



WASHINGTON COUNTY  
HOSPITAL

# HEALTH FOCUS

SPRING | 2006



Special Care for  
**Special  
Deliveries**

**Battling  
Back Pain?**

Relief Could Be Just  
Around the Corner

**Colonoscopy**  
—It Could Save Your Life

a word from the

# CEO

## Dear Washington County Hospital Friend,



Responsiveness to need. Excellence in caring. Respect for all. These nine words sum up Washington County Hospital's pledge to provide the very best healthcare we can for the residents of the tri-state area.

Being responsive to healthcare needs comes first in all we do. Whether we're talking about one patient or an entire community, we want to meet your individual needs.

We are working every day to bring you the best in healthcare. The hospital is providing new services that will improve your access to medical care professionals and advanced equipment. For example, in February we opened the special care nursery, where the tiniest of babies get the best of care. You can read more about our specially trained doctors and technologies in this issue of *Health Focus*.

We have also opened a brand new Urgent Care on Pennsylvania Avenue in the Sylvania Building. We hope patients with minor illnesses or injuries—such as colds or minor cuts and sprains—will use it instead of the hospital's emergency department. That will shorten the length of time patients have to wait for treatment in the emergency department.

However, there are more medical care needs for our community than we can provide at our current facility. So, we are planning to build a replacement hospital at the Robinwood Medical Center. There is so much we can offer you in a new facility—an expanded emergency room, improved inpatient rooms, state-of-the-art medical technologies, and more—that we cannot offer at our current site.

As you know, progress on the new building has been slow. Special interest groups in our community have opposed the new hospital—right from the start. But, we won't give up. We plan to stay the course until you have the best healthcare we can provide.

While we're working diligently towards a new regional medical center, we will continue to offer programs that meet your needs as efficiently and effectively as we can. You can count on us to do our best for you today and tomorrow, because the future of healthcare in our community depends on it.

With best wishes for your good health,

Sincerely yours,

James P. Hamill  
President and CEO

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2

Washington County Hospital



### WASHINGTON COUNTY HOSPITAL

*Health Focus* is published by the public relations department at Washington County Hospital. This publication in no way seeks to diagnose or treat illness or to serve as a substitute for professional medical care. Please see your physician if you have a health problem.

If you have ideas, comments or suggestions for future *Health Focus* articles, e-mail [theriaum@wchsys.org](mailto:theriaum@wchsys.org) or send them to:

Washington County Hospital  
Attn: Public Relations Department  
251 East Antietam Street  
Hagerstown, MD 21740

## Four Steps to Fitness This Spring

While some tri-state region residents spent the winter on the slopes or in the gym, others took a vacation from exercise and healthy eating. If you're part of the latter group, follow these steps to ease back into exercise this spring.

**1. Set clear goals**, which will help determine the level of exercise you need, whether you're trying to develop a healthy lifestyle, lose weight or train for a marathon.

**2. See your doctor**, who can identify any potential problems or concerns that might affect your ability to exercise. She might also suggest certain exercises based on your health or any medical conditions you may have.

**3. Select an activity you enjoy**, such as bicycling, swimming, rollerblading, dancing or playing tennis.

**4. Stick with it.** Once you get started, keeping yourself motivated can be a challenge. To help ensure you don't give up, buy yourself a new athletic wardrobe, work out with a friend or record your endurance or weight-loss results in an exercise journal.



# The Upper Hand on Lower Back Pain



Photo: Kyle Haught

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3

Washington County Hospital

If you've ever felt pain radiating through your lower back, you're not alone. In fact, nearly 31 million Americans are currently plagued with lower back pain, while as much as half of the American population complain of it at least once a year.

"After colds and coughs, lower back pain is one of the most common health problems people experience," says Mahesh Krishnamoorthy, MD, internal medicine specialist with Robinwood Internal Medicine. "If not treated properly, lower back pain can be disabling, leading to work absenteeism and interfering with daily activities."

## Prevent It

Despite the relief modern medicine offers for back pain, the best treatment continues to be prevention. By practicing


proper posture and lifting techniques, as well as maintaining a healthy weight, you can take a big step toward protecting your back for years to come.

"I recommend people take a proactive approach to prevent lower back pain," Dr. Krishnamoorthy says, "because small steps can make a big difference."

## Fix It

For new onset of lower back pain that doesn't disrupt your daily routine, Dr. Krishnamoorthy says the best treatment may be rest (no more than two days), ice, and over-the-counter pain medications. If the pain is severe or disabling or it radiates to the legs, seek medical attention immediately. A range of diseases—including some serious conditions—can result in back pain, so finding the underlying cause of

your back pain is important.

As far as treatment for low back pain is concerned, physical therapy, prescription medications, and procedures including surgery are available to get your pain under control. For many patients, appropriate treatment has led to satisfactory relief of back pain so they can continue to live a productive life. 

## Wanted: Your Ideas

A reader of *Health Focus* asked to learn more about lower back pain, and the story on this page is the result. Now it's your turn. If there's a topic you want to see covered in future issues of *Health Focus*, please send it to [theriaum@wchsys.org](mailto:theriaum@wchsys.org), or call (301) 790-8663.



## Volunteerism: A Powerful Choice

They give of their time, talents, and resources to ensure the success of the Antietam Healthcare Foundation, and ultimately the continued healthcare that our community has come to know and trust.

From facilitating the annual Crystal Ball and the ever-popular Festival of Trees to folding mailers and answering telephones, more than 200 volunteers of the Antietam Healthcare Foundation are the power behind this important organization. To honor the many individuals who volunteer, the foundation recently created The Harrison Society.

Named after longtime volunteer Lois Harrison, The Harrison Society honors individuals who have led

**“Giving of time and treasure is very important to our community. I am honored to be included in The Harrison Society that supports these values.”**

—Michael Day, Harrison Society inductee and chairman of the Antietam Healthcare Foundation Board of Directors

special projects on behalf of the foundation and have demonstrated long-term commitment to furthering its mission. Individuals who are chosen for induction into the society have been involved with the foundation for more than 10 years and have served in multiple capacities.

### A Benchmark for Excellence

“Since the early 1960s, when Mrs. Harrison joined the Washington County Hospital Auxiliary, her dedication to the hospital and to the well being of our community has been a constant source of strength as the health system moves forward,” says James P. Hamill, president and CEO of Washington County Hospital.

This year, The Harrison Society welcomed its first members—**Michael Day, Marjie Hobbs, and Bob and Sukey Rankin**. These four individuals portray the dedication, selfless spirit, and compassion Mrs. Harrison so humbly embodies and sets forth as an example for all volunteers to follow.

“Lois Harrison is a dear friend of mine and such a tremendous person,” says Marjie Hobbs. “I am honored to be named with the others who were chosen, and for doing something that I enjoy. The foundation plays

a vital role in helping Washington County Hospital maintain a high standard of excellence.”

### A Source for Success

The members of The Harrison Society and the many other volunteers make it possible for the Antietam Healthcare Foundation to carry out its work on behalf of Washington County Hospital.

“We wouldn’t exist without the commitment, talent, and expertise of these individuals,” says Sandra Pollack, executive director of the foundation. “We are grateful for their involvement and for all that they do.”

**“My wife, Sukey, and I, believe in a strong community and building a strong community begins right here. That’s why we have been supporting the foundation—each in a way that matches our personal interests. It’s always been our goal to encourage others to get involved, and I think The Harrison Society will prompt others to follow.”**

—Bob Rankin, Harrison Society inductee and co-chair of *It’s About Our Health, It’s About Our Future* campaign



Photo: Dale Svoege

James P. Hamill (second from right), Washington County Hospital president and CEO, congratulates Michael Day, Bob Rankin, Sukey Rankin, and Marjie Hobbs on their induction into The Harrison Society.

# the Foundation

## Businesses Give Back

From large corporations to small, family owned businesses, the Antietam Healthcare Foundation is grateful for all of its corporate sponsorship and support. Here are three examples of the almost 400 corporate donors working closely with the foundation.

**Kline Associated Roofing Contractors Inc.**, is a family-owned commercial roofing contractor that supports the Antietam Healthcare Foundation through various means, including the Tree of Lights, Festival of Trees, the annual golf tournament, as well as participation in hospital employee banquets.

“I was born and raised in Hagerstown,” says Ken Kline, executive vice-president of Kline Associated Roofing Contractors. “My wife, Barbara, and I feel that healthcare is an essential piece of our community—we have two children and three grandchildren, and we need our excellent health system to remain that way.”

**Susquehanna Bank** was proud to serve as the Guiding Star sponsor of

the 2005 Festival of Trees, and to have its employees join together to decorate a tree entered in the community-wide competition for the event.

“We were looking for an event that would give us prominence in the regional area while benefiting the community,” says Jim Pierne, chairman, president, and CEO of Susquehanna Bank. “The Festival of Trees was an excellent match for us because the proceeds are being used to fundamentally improve the healthcare in the community, especially for newborns through the special care nursery.”

“We thought the investment was well worth it, especially when you consider the value of the overall exposure and publicity we received,” says Matt Weaver, vice president of marketing at Susquehanna Bank.

After establishing a new store in Boonsboro, **Weis Markets** continued its tradition of supporting healthcare providers.

“We wanted to support the healthcare organization people most often turn to when they need medical care—and Washington County Hospital clearly stood out for the people of Boonsboro and Hagerstown,” says Norman S. Rich, Weis Markets president and CEO. “Equally important was the fact that their growth program aligned with our focus on women’s and maternal services.”

“We work hard to be a good neighbor,” Rich adds, “and this partnership helps us do just that.”

For more information on becoming a corporate donor or sponsor, call (301) 790-8631. [H](#)

## Giving Comes in All Sizes

No matter what the size of the donation is, the support of the many businesses in our community makes a significant difference in the work of the foundation.

Often, it’s the creative approach to their support that enables many businesses to leave their imprint on the future of healthcare. These donors felt a strong need to support quality healthcare in the region but were unsure about what contribution they could make.

Through conversations with staff and volunteers, they discovered unique ways to contribute. Take a look at how two of our donors have made a difference.

With a remarkable talent for confections, **Hub City General Store** donated specialty chocolates to enhance the foundation’s events with guest favors, desserts, and donated products for sale with all proceeds to benefit the new nursery.

Always willing to help staff

members solve problems with innovative ideas, **Office Suppliers, Inc.**, has supported the foundation’s work since 1995 through generous cash contributions, countless hours of volunteer service, and in-kind donations.

Because of all the volunteer hours, contributions, and ways these and the many other companies work, the true value of their support is immeasurable—and for that we say thank you. [H](#)

# Special Care for Special Babies

When you welcome a new baby into your family, you want her to have the best care possible. Thanks to the new special care nursery at Washington County Hospital, we're even more equipped to care for our tiniest patients.

Babies who are premature or born with a wide variety of conditions such as jaundice, infections, and mild respiratory problems often need extra medical attention. To meet the needs of these special patients, Washington County Hospital recently opened a six-bed special care nursery.

"We deliver more than 1,900 babies each year, and until now about 175 of those babies had to be transferred to Baltimore for more advanced care than we could provide," says Jody Bishop, RN, BSN, administrative director for women's

and children's services. "By bringing this nursery to the area, we made it possible for babies to get the care they need while keeping their families together."

## Advanced Level of Care

The special care nursery at the hospital is staffed 24 hours a day, seven days a week by a team of board-certified neonatologists and advanced nurse practitioners who specialize in the treatment of babies with complex medical conditions. The neonatologists are on hand to assist with any high-risk

deliveries that could result in problems for the babies, and also to perform traditional pediatrician duties in the nursery. Their knowledge—combined with the state-of-the-art technology available in the nursery (see "Modern Technology for Tiny Miracles" on page 7)—has taken care at the Family Birthing Center to the next level.

"Having a special care nursery here in Hagerstown means premature and sick babies can get an extra level of attention and medical care close to home while they recover," says Madhu Nigam, MD, neonatologist on staff at the hospital. "This will allow families to be with their little ones much more frequently and to actively participate in their care."

Parents of infants in the special care nursery are involved from the first day of their baby's life so a smooth transition can be eventually made from the nursery to the home.

"You don't always know when a baby is going to have problems or need an additional level of care," says A. Kimberly Iafolla, MD, neonatologist on staff at the hospital. "Having the special care nursery and the advanced medical staff within the building at all times gives these babies access to the best treatment available in the area."

For more information about the special care nursery at Washington County Hospital, call (301) 790-8345. [H](#)



# Modern Technology for Tiny Miracles

Washington County Hospital is investing in leading-edge technology in its new special care nursery for babies who need extra care.

It takes a skilled, compassionate medical team to care for babies born prematurely or with special challenges. It also takes state-of-the-art equipment specially designed for these newborns—which is exactly what you'll find at the new Washington County Hospital special care nursery.

Here are some of the latest technologies available at the new special care nursery:

- **Infusion pumps**—These pumps are used to inject medications, nutrients or fluids into a baby's circulatory system.

This can be done through a vein, under the skin or through other methods approved by a physician.

- **Isolettes**—Since special care babies need extra protection from environmental factors, these enclosed beds can regulate temperature and oxygen flow, as well as control the amount of light and noise surrounding a baby.

- **Cardiac monitors**—A small patch attached to a baby's chest is hooked to a device that monitors his heartbeat and

blood pressure. If the heart rate or blood pressure changes in a negative way, an alarm is sounded so nurses or physicians can immediately come to the baby's aid.

- **Continuous Positive Airway Pressure (CPAP) machines**—For newborns with respiratory disorders or whose lungs have not fully developed, a CPAP device delivers oxygen into babies' airways. This machine doesn't breathe for the babies, but exerts enough pressure to keep their airways open when they breathe on their own.

- **Phototherapy**—For babies with jaundice—a liver condition—phototherapy uses special lights to provide doses of energy deep into the skin. Special chemicals are then activated to help the liver function appropriately. Recently, the hospital purchased lights and meters to enhance this type of therapy.

“Our hearts go out to these babies and we're committed to giving them the best medical care available,” says Jody Bishop, RN, BSN, administrative director for women's and children's services. “By having the latest technology on hand, we can help these babies. We also understand what a difficult time this is for parents, and by having skilled specialists and the latest technology available, we can help their babies get on the path to a long and healthy life.”



Photo: Dale Swope

Sarah Harshman, RN, and James Rost, MD, neonatologist, are among the many skilled specialists who closely monitor premature and special-needs babies in the new special care nursery at Washington County Hospital.

# “I Knew I Would Pull Through”

A cancer survivor thanks his skilled physician and a routine colonoscopy for saving his life.



James Cremins, MD, FACP, (above) gastroenterologist on staff at The Endoscopy Center at Robinwood and a practicing physician at Digestive Disorders Consultants, found a cancerous polyp during a routine colonoscopy exam of Leo Komorowski. The polyp was removed, and Leo is back to enjoying a healthy, active lifestyle.

When Leo Komorowski complained of reflux symptoms, his primary care physician sent him to James Cremins, MD, FACP, gastroenterologist on staff at The Endoscopy Center at Robinwood and a practicing physician at Digestive Disorders Consultants. In addition to recommending therapy for his reflux, Dr. Cremins suggested a colonoscopy for routine colorectal cancer screening.

An active man at age 76 with no family history of colon cancer, Leo was surprised when Dr. Cremins found a cancerous polyp during a colonoscopy exam at The Endoscopy Center. Fortunately, The Endoscopy Center was equipped to help Leo put this potentially life-threatening condition in the past.

“I was thankful for the staff at The Endoscopy Center at Robinwood for helping me and my wife understand the need to obtain surgical intervention,” says Leo. “I had confidence in their

ability to care for the condition, and knew I would be able to pull through.”

## Cancer Care at Your Convenience

Four years ago, The Endoscopy Center at Robinwood opened to enhance the quality of gastroenterology care in the tri-state area. This facility allows physicians to see patients in their offices and schedule procedures with The Endoscopy Center as necessary.

“Because we fully understand the biology of colon cancer, we know it’s clearly preventable with regular colonoscopies,” says Dr. Cremins. “As in Leo’s case, the outlook is often positive and we can count on the resources at The Endoscopy Center at Robinwood and our surgical colleagues to fix the problem and help patients enjoy a successful outcome.”

If you’re age 50 or older or at risk for colon cancer, don’t wait—schedule your annual screening today! [HF](#)

## Making Imaging Easy to Swallow

Did you know that examining your small intestine can be as easy as swallowing a pill? It’s true, as The Endoscopy Center at Robinwood is performing some gastrointestinal exams using M2A<sup>®</sup> Capsule Endoscopy. This easy-to swallow pill features a tiny video camera that records images as it passes through the digestive system.

With one swallow of the special pill, your procedure begins. Eight to 12 hours of images are kept on a recording device attached to your belt, which is then reviewed by medical professionals. When complete, the capsule passes naturally out of your system. [HF](#)

## This Screening Could Save Your Life

Using a thin tube to inspect the colon for polyps that could develop into colon cancer if untreated, a colonoscopy is one of the best ways to detect and prevent colon cancer—a highly curable disease when found early.

Colonoscopy exams should begin at age 50 or earlier if you have risk factors such as family history of colon cancer or chronic inflammatory conditions such as ulcerative colitis or Crohn’s disease. Recent studies suggest the African-American population is also at a higher than average risk. [HF](#)

# Accentuate the Positive in Your Attitude

One of the newest health fields doesn't involve studying the latest drug therapy or developing technology. Today, medical professionals are discovering the benefits of "learned optimism"—otherwise known as the science of happiness.

"Patients used to focus on stress management as a way to improve their lives, but we're finding we can do even better than that," says Donna Damazo Butler, LCSW-C, CEAP, clinical director of Behavioral Health Services and the Employee Assistance Program at Washington County Hospital. "Today's emphasis is on accepting the realities of daily life while choosing to enjoy a positive outlook."

Studies show those who exhibit positive patterns—such as laughing frequently, maintaining a good social network, and being willing to forgive or forget—live longer and have lower blood pressure than their more pessimistic counterparts. Those with a positive attitude are also more productive workers and are seen as team players.


## Come On, Get Happy *and* Healthy

While some people are naturally optimistic, for others happiness is an acquired skill. For those in the latter category, because it can be difficult to give up negative thinking, Donna recommends devoting a particular time of day to negative thoughts. After this

time is complete, ban these thoughts for the remainder of the day. (For more specific strategies, see "Three Ways to Make It a Positive Day!")


Behavioral Health Services and the Employee Assistance Program at the hospital can help you maintain a positive attitude both in your personal life and workplace. If your company has an Employee Assistance Program, you may qualify for onsite training seminars. Persistent negativity, despite trying to change, may indicate a need for further screening to rule out depression. This can easily be done through the Employee Assistance Program or a counselor and physician team at Behavioral Health Services.

"Our staff is committed to helping patients maintain the best attitude for their health," Donna says. "This attitude not only enhances the quality of emotional life, it also extends physical life as well."

For more information about Behavioral Health Services or to make an appointment with a counselor, please call (301) 766-7600 or (800) 635-2774. 



## Three Ways to Make It a Positive Day!

- **Follow your happiness patterns.** Make a list of times you have been happy, study what made you happy, and seek those things each day.
- **Find a "positive partner."** Seek out a positive role model who can give you feedback when you're feeling down.
- **Focus on the present.** Focus totally on each activity of the day to occupy the mind and limit negative thoughts about the past or fears about the future. 



WASHINGTON COUNTY  
HOSPITAL

# Community Cale

## SPECIAL EVENTS

### Family Birthing Center Tours

Come learn about programs to meet prenatal, labor, delivery, and post-natal needs. The group will meet at the FBC waiting room.

*Every Sunday at 4:30 p.m.*

### 55 Up

This group for those age 55 and older meets for luncheon and educational seminar given by a physician guest speaker. Cost for lunch is \$9.

*For more information, call (888) 803-1518.*

*Fourth Tuesday each month*

### Dinner with a Doc

This health education series is held quarterly. Guest speakers are local physicians discussing healthcare topics of general interest. In June, Dr. John Susz from the Reconstructive Foot and Ankle Institute will discuss diabetic foot care. The buffet begins at 5:30 p.m. Pre-registration is required; fee is \$9 per person.

*To register, call (888) 803-1518.*

*June 15*

### Women's Health Forum

This seminar will discuss the prevention and management of osteoporosis with Dr. Kia Tisdale from Women's Specialty Associates. Preregistration is required; fee is \$9 per person.

*To register, call (888) 803-1518.*

*May 11*

### Parenting the Child with Special Needs

These two hour seminars will discuss one of the following topics each week: parents basic rights in the special education process, effective advocacy, finding community resources, and getting needed services from your managed care plan. Presented by The Parents' Place of Maryland. Seminars will be held at Robinwood Medical Center, Suite 142. Pre-registration is required. FREE.

*To register, call (888) 803-1518.*

*May 2, 9, 16, and 23*

## Celebrating the Generations Expo

This expo, to be held at the Hagerstown Community College ARCC, is an information and entertainment event for all generations. Attractions include children's activities, music and entertainment, health screenings, as well as craft, business, and food vendors. Admission fee of \$1 for those over 12 years of age. Children under age 12 are free. Sponsored by Washington County Commission on Aging.

*May 13, 10 a.m.–3 p.m.*

## Senior Life Educational Summit

This event, to be held at Robinwood Medical Center, Suite 142, is a kick-off to the Celebrating the Generations Expo. Community leaders will present progress updates on issues that pertain to senior life in Washington County—transportation, care giving, senior center development, mental health, community resources, and end of life care. Registration is required. FREE.

*To register, call (888) 803-1518.*

*May 12 at 9 a.m.*

## Spring Kids' Stuff Yard Sale

**Looking to find maternity clothes and slightly used children's items at this yard sale?** You can at Robinwood Medical Center, silver entrance parking lot. To be held rain or shine. Proceeds benefit the Washington County Hospital Perinatal Bereavement Program and The Learning Center.

*Saturday, May 6, 7 a.m. to noon*

## Looking to sell maternity clothes and slightly used children's items?

To reserve a space at the Spring Kids' Stuff Yard Sale, send a check or money order along with your name, address, and phone number by April 28 to Antietam Healthcare Foundation, Attn: Kids' Stuff Yard Sale, 251 E. Antietam Street, Hagerstown, MD 21740, or call (301) 790-8631. Vendor tickets and instructions will be mailed to you. Cost is \$25 per space and no commercial vendors are allowed.

## CLASSES AND PROGRAMS

### Aquatic Classes

A variety of swim classes are offered including prenatal and aerobic, as well as for those with arthritis, diabetes or joint replacement.

*For more information, call (301) 714-4025.*

### Cardiac Rehab Program

A program for individuals who have had a heart attack, surgery or angioplasty.

*For more information, call (301) 790-8940.*

### Childbirth Education and Related Classes

Classes cover childbirth, Lamaze, baby care, siblings, and infant CPR.

*For more information, call (301) 790-8214.*

### Congestive Heart Failure Program

A program for individuals with diagnosed heart failure or who need help managing illness.

*For more information, call (301) 790-8940.*

### CPR Classes

Classes include heartsaver (adult, child, infant for layperson) and healthcare provider programs.

*For more information, call (888) 803-1518.*

*First Saturday of each month*

### Diabetes Educational Program

A program for individuals affected by diabetes. New groups begin each month.

*For more information, call (301) 714-4041.*

### Fibromyalgia Therapeutic Program

This program offers information on self-management for people with fibromyalgia and requires a physician referral.

*For more information, call (301) 714-4025.*

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## First-Aid Class

For more information, call (888) 803-1518.

August 5

## Osteoporosis Program

This program offers information on exercise instruction, fall prevention, nutrition, and education.

For more information, call (301) 714-4025.

## Weight-Loss Program

This is a medically managed weight-loss program at Robinwood Endocrinology.

For more information or to sign up for a FREE information session, call (301) 714-4041.

## SUPPORT GROUPS

### Breast Cancer

This group is sponsored by Breast Cancer Awareness of Cumberland Valley.

For more information, call (301) 791-5843.

Second Monday each month

### Breastfeeding

This group is for pregnant women planning to breastfeed and mothers who breastfeed.

For more information, call (301) 790-8530.

First and third Tuesday each month

### Diabetes

This group is free and open to anyone.

For more information, call (301) 714-4041.

Third Monday each month

### Headway

This group offers support for persons living with brain injury. Families are also welcome to attend.

For more information, call (301) 714-4028.

First Tuesday each month

## Labor of Love

This group is for anyone who has experienced a miscarriage, stillbirth or newborn loss.

For more information, call (301) 739-3863 or (301) 739-2439.

First Wednesday each month

## Leukemia and Lymphoma

John R. Marsh Cancer Center, in partnership with Leukemia and Lymphoma Society, Maryland Chapter, sponsors a support group for patients and families affected by leukemia, lymphoma, Hodgkin's disease, MDS or myeloma.

For more information, call (301) 665-4650.

## Man-to-Man

This is a prostate cancer education and support group sponsored by the Urological Center PA, WCHS, and the American Cancer Society.

For more information, call (301) 733-0022.

Third Wednesday each month

## Ovarian Cancer

This group is for women who have been diagnosed with ovarian cancer.

For more information, call (301) 665-4657.

Second Tuesday each month

## Second Wind Club

This group is for persons with breathing difficulties and respiratory diseases.

For more information, call (301) 790-8195.

Second Tuesday each month

## Stroke

This group is for stroke survivors and families. It is sponsored by Total Rehab Care and the American Heart Association.

For more information, call (301) 714-4025.

Fourth Thursday each month

## CLINICS

### Blood Pressure Clinics

These free clinics are offered by Home Health Care.

For more information, call (301) 766-7800.

### Breast Cancer Clinics

This includes free education, clinical exams, and transportation to clinics, funded by the Susan G. Komen Breast Cancer Foundation.

For more information, call (301) 665-4671.

### Vascular Screening Clinic

This free screening is for those 50 and older for peripheral vascular disease and abdominal aortic aneurysm. Screenings are available by appointment only.

For more information, call (301) 790-8946.

May 25

### Listen for Washington County Hospital on the Health Matters Radio Show

Call (301) 739-2323 with your questions.

Every Tuesday at 9:30 a.m. on WJEJ radio (1240 AM)

### Watch the Contemporary Retirement Television Program for more information on hospital happenings

Sunday mornings at 7:30 on NBC-25

Photo: Kyle Haught



**Your husband twisted his ankle playing golf.**

**Your daughter has an earache.**

**You can't stop coughing.**

In the past, getting treatment for these minor conditions might have meant spending hours in an emergency department. Not anymore!

The next time you or a loved one experiences a minor illness or injury, turn to Urgent Care in the new Sylvania Building on Pennsylvania Avenue. Beautifully designed and conveniently located, the center offers shorter wait times and skilled healthcare specialists trained to treat these urgent conditions.

The next time you need help fast, you'll find it at the new Urgent Care on Pennsylvania Avenue.

Urgent Care is open from noon to 7 p.m.

For more information, call (240) 313-3100.

# When You Need Urgent Care, We're Here

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12

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