

good health



## Union Hospital opens a new Interventional Lab

*State-of-the-art digital imaging technology supports advanced surgical procedures*

Digital imaging technology makes it possible for physicians to perform numerous new minimally invasive surgical procedures that save lives and improve quality of life. As part of our commitment to providing exceptional care for patients in our community, Union Hospital has opened a new Interventional Laboratory with today's most advanced technology for image-guided minimally invasive surgical procedures.

James Hall, Manager of Cardiology Services, describes the new system. "The Interventional Lab has a state-of-the-art all-digital imaging system that allows our physicians to see their way clearly through a wider range of endovascular diagnostic and interventional procedures," says Hall. "This new interventional imaging system allows us to provide minimally invasive surgery to treat medical disorders including peripheral vascular, cardiovascular and neurological diseases, among others."

When compared to traditional surgery, image-guided minimally invasive techniques provide many benefits including reduced risk, less pain, shorter patient recovery times and lower procedure expense. But the benefits of the new Interventional Laboratory go beyond providing minimally invasive alternatives.

"Many of the newer procedures are not possible without high-quality, real-time imaging technology," explains Hall. "This lab lets us provide treatments that would not be available in our community without it."

Some of the procedures performed at Union Hospital's Interventional Lab include peripheral balloon angioplasty, stenting, and orbital atherectomy for treatment of diseased or blocked arteries plus cardiac device implants, pacemakers and implanted cardiac defibrillators (ICD). The lab also allows physicians to perform pain management procedures including implant of spinal cord or nerve stimulators.

With latest technology for performing today's advanced procedures, the new Interventional Laboratory is the latest example of Union Hospital's commitment to providing exceptional care for our community.



*The new Interventional Laboratory at Union Hospital is equipped with today's most advanced technology for image-guided minimally invasive surgical procedures.*

## Better sleep means better health

Not sleeping well for even one night can lead to fatigue, irritability and difficulty concentrating the next day. However, if you suffer from a sleep disorder — and about one out of three people do — chronic sleep deprivation results in more than a bad day. It can increase your risk of serious health problems, including high blood pressure, heart attack, depression and obesity, among others.

There's no need for you or your health to suffer with a sleep disorder. The Sleep Disorders Center at Union Hospital offers a comprehensive approach to diagnosing and treating sleep disorders right here in our community.

Our clinical staff combines expertise with state-of-the-art technology to identify and help remedy sleep disorders, such as sleep apnea, insomnia, narcolepsy, night terrors, nightmares, sleepwalking, bedwetting and teeth grinding. The sleep center team works closely with patients, their families and referring physicians to provide the most successful treatment possible.

### New shuttle service

Because we understand that sometimes transportation can be an issue for patients, the Sleep Disorders Center at Union Hospital is proud to announce that we are now offering a shuttle service for patients.

Just request transportation from the scheduling desk when you make your appointment. With advance notice, we can arrange for the shuttle to bring you to the hospital and escort you home after your sleep study is complete. The shuttle service is offered Monday through Thursday.

Get the sleep you need to protect your health and well-being. Ask your physician about the Sleep Disorders Center at Union Hospital.

If you have any questions, please call us at **(410) 620-3705**, ext. 2.

## Adult Day Services celebrates 20 years of service excellence

Adult Day Services at Union Hospital celebrated its 20<sup>th</sup> anniversary of service to residents of Cecil County this past summer. Beginning as a small facility on Route 40, the center has undergone several relocations and expansions — the most recent in 2006 when a brand-new facility opened at 152 Railroad Avenue in Elkton.

The center now serves as many as 55 clients per day and is staffed with two registered nurses, two certified nursing assistants, two activity staff members, a social worker, a secretary and four van drivers. Many wonderful volunteers from the Union Hospital Volunteer Department also help out.

The center's primary purpose is to provide a safe, structured environment for adults who require supervision due to medical or age related impairments. Services include medical monitoring and transportation to medical appointments, scheduled activities, personal care, social services and nutritional meals. For those who qualify, services can be paid for through Medicaid or the Veterans Administration. Also, because the program is subsidized by the Maryland Department of Health and Mental Hygiene and Union Hospital, many participants receive a reduction in cost based on their income.

Lois McCoy, certified nursing assistant and transportation coordinator, has the distinction of being the only employee who was part of the original staff in 1989. Lois recalls that when the center first opened there were no transportation vans and that the caregivers had to drive their family members so they could attend. The first vehicle owned by the center was provided by Union Hospital's Junior Board Ladies Auxiliary and was able to transport up to seven passengers. Lois now oversees seven vehicles, some with the capacity to hold up to 14 passengers.

Many clients have been attending the center for several years or more. Edith Hodges says that she has always enjoyed the activities and the trips, and has made a lot of friends since first coming here in 1998. Edith adds that the staff has been good to her and that her most special memory is her friendship with another client, Edith S., who had also attended for a long time.

### Special program on Alzheimer's disease

On January 20, the Adult Day Services center will host an evening discussion lead by Ann Quoos, an ambassador of the Maryland Alzheimer's Association. Starting at 6 p.m., this free program will cover the stages and symptoms of Alzheimer's disease; the differences between dementia, Alzheimer's disease and normal aging; and warning signs and causes of dementia. Information about services provided by the Alzheimer's Association will be available. To register for this program, or for more information about the Adult Day Services center, please call **(410) 392-0539**.

### Now outpatient registration is more convenient

For the convenience of our patients, Union Hospital's Outpatient Scheduling and Registration Department is now opening earlier — at 6:30 a.m. The new hours are 6:30 a.m. to 7 p.m., Monday through Friday. Saturday hours are 7 a.m. to noon.

Many patients can also save time and avoid an extra trip to the hospital by pre-registering for outpatient procedures. Simply call **(410) 392-7050** to schedule your appointment, and our registration staff will gladly assist you.

However, we regret that due to Medicare guidelines, this option is not available for Medicare patients. Medicare patients must come to the hospital to register for all outpatient tests or procedures.

## Meet our newest physicians



### Matthew Lawrence, DO, Vascular Surgeon

Matthew Lawrence, DO, brings to Union Hospital a wealth of experience and expertise in vascular surgery. Dr. Lawrence provides comprehensive services for vascular treatment including endovascular procedures to repair arteries and veins. He also provides specialty procedures such as venous laser ablation and cosmetic sclerotherapy.

Dr. Lawrence's office is located at 160 Railroad Avenue in Elkton, and can be reached by calling **(410) 398-7744**.

### Malini Rusia, MD, Rheumatologist



Rheumatologist Malini Rusia, MD, brings new expertise to Union Hospital for treatment of painful and debilitating conditions such as rheumatoid arthritis, gout, lupus and fibromyalgia. Dr. Rusia completed both a residency in Internal Medicine and a fellowship in Rheumatology at Drexel University College of Medicine.

Dr. Rusia's office is located at 111 West High Street, Suite 312, in Elkton. For information or to schedule an evaluation, please call **(410) 620-4850**.

# Community Health Education Programs – Winter 2010

For more information and registration for these and other Community Education Programs, call (410) 392-7000 or visit [www.uhcc.com](http://www.uhcc.com)

## Health Programs

**American Cancer Society & Union Hospital Co-Sponsor**

**“I Can Cope” Cancer Education Program**  
**Free • January 20, February 17 & March 17, 5:30 - 7 p.m.**

The “I Can Cope” 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.

## Maternal & Infant Programs

**Now offering Class Bundling! If you are registered for Childbirth Education, choose two additional family education classes at no extra cost. Call (410) 392-7000 for more information.**

**Childbirth Education • \$100 per couple**  
**Five-week series begins February 18 & April 1, 6:30 - 9 p.m. Express Saturday classes available February 27 & April 24. Express split classes available January 22-23 & March 26-27. Call for more information.**

This class 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. 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 to 10 weeks before your due date.

**Super Siblings • \$10 for one sibling, \$15 for two or more**  
**February 6 & April 3, 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.

**Breastfeeding Class • \$20 per couple**  
**February 6 & April 3, 1 - 3 p.m.**

Breastfeeding 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.



**New Additions • \$20 per couple**  
**March 2, 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 include diapering, bathing, safety and more.

**Infant Massage & Soothing Techniques**  
**\$20 per couple**  
**February 15 & April 12, 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; therapeutic strokes for relieving symptoms of colic, constipation, teething and congestion; and hands-on practice of techniques, using dolls.

**Grandparenting Class • \$20 per couple**  
**March 1, 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.

## Meetings, Clubs & Support Groups



**Red Hot Mamas Menopause Management Program • Free**  
**January 26, February 23 & March 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. 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**  
**January 20, February 17 & March 17, 4 - 5 p.m.**

The 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 program 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.**

**Cecil County Ostomy Association • Free**  
**February 8 & March 8, 7 p.m.**  
*An Affiliate of the UOAA (United Ostomy Associations of America, Inc.)*

The Ostomy Support Group of Cecil County is dedicated to helping patients with intestinal or urinary diversions return to everyday living. It provides mutual aid, support and education in ostomy care and management.

**American Diabetes Association Adult Support Group • Free**  
**February 9 & March 9, 7 p.m.**

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

**Look Good . . . Feel Better • Free**  
**February 8 & March 8, 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, so call (410)398-4000, ext. 1729.**



**Union Survival Circle • Free**  
**February 10 & March 10, noon - 1 p.m. & 5:30 - 6:30 p.m.**

Those faced with breast cancer can join us and receive support, understanding, guidance and education to help stay strong and positive. **For more information, call (410) 620-3710.**

**Breast Feeding Support Group • Free**  
**Every Tuesday, 10 - 11 a.m.**

Union Hospital's Breastfeeding 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 more information.**

## Learn more about a new procedure for safer weight loss

Join Union Hospital and Tri-State Surgical Associates, LLC to learn how the Lap-Band AP® System can help you lose the weight and keep it off. The Lap-Band AP® System is an adjustable gastric band placed around the upper part of the stomach — often as an outpatient procedure — to help you feel full faster and longer without stomach cutting or stapling.

Learn more at one of our **free seminars** held at Union Hospital from 5:30 - 7 p.m. on the following dates:

January 19	April 8
February 4	April 27
March 16	

**Call (410) 392-7000 to register.**

# Learn to outsmart menopause with the Red Hot Mamas program

The physical and emotional symptoms women experience during menopause can raise a lot of questions. The new Red Hot Mamas program offered at Union Hospital can help women in our community find the answers and the information they need to outsmart menopause and maintain a healthy, active life in the years that follow.



Family Educator Beth Chipriano, RN, CCE, will be leading the menopause management education program meeting monthly at Union Hospital. “Often our mothers and grandmothers didn’t talk about menopause, so many women today are entering this phase of their lives not knowing what to expect,” says Chipriano. “The Red Hot Mamas program is designed to give women the education they need and provide opportunities to share experiences with other women.”

“We want to give women the opportunity to get answers to all their questions,” says Chipriano. “The program’s main message is ‘You are not alone.’ There are millions of us and we can help each other manage this phase of our lives.” The program also includes education about preventive measures, such as exercise, weight management and stress reduction, which keep women healthier. “With an average lifespan of 81, women spend about one-third of our lives post-menopause. Taking action now to be healthier can help us enjoy those years,” she adds.

Union Hospital’s Red Hot Mamas program is offered free to women and their families. The meetings will be held on the fourth Tuesday of each month beginning January 26, from 6:30 to 8 p.m. in the hospital’s Susquehanna Room. All women and their spouses are invited to attend these interesting and informative sessions. No registration or reservation is required.



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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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