

good health



## Union Hospital is now a Primary Stroke Center

According to the American Heart Association, someone in the United States has a stroke every 40 seconds. For stroke victims, any delay in treatment, such as the need to travel outside your community for care, could result in permanent disability or even death.

Fortunately, for local residents, the fast, top-notch treatment that's necessary to save lives and prevent disability is available close to home. Union Hospital was recently designated a Primary Stroke Center by the Maryland Institute of Emergency Service Systems. This designation demonstrates the hospital's commitment to meet the emergent needs of stroke patients through high-quality care and clinical excellence delivered by a comprehensive team of healthcare providers.

As one of 34 Maryland hospitals to receive this designation, Union Hospital had to demonstrate it has measures in place that allow for a more streamlined approach to caring for stroke patients. Our multidisciplinary stroke team — including the emergency department, imaging, information services, laboratory, nursing and pharmacy — follow best practice guidelines that ensure consistent, quality care for all patients.

### Stroke symptoms require fast action

When someone suffers a stroke, Maryland law requires that EMS ambulances bring the patient to the closest designated Primary Stroke Center, such as Union Hospital.

**Therefore, if you or someone with you experiences sudden stroke symptoms, call 911 immediately.** Symptoms of stroke include:

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



*Union Hospital's Stroke Committee was instrumental in helping us being designated a Primary Stroke Center*

## H1N1 flu facts

News reports about the H1N1 flu virus, also called swine flu, have often been alarming. However, in the United States, most cases of H1N1 flu have been mild, and medical experts say there's no reason for panic. Taking precautions to help prevent the spread of the virus is the best way to protect yourself and your family.

A vaccine for H1N1 flu virus should be available this fall. However, because initial supplies may be limited, experts recommend that these high-risk groups be vaccinated first:

- pregnant women
- people who live with or care for children younger than 6 months of age
- health care and emergency services personnel
- persons between the ages of 6 months through 24 years of age
- people from ages 25 through 64 years with chronic illness or compromised immune systems

The H1N1 vaccine will not prevent seasonal flu, so it's important to also be vaccinated against seasonal flu as well.

Preventing infection and the spread of H1N1 flu requires the same precautions as most other infectious diseases:

- Cover your nose and mouth with a tissue when you cough or sneeze
- Wash hands frequently and thoroughly
- Avoiding touching your eyes, nose or mouth
- Avoid contact with infected people
- Stay home if you are ill

Preparations are already underway at Union Hospital to provide care in the event of a significant H1N1 outbreak here. "We've begun conducting planning meetings across all departments of the hospital to prepare for the possible influx of patients," says Cheryl Hewlett, PhD, RN, Infection Control Practitioner. "Our goal is to keep those with the flu at home if at all possible and treat patients who need to be admitted with the least disruption to normal hospital operations."

# Cutting-edge urology care for our community

Residents of Cecil County and surrounding communities don't need to travel to get the latest care for urological problems. The urologists at Union Hospital provide cutting-edge medical and surgical expertise in urology procedures close to home.

Union Hospital and the urologists provide a broad range of medical and surgical urologic services — from simple office procedures to life-threatening emergencies — for conditions affecting the urinary and reproductive systems of men and women. Our areas of expertise include treatment for the following:

- Benign diseases of the prostate
- Prostate, bladder and kidney cancer treatment, both surgical and nonsurgical
- Evaluation and treatment of kidney stones
- Urogynecology, specialized services for women
- Sexual dysfunction and male infertility
- Other diagnosis and treatment options for urology conditions

Local residents needing urological treatment have access to the most advanced technology and latest surgical techniques, along with the personalized care you've come to expect from Union Hospital. Our board-certified urologists and staff work together to deliver exceptional care with the convenience of treatment that's available right in your community.

Union Hospital is proud to offer the services of experienced and highly skilled physicians Gary F. Harne, MD, FACS; Kenneth Woo, MD, FACS; and James Song, MD, FACS. Their office is located at 123 Singerly Avenue, Suite B, Elkton. For information or appointments, call **(410) 620-2244**.



Gary F. Harne, MD, FACS



Kenneth Woo, MD, FACS



James Song, MD, FACS

# New physicians join Union Hospital



## Neurologist Deepinder Singh, MD

Deepinder Singh, MD, provides comprehensive diagnosis and treatment of neurological disorders. Dr. Singh has completed residencies in Internal Medicine and Neurology and earned a Master of Public Health (MPH, Epidemiology). His office is located at 111 West High Street, Suite 105,

Elkton. For information or appointments, call **(410) 398-2436**.

## Electrophysiologist B. John Hynes, MD

B. John Hynes, MD, is an electrophysiologist, a cardiologist who specializes in the diagnosis and treatment of abnormal heart rhythms. Dr. Hynes' advanced training includes fellowships in both general cardiology and electrophysiology. His office is at 111 West High Street, Suite 314, Elkton.

For information, call **(410) 392-4414**.



## Our team of hospitalists

Union Hospital's hospitalists specialize in treating patients while they are in the hospital with continuous inpatient care on-site around the clock. Joining our hospitalists group are:



## Kerry A. Lecky, MD, MS

Dr. Kerry A. Lecky has completed both a residency in Family Medicine and internship in General Surgery. Before joining Union Hospital, she was a hospitalist on staff at Danville Regional Medical Center in Virginia.

## Cornelius Ope, MD, MBBS

Board-certified in Internal Medicine, Dr. Cornelius Ope completed his residency at Prince Georges Hospital in Cheverly, Md. He also has five years of experience as a hospitalist on staff at Mary Washington Hospital in Fredericksburg, Va.



## Tanmay V. Samant, MD

Dr. Tanmay V. Samant earned his medical degree at the Mahatma Gandhi Mission's Medical College in India and completed a residency in Internal Medicine at the New York Downtown Hospital in New York City.

# Helping cancer patients look better to feel better

Looking one's best is a great morale booster for all of us. But for cancer patients, the effects of chemotherapy, medications and radiation often make it difficult to feel attractive and confident.

At Union Hospital, helping cancer patients look their best is now part of the healing process. Face in the Mirror, a nonprofit organization based in Phoenix, Arizona, offers pampering beauty treatments and makeovers to cancer patients while they are in the hospital.

Union Hospital is the first hospital outside Arizona to partner with Face in the Mirror, an organization committed to the idea that helping patients look better can give them the morale boost they need to face the challenges of their disease. Barbara McLean, Founder-CEO of Face in the Mirror, says the goal of the organization is to make women feel whole again. "Some of these women have gone months without makeup or hair," she says. "It's amazing to see the transformation physically and emotionally."

Face in the Mirror at Union Hospital provides relaxing facials and makeovers, hand massages, a wig or scarf and other gifts that encourage and promote inner emotional and psychological healing for women in our community as they fight their personal battle against cancer.

For information, contact the Cancer Center at Union Hospital at **(410) 398-4000**.

# Community Health Education Programs – Fall 2009

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

### November is Diabetes Awareness

**Diabetes Eye Screenings • Free Screenings**  
Nov. 11, 9 a.m.

All adults with diabetes are welcome. Testing for diabetes-related eye disorders, vision, cataracts and glaucoma.

### Diabetes Foot Screening

Nov. 4, 1 - 5 p.m.

All adults with diabetes are welcome. Dr. Breck Laudenberger, podiatrist, will provide the screenings. **Pre-registration is required, so call (410) 392-7000.**

### American Cancer Society

**& Union Hospital Co-Sponsor • Free**

### “I Can Cope” Cancer Education Program

Sept. 23, Oct. 20 & Nov. 4, 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, classes held Thursdays, 6:30 - 9 p.m. Call for schedule.

Express Saturday classes available

Oct. 10 & Dec. 19.

Express Split classes available Nov. 13 & 14

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 8-10 weeks before your due date.

**Super Siblings • \$10 for one sibling, \$15 for two or more**

Oct. 3 & Dec. 5, 10 - 11:30 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.

### Breastfeeding Class • \$20 per couple

Oct. 3 & Dec. 5, 1 - 3 p.m.

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

### New Additions • \$20 per couple

Oct. 6 & Dec. 3, 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 current parents in need of a refresher. Topics will include diapering, bathing, safety and more.

### Infant Massage & Soothing Techniques

\$20 per couple

Call for dates, 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

Oct. 13 & Dec. 8, 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

### Caregivers Support Group • Free

Oct. 6, Nov. 3 & Dec. 1, 3 - 4:30 p.m.

This support 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

Oct. 12, Nov. 9 & Dec. 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**

Oct. 13, Nov. 10 & Dec. 8, 7 p.m.

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

### Look Good . . . Feel Better • Free

Oct. 12, Nov. 9 & Dec. 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

Oct. 14, Nov. 11 & Dec. 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 you stay strong and positive. For additional information, call (410) 620-3710.

### Breastfeeding Support Group • Free

Every Tuesday, 10 - 11 a.m.

This group is a 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

### 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 smoking cessation services to Cecil County residents, including nicotine gum, nicotine transdermal patch or Chantix,™ and Tools to Be Tobacco Free Stop Smoking Programs. Call (410) 996-5168 for more information.

### Colorectal Cancer Screening – It's Simple and It Saves Lives.

If you are over 50 or have a family history of colorectal cancer or polyps (mother, father, brother or sister), or have a personal history of polyps, inflammatory bowel disease, cancer of the colon, ovary or endometrium, or radiation therapy to the colon or rectum, you should talk with your health care provider or call the Cecil County Health Department at (410) 996-5168 as you may be eligible for a free colorectal cancer screening.



# Join the Race for the Ribbon on October 10

With increased screening and new treatments, we are making progress in the race to cure breast cancer. However, we haven't reached the finish line yet. Each year, more than 40,000 Americans still die from this disease.

The Race for the Ribbon, sponsored by Union Hospital and Tri-State Surgical Associates, will raise funds to benefit the Union Hospital Breast Health Center, which provides screening, diagnostic and treatment services, as well as education and support for women in our community.

The Race for the Ribbon begins at Union Hospital in Elkton on October 10. On-site registration begins at 7 a.m. and the race starts at 8 a.m., rain or shine. Advanced registration is \$20 if received by October 7. Registration at the event is \$25.

Whether you run or walk, you can help us get closer to the finish line in the race against breast cancer. Please complete the accompanying entry form with your payment today!



## 5K Fitness Run/Walk Entry Form

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Age day of race \_\_\_\_\_ Phone ( ) \_\_\_\_\_

**Please circle:** Sex M / F 5K Walk or 5K Run

**Your T-shirt size:**  S  M  L  XL  XXL

**Mail entry form and payment to:**  
Union Hospital Public Relations Department  
105 Bow Street \* Elkton, MN 21921  
Call for information: **(410) 392-7000**

### Make checks payable to: Union Hospital Foundation

In consideration of this entry being accepted, I, intending to be legally bound hereby for myself, my heirs, executors and administrators, waive and release any and all rights I may have against the sponsors, officials, contributors, organizers, volunteers and beneficiaries of the 5K Fitness Run/Walk to be held October 10, 2009, of any and all injuries suffered by me in said event. I attest and verify that I am physically fit and have sufficiently prepared for this event.

**Signature** \_\_\_\_\_

(Signature of parent or guardian if entrant is under 18)



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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  
**Rising Sun:** (410) 658-4757  
**Delaware:** (302) 731-0743  
**TDD:** (410) 398-5941  
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