

good health



The Wound Care Center at Union Hospital is now open

Bringing the latest technology in treating debilitating and life-threatening wounds to the community

Most of the time wound healing is a natural, uneventful process. Sometimes, however, a wound can be slow to heal becoming a complex medical problem that requires specialized treatment. If you suffer with a hard-to-heal wound, help is now available at Union Hospital's new Wound Care Center.



Our multidisciplinary team of medical professionals can help treat chronic, non-healing wounds.

Located at the hospital, this state-of-the-art outpatient center offers the latest technologies — including hyperbaric oxygen therapy — and proven clinical protocols along with a multidisciplinary team of medical professionals for treating chronic, non-healing wounds.

“We are excited to add this important program to our continuum of care,” says Kenneth Lewis, MD, JD, Union Hospital President and CEO. “Patients no longer need to leave Cecil County for advanced wound care and hyperbaric therapy. The center is supported by primary care physicians and specialists in vascular, general and plastic surgery.”

Nationally, approximately 7 million people suffer from chronic, non-healing wounds — a serious disorder that can lead to amputation of limbs and dramatically impaired quality of life. Non-healing wounds occur most frequently in the elderly and in people with diabetes — populations that are sharply rising as the nation ages and chronic diseases increase.

Union Hospital is proud to partner with Diversified Clinical Services, the nation's leader in wound management, to develop the center and bring advanced treatments for wound healing to our community.

To learn more about the center, please call **(443) 406-1825**.



Our Wound Care Center offers the latest technologies, including hyperbaric oxygen therapy.

Expanded endoscopy suite now offers colorectal cancer screening

Colon cancer is the second-leading killer among cancers that affect both men and women. Each year nearly 150,000 people are diagnosed and almost 50,000 die from this disease. However, according to the Centers for Disease Control, 30,000 of those deaths could have been prevented with colorectal cancer screening.

Regular screening is crucial because polyps and colorectal cancer may have no noticeable symptoms at first. Screening not only finds colorectal cancer early, when treatment can be very effective, it may also prevent the disease by finding precancerous polyps before they turn into cancer.

When should you be screened?

People with average risk should have regular colorectal cancer screenings beginning at age 50. Those with a family history of this type of cancer or a personal history of bowel disorders should talk to their physicians about starting screenings earlier. If you have any questions regarding your screening, be sure to ask your physician.

At Union Hospital, we've expanded our facilities to include a new endoscopy suite where we now provide colorectal cancer screenings. The new suite, which is adjacent to the Same Day Surgery Unit, includes two gastroenterology procedure rooms and two pre-op/prep rooms along with four recovery rooms and two recliners for step-down recovery. With this new suite, Union Hospital can serve more patients and ensure their privacy and comfort.

Union Hospital is proud to have gastroenterologists Rani Chintam, MD, Nader Dababneh, MD, and Irfan Din, MD, of Union G.I. Associates on our staff. If it's time for your colorectal cancer screening, speak with your doctor, or call Union G.I. Associates at **(410) 398-8888** for more information.

Endoscopic surgery may offer permanent relief of chronic sinus pain

If you suffer from sinus pain and difficulty breathing, you are not alone. According to otolaryngologist (ear, nose and throat specialist) David Martini, MD, FACS, approximately 35 million Americans experience symptoms of sinusitis including facial pain, headache, congestion, coughing, chronic sore throat and bad breath. “Chronic sinusitis can also adversely affect the ears, throat and lungs leading to serious health issues, such as hearing loss or decreased lung function among others,” says Dr. Martini.

Symptoms of sinusitis includes facial pain, headache, congestion, coughing, chronic sore throat and bad breath.

Sinusitis is a swelling of the inner lining of the sinuses that blocks nasal passages so the mucus inside can no longer drain out. When the mucus cannot drain, the pressure of the blocked fluid creates pain and impairs breathing.

“For many people,” Dr. Martini says, “sinusitis is a temporary condition that goes away with treatment for the allergy or infection causing the blockage. If symptoms continue without responding to medication, or if the symptoms are especially severe, surgery may improve or eliminate the causes of chronic sinusitis.”

The next step forward for sinus surgery

Dr. Martini now offers endoscopic sinus surgery, a safe outpatient procedure that is very effective for relieving chronic sinus pain or infection. In addition to removing blockages caused by sinusitis, endoscopic surgery is effective for correcting breathing difficulties caused by a physical blockage, such as a deviated septum or nasal fracture.

We also utilize an advanced surgical technology available called Stereotactic Sinus Surgery. Similar to a Global Positioning System (GPS) that gives you driving directions, this new technology uses 3-dimensional imaging that lets the surgeon view the sinuses in greater detail and navigate surgical instruments without an incision through the skin. “This new technology offers effective, lasting relief for many of those who suffer from chronic sinusitis, as well as a procedure that is safer for patients,” says Dr. Martini.

If medical and allergy treatment hasn't resolved your chronic sinus pain and congestion, endoscopic sinus surgery may be right for you. To schedule a consultation with Dr. Martini, contact the Chesapeake Ear, Nose and Throat & Facial Plastic Surgery Center at **(410) 398-6570** with offices located at 111 W. High St., Suite 303, in Elkton.



Dr. David Martini performs endoscopic sinus surgery, a safe outpatient procedure that is very effective for relieving chronic sinus pain or infection.

Don't put it off

Mammograms are now more comfortable at the Breast Health Center

Fear of pain leads to delaying or avoiding mammograms for many women. Now there's no reason to put off this important health screening because mammograms are now more comfortable at Union Hospital's Breast Health Center.

The Breast Health Center is a certified Pink Ribbon Facility, an elite group of breast care providers that share a commitment to raising the standard of care for every patient. We are proud to provide every woman with a softer, warmer mammogram using MammoPad,[®] which serves as a cushion between you and the most sophisticated digital mammography equipment.

In addition to comfort, our digital mammography provides higher resolution imagery, which helps detect breast cancer at its earliest and most curable stage — often before you or your doctor can feel a lump.

Despite the recent controversy over screening mammograms, the American Cancer Society still recommends an annual mammogram after age 40 for women with an average risk. If you have increased risk factors for breast cancer, such as a family history, talk to your doctor about an appropriate screening schedule.

To take advantage of the latest technology in breast cancer detection and comfort, call **(410) 392-7075** or visit us online at **www.uhcc.com**.



Dr. Hundal appointed as Cancer Liaison Physician

Union Hospital is proud to announce that Jagdeep Hundal, MD, FACS,

a board-eligible otolaryngologist (ear, nose and throat specialist), recently received a three-year appointment as Cancer Liaison Physician for the cancer program at the hospital.

As a Cancer Liaison Physician, Dr. Hundal will help collect and analyze data for the American College of Surgeons Commission on Cancer's National Cancer Database and help Union Hospital's cancer program staff use this information to continually improve the quality of patient care.

Community Health Education Programs – Spring 2010

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

April 21, May 19 & June 16, 5:30 - 7 p.m.

This program gives participants a chance 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 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 May 13 & June 24, 6:30 - 9 p.m. Express Saturday classes available April 24 & June 26. Express split classes available May 21-22. Call for more information.

This class provides 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**
June 5, 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
June 5, 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. Mothers will also be provided with a resource list and where to find help if needed.

New Additions • \$20 per couple
May 4 & July 6, 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 will include diapering, bathing, safety and more.

Infant Massage & Soothing Techniques
\$20 per couple • June 21, 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
May 3 & July 12, 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.



**Second Time Around Refresher
Class • \$30 per couple**
May 17 & July 19, 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**
April 27, May 25 & June 22,
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
April 21, May 19 & June 16, 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, 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
May 10 & June 14, 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**

May 11 & June 8, 7 p.m.

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

Look Good . . . Feel Better • Free
May 10 & June 14, 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

May 12 & June 9, 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.**

Breastfeeding 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.**

Early detection is
the key to treating
skin cancer



*Evaluations of skin lesions will
be available at Union Hospital*

Skin cancer is the most common form of cancer in the United States with more than 1 million new cases diagnosed annually. The good news is that early detection of skin cancer saves lives. When melanoma, the most serious form of skin cancer, is detected early, the survival rate is about 99 percent. Beginning in May, evaluations of skin lesions will be available in the Skin Lesion Clinic at Union Hospital for early detection of skin cancer and the peace of mind it can bring.

**Clinic hours are every Monday from
1 to 2 p.m.**

The Skin Lesion Clinic is staffed by plastic surgeons Lawrence Chang, MD, Joseph Thornton, MD, and Marc Scheiner, MD, and by facial and reconstructive surgeon David Martini, MD, FACS. Please call (443) 674-1265 to make your appointment. This evaluation is covered by many insurance plans.

Diet and exercise are not always enough

Learn about the LAP-BAND AP® System for surgical weight loss at Union Hospital's upcoming seminars

Being severely overweight not only affects how you look and feel, it can also affect how long you live. Those who are overweight have an increased risk of developing diabetes, heart disease, cancer and other life-threatening medical conditions. But studies show significant weight loss may improve — or even resolve — these conditions.

If you or someone you love is significantly overweight, you may be a candidate for the LAP-BAND AP System for surgical weight loss now available at Union Hospital and performed by the physicians of Tri-State Surgical Associates. Used in more than 500,000 procedures worldwide, this simple, reversible, surgically implanted device has safely helped severely obese adults successfully achieve and maintain long-term weight loss. Following the procedure, the average patient lost 1½ to 2 pounds per week and 50 percent of excess weight in the first year.

Unlike gastric bypass, the LAP-BAND AP System does not involve stomach cutting, stapling or intestinal rerouting. Using minimally invasive surgical techniques, the device is placed around the top portion of the patient's stomach to reduce stomach capacity and help the patient feel full with less food. The LAP-BAND AP System can be adjusted to increase or decrease stomach capacity depending on the patient. It is also reversible and can be removed at any time.

Join us for a free seminar

Learn more about the LAP-BAND AP System at one of our free seminars at Union Hospital. 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. Please call (410) 392-7000 for seminar dates and times.



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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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