

good health



Colorectal cancer screening saves lives

March is National Colorectal Cancer Awareness Month

Colorectal cancer is the third most common type of cancer and the second leading cause of deaths from cancer in the United States. But an even more alarming statistic is that an estimated 60 percent of those deaths could be prevented if everyone over age 50 received regular colorectal cancer screenings. Yet, more than 40 million Americans in that age group have not been screened.

The risk of developing colorectal cancer increases with age. More than 90 percent of all cases of colorectal cancer occur in people over age 50. Some studies indicate that a healthy diet and an active lifestyle may help reduce the risk of colorectal cancer, but the most effective way to reduce your risk is to have regular screenings beginning at age 50.

Get screened for early detection *and* prevention

Screenings can often find colorectal cancer early when it is most likely to be curable. There are several types of screening tests for colorectal cancer. A screening colonoscopy is currently the best available test because it can also detect precancerous polyps before they turn into cancer and the polyps can be removed during the procedure.

During a colonoscopy, a slim flexible tube with a camera is passed through the patient's colon while the physician looks for polyps or lesions. It is important to note that a screening colonoscopy is not painful. Patients are sedated during the procedure and have little or no discomfort afterward.

Union Hospital is proud to be associated with the physicians of Union GI Associates who are committed to offering the latest in colorectal cancer screening and health education to our community. The board-certified physicians at Union GI Associates help patients achieve and maintain optimum digestive health.

For answers to your questions about colorectal cancer screening or to schedule an appointment, call **(410) 398-8888**. Union GI Associates offices are located at 215 North Street in Elkton and 101 Colonial Way in Rising Sun.



Physicians at Union GI Associates include (left to right): Nadar Dababneh, MD; Jorge Uribe, MD; and Irfan Hisamuddin (Dr. Din), MD.



Stay connected with loved ones during a health crisis

During a significant health challenge, the support of family and friends can help make the journey so much easier. To help our patients and their loved ones, Union Hospital announces its support of CaringBridge, a charitable nonprofit organization providing free websites that connect families and friends during a serious health event throughout care and recovery.

CaringBridge websites give patients, their friends and family members a personal and private space to communicate and support each other during a stressful time. It's easy to create and use a CaringBridge website. Each site includes a journal that lets patients and their caregivers share their feelings and post health updates. Instead of spending time and energy on phone calls or e-mails, patients and caregivers can update everyone concerned with one journal entry. There's also a guest book where visitors can leave messages of love and support.

If you or a loved one is experiencing a health challenge, a CaringBridge website saves time and emotional energy at a time when both can be in short supply.

Supporting CaringBridge is yet another way Union Hospital strives to provide the best resources and information for patients and their families. To learn more about creating a CaringBridge website, visit the Union Hospital website, www.uhcc.com, and click on the "Patients" link.

Community Health Education Programs

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**

March 16 & April 20, 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. In addition, videos, print materials and class discussion provide up-to-date information for patients, family and friends. A light dinner will be provided.

LAP-BAND AP System for Surgical Weight Loss

March 29 & April 26, 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 is required, so please 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 online www.uhcc.com.

Childbirth Education • \$50 per couple Five-week series begins March 31, 6:30 - 9 p.m.

Express Saturday class April 16

This class prepares you with the knowledge and coping skills to replace fear of the unknown with realistic expectations for the birth of your baby. This five-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. We recommend starting classes 8-10 weeks before your due date.

Breastfeeding Class • \$20 per couple April 2, 1 - 3 p.m.

This class is recommended to those expectant mothers in their third trimester. This interactive class is designed to educate mothers about the benefits of breastfeeding and how to properly breastfeed.

Infant Massage & Soothing Techniques \$20 per couple April 11, 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. Develop confidence in handling your baby.

Super Siblings • \$10 per family April 2, 10 - 11 a.m.

Helping a child cope with the arrival of a new brother or sister can be a challenging experience. This class will focus on the enjoyment of helping mom and dad with the new arrival. Using 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. Both parents are encouraged to attend and tour the Maternal & Infant Center with your little one.

New Additions • \$20 per couple March 1, 6:30 - 9 p.m.

Childbirth education class prepares the expectant couple for the exciting event of bringing their new child into the world. While preparation for childbirth is important, the journey into parenthood is only the beginning. Taking care of a newborn is a huge responsibility. The New Additions class is offered to expectant couples who either are new parents or for current parents just in need of a refresher.

Grandparenting Today • \$10 per couple March 7, 6:30 - 8:30 p.m.

Contributions grandparents make in the lives of their families are extraordinary. 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 March 28, 6 - 9 p.m.

This one-night class is intended for those who have already experienced labor and delivery at least once. Perhaps it has been awhile since you've given birth or your partner is new to the labor and delivery process. Included in this class 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** March 22 & April 26, 6 - 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** March 16 & April 20, 4 - 5 p.m.

This support group is for caregivers, family members and friends of an elderly, ill or dependent person. It offers emotional support, tips about managing your loved one and information about community resources. It is 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** March 14 & April 20, 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 and support and education in ostomy care and management.

American Diabetes Association Adult Support Group • **FREE** March 8 & April 12, 7 p.m.

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

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. **For an appointment, call (410) 398-4000, ext. 1729.**

Union Survival Circle • **FREE** March 9 & April 13, noon - 1 p.m. & 5:30 - 6:30 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 them stay strong and positive.

For additional information, call (410) 620-3710.

Breastfeeding Support Group • **FREE** Every Tuesday, 10 - 11 a.m.

Mothers who choose to breastfeed already know that breast milk is the best for babies. However, successful breastfeeding is a combination of good technique, patience and support. 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.**

Spread cheer, not germs

Protect Our Patients program educates visitors on infection prevention

At Union Hospital, we know that visitors play a vital role in a patient's recovery. Family and friends bring smiles and comfort for loved ones recovering from an illness or injury. Visitors can also bring something less welcome in the hospital — germs!

These visitors can spread germs that cause illnesses. Keeping patients safe from infection while they are recovering from an injury or illness is our highest priority.

So now, in addition to initiatives taken by our staff to prevent infections, Union Hospital is offering a new program called Protect Our Patients that educates visitors in preventing the spread of infection both at the hospital and at home. Here are some of the program's tips to help hospital visitors prevent the spread of germs:

- ◆ Sanitize your hands immediately before and after your visit to avoid bringing germs in or out of the room.
- ◆ Don't visit if you don't feel well. You should not come to the hospital if you've had any symptoms of illness within the last three days.
- ◆ Remind your loved one to be sure all medical staff wash their hands and put on new gloves in the patient's presence before providing care.

Union Hospital's Protect Our Patients program also provides information to help you prevent the spread of germs in your home and keep your family healthier.



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Ready to lose weight and keep it off?

Then consider the Lap-Band AP System, a healthy way to lose a significant amount of weight and enjoy long-term results. The Lap-Band AP System is a device placed around the upper part of the stomach — often as an outpatient procedure — to help you feel full faster and longer and without stomach cutting or stapling.

To learn more about this procedure, join Union Hospital and Tri-State Surgical Associates, LLC for a free seminar at Union Hospital on one of the following dates:

March 29 April 26
Call (410) 392-7000 to register.



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