immediate care but isn't serious enough for an emergency room visit. Additional health and wellness services will be offered at the center.

Greater access to dental health services

Union Hospital and the University of Maryland Dental School have partnered to provide oral health care services at the Principio Health Center. The dental school will occupy and operate a 26-chair oral health suite to provide complete pediatric and adult dental services for residents in an underserved area of Cecil County.

"The project allows Union Hospital to improve our patients' experience when receiving outpatient services by bringing comprehensive care closer to where they live," says Kenneth S. Lewis, MD, President and CEO of Union Hospital. When it opens, the dental clinic will accommodate up to 100 patients a day.

"We are enthusiastic about bringing much-needed dental care to an underserved area of Cecil County," says Dental School Dean Christian M. Stohler, DMD, DrMedDent. "The equipment, the technology and the people we are bringing to the facility all represent the highest caliber of service we can offer to our patients."

Union Hospital is proud to partner with the University of Maryland Dental School to expand access to comprehensive health services, including top-quality dental care, at the Principio Health Center.



Dental Clinic



Medical Services

Treating our patients like the most important people in the world

"At Union Hospital, we want to go beyond patient satisfaction to provide a wonderful patient experience. We want to "WOW" them," says Joanne Miller, Senior Vice President, Patient Care Services. "We believe it is imperative to treat our patients as a whole, not just focus on the reason for their admission."

To that end, Union Hospital has new initiatives geared for patient comfort as well as quality care. Most significantly, the new patient tower expanded our number of private rooms and offers more spacious semiprivate rooms with separate baths.

"Our focus on the patient experience has also resulted in a new program for better pain management," Miller adds. "Pain resource nurses with special training are now available around the clock."

In addition, nurses aides now make rounds every two hours to check whether patients are in pain, need to change position or need help going to the bathroom.



Other initiatives work to make the hospital a more peaceful setting. "A hospital can be a noisy place," Miller says. "To keep it quieter, we've restricted overhead paging except in emergencies and eliminated other unnecessary noise." Also, all patient rooms now have the new C.A.R.E. (Continuous Ambient Relaxation Environment) Channel that features beautiful visual images of natural scenery and soothing music.

"At Union Hospital, we foster a culture of service excellence," Miller says. "We always try to exceed expectations and we believe our patients are the most important people in the world."

MRSA — A little germ making big news

Find out what you need to know at our community forum March 11

Methicillin-resistant *Staphylococcus aureus* — MRSA — has been big news in the past few months. Reports of deaths due to MRSA and evidence that the number of infections is increasing faster than expected are causing widespread concern about the potential dangers in schools, health clubs, day care centers and other places where people assemble in large numbers.

But what is MRSA? Should you worry about MRSA and similar infections? What can be done to stop the spread of MRSA?

MRSA is a type of bacteria that causes “staph” infections resistant to treatment with many kinds of antibiotics. MRSA occurs most frequently among patients who have invasive medical procedures such as surgery. Those with weakened immune systems being treated in hospitals and

health care facilities, such as nursing homes and dialysis centers, also have a higher risk of these types of infections.

Because MRSA is resistant to most antibiotics, it is important that we all work together — hospitals and health care providers, schools and community members — to prevent the spread of this and other infections.

On March 11, Union Hospital will host a community forum to provide you and your family with information about MRSA. We’ll discuss steps you can take to reduce your risk of infection, examine issues and questions about MRSA, and share what Union Hospital is doing to combat MRSA.

If you are interested in attending the March 11 forum, please call **(410) 392-7000** to register.

Helping to bring panic attacks under control

It’s 4:50 p.m. and you have just 10 minutes to complete an important assignment at work. Suddenly, you feel dizzy and start sweating and trembling. As you glance at the clock, you feel short of breath and your heart seems to be beating faster and faster.

Is it a heart attack or are you losing your mind? Chances are, you may be experiencing a panic attack.

“Panic attacks are sudden episodes of intense anxiety that can occur without warning and often with no obvious cause,” according to David Crone, PsyD, Licensed Psychologist, who serves as Clinical Coordinator of the Intensive Outpatient Program in Behavioral Health Services at Union Hospital.

“People who experience these attacks have extreme physical symptoms and unrealistic fears that these symptoms mean they may be dying, having a heart attack, going insane or losing control,” says Dr. Crone. “Fear of having another attack can become disabling as it limits the places and activities where the person feels safe.”

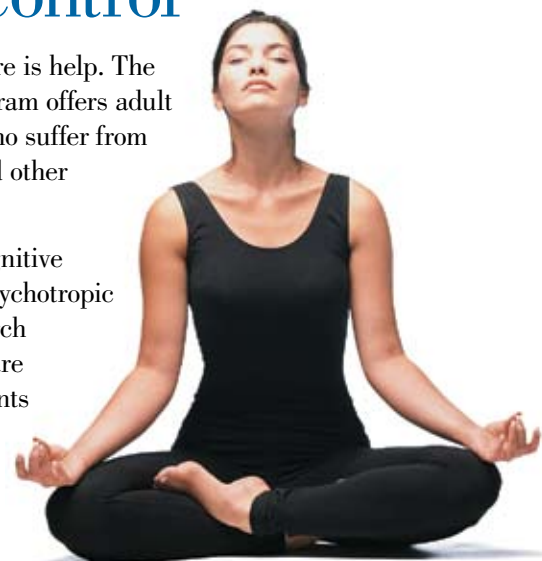
Symptoms of a panic attack:

- Heart palpitations
- Shortness of breath
- Chest pain or tightness
- Sweating
- Choking sensation
- Tingling or numbness
- Trembling
- Nausea and dizziness
- Chills or hot flashes

The good news is that there is help. The Intensive Outpatient Program offers adult group therapy for those who suffer from panic attacks, anxiety and other depressive disorders.

“Our program utilizes cognitive behavioral therapy and psychotropic medications, which research repeatedly demonstrates are the most effective treatments for panic disorder,” says Dr. Crone. “With treatment, patients can better understand the disorder and interpret their physical symptoms more realistically. We also help them learn to avoid a full-blown attack using skills to restructure their thinking, relaxation strategies such as breathing retraining and progressive muscle relaxation.”

Union Hospital’s Intensive Outpatient Program includes three-hour group therapy sessions up to five times per week for approximately four to six weeks for patients over age 18 with anxiety and depressive disorders. For information, contact Union Hospital’s Outpatient Behavioral Health Services at **(443) 406-1340**.



Meet our newest physician

Irfan M. Hissamuddin, MD, Gastroenterology

Dr. Irfan Hissamuddin, better known as Dr. Din, has joined the medical staff at Union Hospital as a Gastroenterologist. After earning his medical degree in India, Dr. Din completed his residency in internal medicine at the Morehouse School of Medicine in Atlanta. Following this, he did a postdoctoral research fellowship in colorectal cancer at the Emory University School of Medicine. He also completed a three-year clinical fellowship in gastroenterology and hepatology at Emory.

Dr. Din specializes in gastrointestinal and liver diseases, including common conditions like reflux disease, peptic ulcers, pancreatitis and hepatitis. He also specializes in advanced therapeutic endoscopy procedures.

Dr. Din is a member of the American Gastroenterological Association, American Society for Gastrointestinal Endoscopy and American College of Gastroenterology. His practice, Union GI Associates, with Dr. Nader Dababneh and Dr. Rani Chintam, is at 215 North Street, Suite B, Elkton. For an appointment, call **(410) 398-8888**.



Community Health Education Programs

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.

Maternal & Infant Programs



Childbirth Education * \$100 per couple
Thursdays, 6:30 - 9 p.m.
Saturday classes are available

Financial Assistance is available, so please 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 Union Hospital Maternal & Infant Center is included in the program. It is recommended that classes be started 8-10 weeks before your due date. **Call (410) 392-7000 to register or enroll online at www.uhcc.com.**

**Super Siblings * \$10 for one sibling,
\$15 for two or more**
Saturday, April 5, 10 - 11:30 a.m.

Helping a child cope with the arrival of a new brother and sister can be a challenging experience. To help, 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. Using baby dolls, children are taught how to properly hold the baby, and how to feed and burp the baby. They also learn how to change the baby's diaper. All children will enjoy story time and a quick tour of our unit. Last but not least, every child will take home a fun coloring book entitled "The new baby and me." This 90-minute class is held on the first Saturday of every other month and begins at 10 a.m. You must register your child to attend; please do so during your second trimester as classes fill quickly. Both parents are encouraged to attend and tour the Center with your little one.
Call (410) 392-7000 to register.

First Aid & Heart Saver CPR * \$30
\$50 for both classes (\$15 book fee not included)
March 29, Heart Saver CPR: 8 a.m. - noon,
Pediatric First-Aid: 1 - 4 p.m.

The American Heart Association wants to prepare you in the event you are faced with an emergency. This class provides the layperson with the essential skills he or she may need to provide early first-aid and Cardiopulmonary Resuscitation (CPR). Enrolling in one or both of these sessions could benefit you and your entire family. **Registration is required, so call (410) 392-7000.**

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. **Please call (410) 392-0539 for more information.**

Cecil County Ostomy Association * Free
March 10, 7 p.m.

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

American Diabetes Association * Free
March 11, 7 p.m.

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

Diabetes Group Classes * 4-Week Series
March 6, 13, 20 and 27, 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. Please call for more information on program cost and program schedule. **Registration is required, so call (410) 620-3718.**

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 is 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.**

Looking for an expert presentation on a health topic?

Turn to Union Hospital's Speakers Bureau



Union Hospital welcomes invitations to have our experts come to you to speak on a variety of health topics. The speakers are highly qualified doctors or specialists in their fields of medicine and can eloquently address the medical issues presented. Below is a list of the most commonly requested presentations:

- Breast health
- Stress management
- Diabetes
- Women's health issues
- Vascular surgery
- Men's health issues
- Medications
- Volunteering opportunities

If you would like our experts to speak on any of these topics or another health subject you don't see listed above, please call us at (410) 392-7000. We can develop a custom presentation to meet your individual needs.

Lifeline can save a life ... or a way of life



The Lifeline Medical Alert system can save the life of a senior or someone with a disability by providing an easy way to call for help. Even more important, having Lifeline can help to preserve a cherished way of life by allowing those who may need urgent help to feel confident about remaining in their own homes.

According to Jean Moran, Union Hospital Volunteer Coordinator and Lifeline Manager, the service is not just for seniors or the disabled. "Lifeline could offer security for anyone who lives alone, even those in good health. If an injury or illness occurs, you can call for emergency help even if you can't get to a phone."

The service can also offer security for new moms who may need help quickly while they are home alone with a baby, adds Moran. "People who've had knee or hip replacement surgery find that Lifeline provides security while they are recovering their mobility."

The gift of independence and peace of mind

The Lifeline Medical Alert service is a great gift idea for an elderly parent or other family member who may have an urgent need for care. Lifeline gives your loved one independence while it gives you peace of mind. The service is available at a very reasonable cost, with no long-term contracts to sign.

For more information about Lifeline Medical Alert services available through Union Hospital, contact Jean Moran at **(410) 392-7019**.



Expanding access to health care in western Cecil County..... Page 1
 Improving patient experiences at Union Hospital..... Page 1
 Community forum on dangerous new staph infection..... Page 2
 Help for panic attacks is available at Union Hospital..... Page 2
 Meet our newest physician..... Page 2
 Community Health Education Programs Page 3
 Looking for an expert health speaker?..... Page 3
 Give the gift of independence and peace of mind..... 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

Nonprofit Org.
 U.S. POSTAGE
PAID
 FMC
 33069

OR CURRENT RESIDENT

Good Health is published quarterly by the Public Relations Department of Union Hospital, 106 Bow St., Elkton, MD 21921. Nonprofit postage paid. Issue date: Winter 2008.