

# good health



## New clinics offer specialized outpatient treatment

### *The Hand Clinic at Union Hospital — Relieving pain and restoring function*



You may not fully appreciate all that your hands do for you until pain or injury makes it hard to use them. The new Hand Clinic at Union Hospital provides specialized treatment of traumatic injuries, repetitive motion injuries and congenital problems of the hand, wrist and forearm.

Our goal is to restore as much use of the hand and wrist as possible. We also specialize in rehabilitation and rapid recovery from all common causes of hand pain.

Experienced, board-certified surgeons Razaullah A. Khwaja, MD, and Joseph J. Thornton, MD, staff the Hand Clinic. Contact your physician to be referred for treatment, and then call **(410) 392-7050** to schedule an appointment.

### *The Skin Lesion Clinic at Union Hospital — Saving lives with cancer screenings*

You don't have to be fair skinned or work outdoors to get skin cancer. Skin cancer can happen to anyone; in fact, it is now the most common cancer for 15- to 35-year-olds. However, with early detection, most skin cancers can be treated successfully. Checking your own skin is your first line of defense. Report anything new or any changes in moles or other spots you find to your doctor.

For lesions that are suspicious, the Skin Lesion Clinic at Union Hospital offers screening that can either rule out cancer or find it early when the disease is most treatable. Our clinic is designed to provide assessment and care for patients who have an identified problem or suspicious pigmented or non-pigmented lesions.

The Skin Lesion Clinic is staffed by surgeons Joseph Thornton, MD, and David Martini, MD, FACS. To make an appointment, call **(443) 674-1265**. This screening is covered by many insurance plans.



## Union Hospital is a Primary Stroke Center

About 795,000 Americans will suffer a stroke this year; and for every minute that treatment is delayed, the risk of permanent brain damage, disability or death increases. Knowing the symptoms of stroke and acting fast to get medical attention can save a life and limit disabilities for stroke victims.

Union Hospital has received designation as a Primary Stroke Center from the Maryland Institute for Emergency Medical Services Systems (MIEMSS). The re-accreditation, which is valid through 2014, was obtained after a surveyor from MIEMSS conducted an on-site review of our program. The key benefits of a Primary Stroke Center are that its medical staff stabilizes and treats acute stroke patients, provides initial acute care, and admits patients or transfers them to a comprehensive stroke center as needed.

Our goal is to keep our patients within the community. We take pride in this accomplishment and the knowledge that we provide outstanding care to our patients and our community.

### Know the symptoms

**Call 911 immediately** if you or someone with you experiences sudden symptoms such as:

- Numbness or weakness in the face, arm or leg, especially on one side of the body
- Confusion and difficulty speaking or understanding speech
- Dizziness and trouble walking
- Loss of balance or coordination
- Severe, unexplained headache
- Vision difficulties in one or both eyes

Though stroke can occur in anyone, people over age 55, men, African-Americans and those with a family history of stroke are at increased risk. Certain medical conditions — such as high blood pressure, atrial fibrillation, high cholesterol and coronary artery disease — all increase the risk of stroke. Smoking, being overweight or drinking too much alcohol are other risk factors.

Talk with your doctor about managing your medical conditions and making lifestyle changes that may help prevent stroke.



# State-of-the-art procedure provides a better surgical option for back pain

If you have back pain, you're not alone. Experts estimate that between 75 and 85 percent of us will suffer with back pain sometime in our lives. If back surgery is recommended, patients at Union Hospital can now choose a minimally invasive option that offers faster recovery and less risk than conventional surgery.

Pain caused by nerve pressure due to a herniated disc, commonly called a slipped disc, or spinal stenosis, which is a narrowing of the spinal canal caused by arthritis or other conditions, usually requires extensive spine surgery.

"Now these problems can be treated with a procedure known as endoscopically assisted microdiscectomy that is performed on an outpatient basis without the need for overnight hospitalization," says Frank J.E. Falco, MD, a Union Hospital surgeon and one of only a few physicians currently performing this minimally invasive spine surgery in Maryland.

The endoscopically assisted surgery requires a much smaller incision and produces less scar tissue and less postoperative pain than traditional spine surgery. "This procedure preserves important spinal structure, such as ligament, muscle and bone that are essential for normal spine function," says Dr. Falco. "Because there is less disruption of those tissues, patients can return to their normal activities sooner."

"I am very excited about the results that we are achieving from this minimally invasive surgical procedure," says Dr. Falco, "because it helps patients to have a normal, active and pain-free lifestyle without medication. Union Hospital is a great facility to be a part of because of their continuing commitment to support physicians in providing the latest and most innovative treatments for their patients."

Dr. Falco is available for appointments at Mid-Atlantic Spine, 101 Chesapeake Boulevard, Elkton, by calling (410) 392-3385. You can go to [www.midatlanticspine.com](http://www.midatlanticspine.com) to learn more about this minimally invasive spine surgery.

## Meet our newest physicians

### Lisa M. Breslow, DO, Family Practice



Family practitioner Lisa M. Breslow, DO, holds a medical degree from the Philadelphia College of Osteopathic Medicine and completed her family medicine residency at Crozer Keystone Health System.

Dr. Breslow provides primary care for patients of all ages at Union Primary Care, 111 West High Street, Suite 314, in Elkton. For appointments, call (410) 620-0545.

### Steven Breslow, DO, Family Practice



After receiving his degree from the Philadelphia College of Osteopathic Medicine, Steven Breslow, DO, served as chief resident in family medicine at Crozer Keystone Health System.

Dr. Breslow's office is at Union Primary Care, located at 111 West High Street, Suite 314, in Elkton. Appointments are available at (410) 620-0545.

### Jorge R. Uribe, MD, Gastroenterology



Jorge R. Uribe, MD, has joined Union Hospital's staff as a gastroenterologist. Dr. Uribe completed a residency in internal medicine followed by a fellowship in gastroenterology at Albert Einstein Medical Center in Philadelphia.

Dr. Uribe can be reached for appointments at Union G.I. Associates, 215 North Street, Suite A, in Elkton by calling

(410) 398-8888.

### Tariq Mahmood, MD, Neurology



Tariq Mahmood, MD, joins Union Hospital as a neurologist providing care for disorders of the nervous system.

Dr. Mahmood trained in both neurology and clinical neurophysiology at SUNY Upstate Medical University in Syracuse, NY.

Dr. Mahmood's office is located at 111 West High Street, Suite 309, in Elkton. For appointments, call Union Neurology at (410) 398-2436.

## Lifeline Medical Alert service provides independence and peace of mind

Choose a gift that can help your loved one maintain independence and feel comfortable about remaining at home — the Lifeline Medical Alert service. This industry-leading service can save the life of a senior, someone with a disability or anyone who lives alone by providing an easy way to call for help in the event of injury or illness.

Even more important, your gift of the Lifeline service — available through Union Hospital — can help to preserve a cherished way of life and provide peace of mind for you and your family member.

"Lifeline is the perfect gift for seniors because this service can help make life more secure every day," says Union Hospital Volunteer Coordinator and Lifeline Manager Jean Moran. "Besides seniors and the disabled, others who'd appreciate receiving Lifeline as a gift include new moms who may need help quickly while they are home alone with a baby or those who've had joint replacement surgery or other procedures and need security while they are recovering their mobility."

Union Hospital has offered the Lifeline Medical Alert service for over 20 years and now serve over 250 clients throughout Cecil, Harford and Kent counties. "The cost of Lifeline is very reasonable, and there are no long-term contracts to sign, so your gift can last only as long as it's needed," says Moran.

For more information about the Lifeline Medical Alert service, call (410) 392-7019 or e-mail [jmoran@uhcc.com](mailto:jmoran@uhcc.com).

# Community Health Education Programs – Fall 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 • November 17 & December 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 • November 30 &  
December 28, 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; 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 [www.uhcc.com](http://www.uhcc.com).

**Childbirth Education • \$100 per couple**  
**Five-week series begins**  
**November 4, 6:30 - 9 p.m.;**  
**Express Saturday class December 11;**  
**Express Split classes November 19 & 20**

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. 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**  
**December 4, 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.

**Infant Massage & Soothing Techniques**  
**\$20 per couple • December 13, 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**  
**December 4, 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. Both parents are encouraged to attend and tour the Maternal Infant Center with their little ones.



**Second Time Around Refresher Class**  
**\$20 per couple • November 15, 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 • November 30  
& December 28, 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 the resources you need to become an active participant in managing this season of your life.

**Caregivers Support Group • Free**  
**November 17 & December 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 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**  
**November 8 & December 13, 7:00 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**  
**November 9 & December 14, 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. **Call (410) 398-4000, ext. 1729, for an appointment.**

**Union Survival Circle • Free**  
**November 10 & December 8,  
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 you stay strong and positive. **For more information, call (410) 620-3710.**

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

This 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.**

## 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 40-years-old and 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 more information.

**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 more information.

**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 Cecil County Health Department provides FREE screening services to those Cecil County residents who meet eligibility criteria.

# Light up the holidays!

## Union Hospital presents A Gift of Lights for the holiday season

Here's your opportunity to brighten the holidays for our community by participating in A Gift of Lights sponsored by the 3<sup>rd</sup> and 4<sup>th</sup> District Auxiliary of Union Hospital.

Lights can be designated as a gift to memorialize or honor a loved one or special occasion. Your tax-deductible donation of \$10 per light will reflect your love for someone special as well as helping the hospital auxiliary raise funds for Union Hospital.

Bring your cameras for pictures with Santa and join us for the tree-lighting ceremony on December 3 at 5 p.m. on the Union Hospital campus.

Add your light to our holiday celebration. Complete this form and mail it with your Gift of Lights donation today.



### I want to add my light to the Gift of Lights celebration

My tax deductible cash gift or check in the amount of \$ \_\_\_\_\_ is enclosed. Minimum donation is \$10 per light.

My Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Please print clearly:

In Honor of/In Memory of: (Circle one)

In Honor of/In Memory of: (Circle one)

In Honor of/In Memory of: (Circle one)

Check One:

I do want my donation published  I do not want my donation published

**Please make your check payable to UHCC 3<sup>rd</sup> & 4<sup>th</sup> Auxiliary, mail to UHCC C/O Volunteer Department, Union Hospital, 106 Bow Street, Elkton, MD 21921.**

Donations are welcome through December 31, 2010.



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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.



106 Bow St.  
Elkton, MD 21921  
(410) 398-4000  
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**Visit us online at [www.uhcc.com](http://www.uhcc.com)**

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