



Health Beat

Smart Medicine | For Our Patients | For Our Community

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Winter 2012

A message to our community

Maryland General begins redevelopment



Maryland General Hospital (MGH) is in the process of redevelopment as a premier university-based community teaching hospital in partnership with

the University of Maryland Medical Center (UMMC) and School of Medicine (SOM). This is great news for the community we serve because it will allow us, along with our private physician partners, to provide an even broader range of high-quality health care.

Our redevelopment includes an expansion of UMMC/SOM clinical services to the MGH campus. Some of this expansion has already begun.

The University of Maryland School of Medicine Shock Trauma orthopedic surgeons, as well as other SOM surgeons, are now performing surgical procedures at MGH in our new OR suites, which opened last year.

Other UMMC/SOM clinical programs in the process of expanding to Maryland General include:

- ▶ Our 3 South Unit will be renovated to house an expansion of the SOM Department of Medicine and Infectious Disease programs.
- ▶ UMMC Family Practice will open an office in our Medical Office Building on Eutaw Street.
- ▶ A new ambulatory care facility is planned for our campus, to include metabolic services, infectious disease, family practice, surgery and other services.

As part of our redevelopment, we'll also have a new name. We're just starting the process of considering naming options and are conducting interviews and focus groups with Maryland General leaders, physicians and employees. We are also interviewing members of the community, including faith-based leaders, the mayor, our state and local representatives, community associations, and other partners to get their thoughts.

This redevelopment will do many good things for our community. It will expand the already strong clinical capabilities we provide to better serve the people who rely on us. It will also reinforce our close ties to the University of Maryland Medical Center and School of Medicine, and the high-quality services our physicians, nursing staff and employees deliver every day.

Sylvia Smith Johnson
President and CEO

Sail into PORTfolio



One of the most important tools we can use to provide the best possible care for our patients is information.

Last year, Maryland General set sail on an exciting initiative that will transform how we gather, store, access and share each patient's medical information.

Portfolio, the electronic medical record (EMR) system, will support a more comprehensive and timely flow of information throughout Maryland General and, eventually, the entire University of Maryland Medical System. The Portfolio system brings together all the important patient

information, including: ▶ Patient registration ▶ Scheduling ▶ Billing ▶ Clinical documentation ▶ Physician ordering

Quick access and the ability to share patient information will anchor our ongoing commitment to continually improve patient safety and the quality of care we deliver.

With Portfolio, we are charting a course that will allow us to make important gains in quality and efficiency as part of our continued commitment to you, our patient. Look for more information in the coming months about the Portfolio project.

5 ways to protect your heart

By making wise choices and keeping your doctor in the loop, you can help protect yourself against the No. 1 health threat to women and men: heart disease. So open your heart to these five ideas:

1. Drop by your doctor's office. Tests, such as blood pressure checks and cholesterol screenings, can help your doctor measure your risk of heart disease. Be sure to schedule a checkup, and make it a routine.


2. Fuel up for your heart. A heart-healthy diet includes eating plenty of fruits, veggies and whole grains and cutting back on artery-clogging cholesterol and fat. To help limit unhealthy fat, put away the frying pan and give low-fat or fat-free milk and lean meats a try.

3. Step away from the couch. A sedentary lifestyle boosts your risk for heart disease and some of the health problems that contribute to it. Avoiding the computer or TV after work

may help you find the time you need for heart-healthy workouts, such as 10-minute sessions of brisk walking or cycling. Aim to work these short bouts into your daily schedule so that you get at least 2½ hours of exercise a week.

4. Watch your weight. Oversized portions and high-calorie foods are some of the culprits that contribute to excess weight and raise your risk of heart disease. But even if you have some pounds to shed, take heart: Tipping the bathroom scale even a little in the weight-loss direction helps improve heart health.

5. Commit to quit. Yes, quitting smoking is difficult—but you can do it. If you stop now, you'll cut your risk of heart disease dramatically in just one year. To get helpful advice on

 quitting, call **800-QUIT-NOW (800-784-8669)**.

Source: American Heart Association

February is American Heart Month, so take time to get on track to better heart health. For more information or to schedule an appointment with a Maryland General Hospital cardiologist, call 410-225-8450.

Cold weather and your heart

Winter weather can put a real strain on your ticker.

Winter conditions often require physical exertion, such as shoveling snow or wading through wet, heavy drifts. That level of activity can be risky if you're not in good physical shape.

So if you have heart disease, it pays to be extra careful when venturing out in frigid weather. Get your doctor's advice about what kinds of activities you can do out in the cold. And keep these tips in mind:

- ▶ Wear layers of clothing, including a hat or scarf and warm gloves and footwear.
- ▶ Don't drink alcohol before heading outside — it causes you to lose body heat more quickly.
- ▶ Work slowly and avoid sudden exertion.

Sources: American Heart Association; Centers for Disease Control and Prevention



Wound healing center opening at MGH

Center will offer leading-edge treatments for difficult wounds

There are many types of wounds that can damage the skin: abrasions, lacerations, rupture injuries, punctures and penetrating wounds.

Many wounds are minor and require only local first aid, like cleansing and applying a bandage.

Some wounds, however, are deeper and need medical attention to prevent infection and loss of function due to damage to underlying structures like bones, muscles, tendons, arteries and nerves.

Wounds that do not heal within 30 days are often related to underlying medical conditions and, if left untreated, could cause serious or permanent damage. These types of wounds require specialized care.

In March 2012, a wound healing center will open at Maryland General Hospital to offer highly specialized wound care and treatment of advanced conditions that have not responded to previous treatment.

The state-of-the-art outpatient center will include negative pressure wound therapy, bio-engineered tissues, biosynthetic dressings and growth factor therapies. The wound healing center will also offer hyperbaric oxygen therapy (see story at right).

The physicians, nurses and technicians at Maryland General's wound healing center have been trained in the latest therapeutic methods in wound management. They received specialized training at the National Healing Institute at Ohio State University.

For information, call **1-855-866-HEAL (1-855-866-4325)**.

Oxygen at work

A healing therapy for problem wounds

Breathe in, breathe out—we all need a steady supply of oxygen to live. But there can be times when oxygen in more concentrated doses can help a body heal.

A medical treatment called hyperbaric oxygen therapy (HBOT)—often used for wound care—increases the level of oxygen in the body and aids in the healing process.

To receive HBOT, you lie down inside

Baltimore Community Health Needs Assessment

Help us build a healthier Baltimore by taking this Community Needs Assessment Survey. This information will help us provide much-needed outreach and wellness programs in the area, keeping you and your family as healthy as possible. Your responses to this survey are confidential.

1. What is your ZIP code?

2. What is your age?

- Younger than 18
- 19 to 24
- 25 to 30
- 31 to 40
- 41 to 50
- 51 to 60
- 61 to 65
- Older than 65

3. What is your race or ethnicity?

- African American
- Asian/Pacific Islander
- Caucasian
- Hispanic
- Other (please specify):

4. What do you believe to be the biggest health problems in Baltimore today? (Please check all that you think apply.)

- Asthma and other lung diseases
- Cancer
- Dental health (tooth decay, cavities, etc.)
- Diabetes
- Heart disease
- High blood pressure and stroke
- HIV
- Injuries

- Limited access to health care or no health insurance
- Mental health issues (depression, anxiety, etc.)
- Overweight and obesity
- Sexually transmitted infections
- Smoking and drug and alcohol abuse
- Sudden infant death syndrome (SIDS)
- Traffic accidents
- Other

If you checked "Other," please tell us what you think:

5. What do you think are the problems that keep you or other Baltimore residents from getting the health care they need? (Please check all that you think apply.)

- No health insurance
- Too expensive/can't afford it
- Couldn't get an appointment with my doctor
- No transportation
- Doctor is too far away from my home
- Service I need is not available in the city
- Local doctors are not on my insurance plan
- Other

If you checked "Other," please tell us what you think:

6. Do you have any ideas or recommendations to help decrease the health problems in the city or to solve the problems with access to health service?

Thank you for your help in our review of the community's health status and unmet health needs.

Thank you!

You can help!

It's easy to help!

- 1** Remove and complete the single-page survey.
- 2** Fold the survey along the lines, keeping the mailing information on the outside.
- 3** Tape the folded survey closed.
- 4** Drop it in the mail no later than February 3, 2012!

www.marylandgeneral.org

Please tape shut before mailing ↑



Fold on dotted line ←→



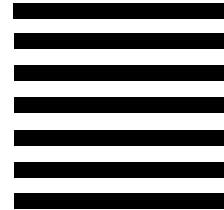
BUSINESS REPLY MAIL

FIRST-CLASS MAIL PERMIT NO. 6470 BALTIMORE, MD

POSTAGE WILL BE PAID BY ADDRESSEE

MARKETING DEPARTMENT, GATCH BUILDING
MARYLAND GENERAL HOSPITAL
827 LINDEN AVE.
BALTIMORE MD 21298-3309

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



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Help us build a healthier Baltimore!

Maryland General Hospital is dedicated to our community's health. And you can help! Your feedback will help us provide much-needed outreach and wellness programs in the area, keeping you and your family as healthy as possible.

Simply complete this survey and return it via mail no later than February 3, 2012. Rest assured that your feedback will remain confidential—no name or identification is required to return the survey.

Thank you for doing your part to support our community's health.



Cut, fold and mail

When a wound won't heal

Time heals all wounds, they say. Unfortunately, that's not always true. Sometimes people get wounds that may not heal on their own. In those cases, special care can help the healing process.

What is a chronic wound? A chronic wound is a wound that doesn't heal normally on its own. Many factors can keep a wound from healing, including infections, not getting the right nutrition and health problems such as diabetes.

Pressure ulcers (bedsores) and diabetic ulcers are common causes of chronic wounds. Pressure ulcers occur when skin and soft tissue are damaged by being pressed between bone and a surface that is touching the body, such as a mattress. People who can't move around or who have to stay in bed for a long time are at an increased risk of getting pressure ulcers. Certain medical conditions, such as diabetes, can also increase risk.

People who have diabetes may also

get ulcers on their feet. These open sores or wounds usually form for more than one reason, including poor circulation and not having feeling in the feet. High blood glucose levels lessen the body's ability to heal itself and increase risk of infection. Vascular disease can make the ulcer more complicated to treat because of poor blood supply to the affected area.

Any breaks in the skin from abrasions, ulcers or incisions can allow an infection to develop.

Infections in wounds can spread to the bloodstream and other organs. Serious infections can involve the whole body and require intensive care—and may even lead to organ failure or death.

Treatments are available. Treatments for infected wounds vary depending on the kind of wound, its cause and the degree of infection.

Treatments include:

- ▶ Debridement—removing dead skin and tissue from the wound
- ▶ Application of special dressings used to absorb drainage and promote healing
- ▶ Surgical interventions, including skin transplantation

Hyperbaric oxygen therapy is another option. It involves breathing pure oxygen while in a sealed chamber that has been pressurized at up to three times normal atmospheric pressure. For a referral to a physician who can help you with a wound that won't heal, call **410-225-8400**.

Source: American Medical Association

a plastic tube about 7 feet long. A clear cover seals you inside the tube, and the chamber is gradually pressurized with pure oxygen.

Providing oxygen at a higher atmospheric pressure than normal increases the oxygen level in your blood and tissues.

The Undersea and Hyperbaric Medical Society has approved HBOT for the treatment of:

- ▶ Problem wounds, including diabetic

and nonhealing traumatic wounds and skin infections

- ▶ Skin grafts and skin flaps
- ▶ Gangrene
- ▶ Decompression illness
- ▶ Carbon monoxide poisoning

HBOT is often offered as part of an overall treatment plan, and the new wound healing center at Maryland General will offer this therapy. Talk to your doctor about whether this therapy is right for you.

Ask your doctor about the new wound healing center opening at Maryland General Hospital in March 2012. For more information, call 1-855-866-HEAL (1-855-866-4325).





More locations for you


Superior care, convenience and community connection are our commitment to you. Linden Medical Group offers more than access to a primary care physician; we offer a stronger doctor-patient relationship.

Our physicians take the time to understand your medical history and needs, and focus on preventive care and care for minor injuries and chronic health issues. When you need specialty care, Linden Medical Group connects you to an extensive network of specialty physicians.

Primary care

▶ **Armory Place**
827 Linden Ave.
 Baltimore, MD 21201
410-225-8800

▶ **Bolton Hill**
1501 W. Mount Royal Ave.
 Baltimore, MD 21217
410-225-8855


▶ **Heritage Crossing**
312 Martin Luther King
Jr. Blvd., Suite 302
 Baltimore, MD 21201
410-225-8855

NOW OPEN

Specialty care

For referrals, call 410-225-8400.

Community Health Education Center

Free screenings for blood pressure, cholesterol, diabetes, pregnancy and prostate problems. Call  410-225-2000.

Linden Medical Group opens new office

Linden Medical Group recently opened its third location in the growing Heritage Crossing neighborhood. The new office is located at 312 Martin Luther King, Jr. Blvd., Suite 302.

“Maryland General Hospital has a long history of working to keep our community healthy,” says Sylvia Smith Johnson, Maryland General Hospital president and CEO. “A major part of that is making it easier for people to get the health care they need, especially as awareness of the positive impacts of preventive medicine increases. We saw an opportunity to improve access to care in the Heritage Crossing community, and that’s why we chose to open another Linden Medical Group office in that area.”

The Heritage Crossing location offers a full range of services, including:

- ▶ Preventive care, such as checkups, flu shots and other immunizations
- ▶ Care for minor illnesses and injuries
- ▶ Health screenings to catch common problems early


- ▶ Ongoing management of chronic health issues such as heart disease, diabetes and asthma

Through its relationship with Maryland General Hospital, Linden Medical Group will also offer the patients at its Heritage Crossing location access to specialty services, including: ▶ Breast health ▶ Behavioral health ▶ Cardiology ▶ Dermatology ▶ Diabetes and endocrinology ▶ Gastroenterology ▶ General surgery ▶ Geriatrics ▶ Infectious diseases ▶ Nephrology ▶ Neurology and pain management ▶ Obstetrics and gynecology ▶ Ophthalmology ▶ Orthopedics ▶ Otolaryngology ▶ Reconstructive and plastic surgery ▶ Urology ▶ Vascular health

Jorawar Singh, MD, will lead the new office, which features eight exam rooms and an on-site lab.

The Heritage Crossing office joins two other Linden Medical Group offices—Bolton Hill and Armory Place (on the campus of Maryland General Hospital).

For more information, visit

 www.marylandgeneral.org/family or call 410-225-8855.

How can you tell if you have diabetes?

Statistically, when you find yourself together with two friends, one of you will be at high risk for type 2 diabetes. Could it be you?

It's a question worth asking because diabetes is increasingly common—and it has a serious effect on your health. Complications of diabetes can include blindness, kidney failure, heart disease and amputations. Furthermore, you can have diabetes without even knowing it.

Many people have diabetes but don't know it. If you notice any symptoms of the disease, see your health care provider right away.

Symptoms of diabetes include:

- ▶ Going to the bathroom often
- ▶ Feeling hungry, thirsty or tired all the time
- ▶ Blurred vision
- ▶ Unusual weight loss
- ▶ Tingling or numbness in the hands or feet
- ▶ Cuts or bruises that are slow to heal
- ▶ Frequent or recurring infections

If you have symptoms, talk to your doctor about being screened.

Tests can reveal if you have diabetes or prediabetes, a precursor to the disease which signals that diabetes may be in your near future.

Get screened. The Community Health Education Center on the campus of Maryland General offers FREE diabetes screen-



ing. For information, call **410-225-2000**.

Diabetes services. If you do have diabetes, the University of Maryland Center for Diabetes and Endocrinology at Maryland General Hospital is here to help. Our services include:

- ▶ Diabetes medical management
- ▶ Complication screening, prevention and treatment programs
- ▶ Medication management and insulin injection techniques, including insulin pump therapy
- ▶ Home blood-glucose monitoring
- ▶ Continuous glucose monitoring system
- ▶ Medical nutrition therapy and meal planning
- ▶ Gestational diabetes program
- ▶ Foot care



- ▶ Diabetes and nutrition education

If you or a loved one think you may have diabetes, or if you've already been diagnosed, call today



to schedule an appointment: **443-552-2960**.

Sources: American Diabetes Association; National Diabetes Information Clearinghouse



3 quick questions about colorectal cancer screening

Q. Who needs screening?

A. If you're age 50 or older, you do. But people at higher risk should start sooner. Ask your doctor what's best for you.

Q. What tests are available?

A. Several, including:

- ▶ **Colonoscopy.** A thin tube tipped with a tiny light and camera is threaded through the entire colon, allowing your doctor to see and

remove polyps or biopsy other problem spots.

- ▶ **Sigmoidoscopy.** A similar test to colonoscopy, but only the lower portion of the colon is examined.
- ▶ **Fecal occult blood test (FOBT).** A lab test to find hidden blood in the stool, which may indicate cancer.

Q. How often are tests needed?

A. Usually, colonoscopies are

repeated every 10 years, sigmoidoscopies every five years and FOBTs yearly.

March is Colorectal Cancer Awareness Month. Maryland General Hospital's board-certified gastroenterologists use high-definition, state-of-the-art equipment.

To find a Maryland General Hospital GI physician, call **410-225-8400**.



Because we care | *Community calendar of classes and events*



Maryland General Hospital offers a variety of health screenings and educational classes at the hospital and at locations throughout the community.

free *Blood Pressure, Cholesterol, Diabetes and Prostate Screenings*

Monday through Friday
8 a.m. to 4:30 p.m.
Community Health Education Center (CHEC), 821 N. Eutaw St., Suite 107

CHEC also provides free screenings at health fairs and community-sponsored events throughout Baltimore. Call **410-225-2000** for dates, times and locations.

free *Pregnancy Tests*

Monday through Friday
8 a.m. to 4:30 p.m.
Community Health Education Center (CHEC), 821 N. Eutaw St., Suite 107
Call **410-225-2000**.

free *Eye Screening Program*

Screenings for glaucoma, diabetic eye disease, cataracts, retinal diseases and diseases of the eyelids. Ages 55 and older. Call **410-225-8223** for dates, times and locations.

free *Vascular Screenings*

Call **443-552-2900** for dates, times and locations.

free *Rapid HIV Testing*
HIV Clinic, 827 Linden Ave.

Knowing your HIV status is important. Call **410-225-8369** for an appointment.

free *Dialysis Support Group*
Wednesdays, 9:30 to 10:30 a.m.

Behavioral Health Center at MGH
821 N. Eutaw St., Suite 413
Call **410-462-5767**.

free *Prenatal and Childbirth Classes*

Maryland General Hospital, 827 Linden Ave.

Taught by our nurse-midwives. Call **410-225-8991** for dates and times and to register.

free *Great Expectations*

Share your great expectations with us. Learn about your journey into motherhood, tour our Obstetrics Center, meet our staff and learn why Maryland General Hospital is the place to have your baby. Refreshments and a baby shower gift are included. Call **410-225-2000** for dates, times and locations.

Diabetes Education

University of Maryland Center for Diabetes and Endocrinology at Maryland General Hospital

The Diabetes Education Program offers individual counseling and group education to people with diabetes about:

- ▶ Making healthier food choices
- ▶ Individual meal planning
- ▶ Knowing how your medications work
- ▶ Understanding your blood sugar (blood glucose) numbers
- ▶ Learning about proper foot, dental and eye care
- ▶ Managing sick days with diabetes

For more information, call **443-552-2960**.

Finding a doctor is easy!

Looking for a primary care physician or a specialist? Maryland General Hospital is *your* community hospital. We care about you and your family. Our extensive network of physicians offers expert medical care in more than 30 specialties.

Call the Maryland General Physician Referral Service at **410-225-8400**, Monday through Friday from 8:30 a.m. to 4:30 p.m., to find a physician that is right for you. You can also visit

www.marylandgeneral.org and click on "Find a Doctor."

