



WASHINGTON COUNTY
HOSPITAL

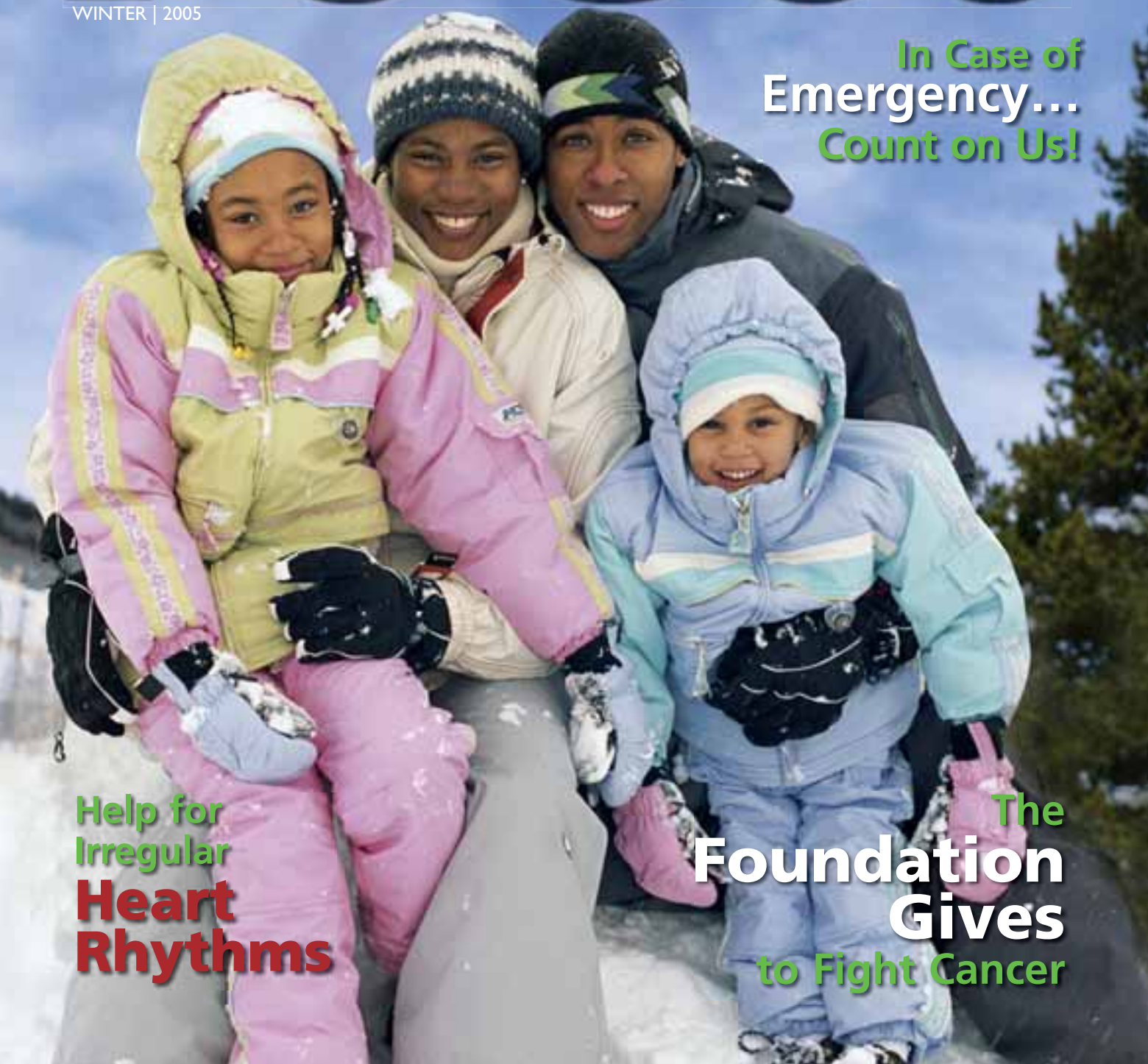
HEALTH FOCUS

WINTER | 2005

In Case of
Emergency...
Count on Us!

Help for
Irregular
**Heart
Rhythms**

The
**Foundation
Gives**
to Fight Cancer



Dear Washington County Hospital Friend,

a word from the
CEO



The essence of Washington County Hospital is the people who make it their job to come to work each day to care for our patients. Many are highly trained healthcare professionals such as physicians, nurses, pharmacists, lab and radiology technicians, and others. This is where our patients' needs, staff's skills, and medical technology interface to provide the best possible care for those we serve.

From our perspective, it is not enough just to have highly-skilled staff. We also must have advanced medical equipment

that can help them make diagnoses and treat their patients most effectively. The best diagnostic tools and treatments in medical care change rapidly. What is state-of-the-art today may be out-of-date tomorrow. So at Washington County Hospital we are constantly evaluating our medical technology. We are looking five and 10 years ahead to anticipate changes we must accommodate to bring you the best care. Meanwhile, we have

many of the most advanced technologies in place now.

In this issue, you will read about newer technologies such as electrophysiology used by Joseph Reilly, MD, FACC, to treat patients with irregular heart beats. You'll also read about Neil Rosenshein, MD, FACOG, a world-renowned specialist in gynecological oncology who uses his knowledge and skills to treat women with cancer. And Robert Trace Jr., MD, explains the need for colonoscopies for everyone over age 50.

These three physicians exemplify the union between skill and advanced medical technologies that has enabled the hospital to provide quality patient care to our community. In the years to come, you will see more rapid changes in technology. You can be assured the staff at Washington County Hospital will continue to monitor those changes to bring the most advanced medical equipment to the hospital possible. It's our guarantee that you can receive the healthcare you need right here at home.

Until the next time...and with best wishes for your good health,



James P. Hamill
President and CEO
Washington County Hospital

The Value of **Vascular Screenings**

Because vascular disease can have symptoms that are vague—or even no symptoms at all—being screened for peripheral vascular disease (PVD) and abdominal aortic aneurysm (AAA) is recommended.

A ruptured AAA can cause serious complications and even death. Likewise, PVD can lead to skin ulcers and amputations. Symptoms of PVD can include leg pain while walking. People with PVD also have a higher risk of stroke and heart disease.

"Most of the time, people with vascular disease are unaware that there might be a problem," says

Cathy Ware, RN, CCRN, vascular care specialist at Washington County Hospital. "A vascular screening, in combination with a review of your risk factors, can give you and your doctor information to decide on the best treatment for you."

If you are over the age of 50—or over 40 and smoke, have diabetes or have a family history of AAA—you may benefit from a free noninvasive vascular screening. The screenings are available monthly at the hospital. Call (301) 790-8946 for more information or to schedule a screening.



Grant Enhances Cancer Care

After examining the John R. Marsh Cancer Center's tumor registry statistics from recent years and examining Washington County Hospital's investment in cancer care, the Antietam Healthcare Foundation presented the hospital with a \$15,000 grant for obtaining membership to the Oncology Roundtable (a national organization providing research, education, and guidance to cancer care facilities).

With incidences of colorectal cancer, melanoma, and lung cancer higher than national averages, the hospital is using the Oncology Roundtable as a resource for developing a comprehensive continuum of cancer care. Along with

advanced treatments and state-of-the-art technology, this includes a supportive environment and a specialized, dedicated staff featuring renowned gynecologic oncologist, Neil B. Rosenshein, MD, FACOG (see "Bringing Women the Best in Care" on page 8).

"The Roundtable will help us ensure we're meeting the needs of the community now and into the future," says Susan Lopp, administrative director of the John R. Marsh Cancer Center. "Residents can rest assured they don't have to leave the community to get advanced, high-quality cancer care."



Photo: Kyle Haught

A \$15,000 grant from the Antietam Healthcare Foundation will help equip Washington County Hospital specialists such as Renee Frick to diagnose and treat cancer patients like Linda Silvers.

www.washingtoncountyhospital.com

Sunny's Light Still Shines

A breast cancer survivor, Sunny England was an active member of her community and passionate in her efforts to raise awareness of the disease. But when this courageous breast cancer advocate was diagnosed with another form of cancer, she found herself spending three to four hours a day sitting in a treatment room to receive chemotherapy.

"Her dream was to create a sunroom where chemotherapy patients can pass the time looking at the great outdoors with beautiful sunshine," recalls her son, Andy Weiner.

Though Sunny passed away, her dream is coming to fruition. She left instructions in her will to have a significant portion of her estate left to the Antietam Healthcare Foundation for the construction of an infusion solarium at the John R. Marsh Cancer Center. Her

family and friends have since joined the effort to support Sunny's vision.

"It's very appropriate," Andy says, "that a sunroom will memorialize the glowing person Sunny England was."



Sunny England's vision for a comforting place to receive chemotherapy treatment is becoming a reality at Washington County Hospital, thanks to support from friends and family members like her son, Andy Weiner.

A Will to Give

Like Sunny England, you too can leave a legacy for future generations by supporting Washington County Hospital. A will is your tool to let others know how your finances and assets are allocated after death—but it's also a tool for making one of the most meaningful gifts possible through a bequest (a gift designated to an individual or organization).

If you decide to help further the work of the hospital by naming Antietam Healthcare Foundation in your will, we hope you'll tell us so we can thank you for your generosity.

If you would like to support the hospital or learn more about bequests, visit www.antietamhealthcare.org or call (301) 790-8631.

STRENGTHENING Emergency Services

Washington County Hospital is working hard to enhance your experience in the Emergency Department (ED).

As a result of an aging population, improved technology and techniques, and increased access to medical care, more people are using healthcare services than ever before. This overcrowding characteristic in today's hospitals also extends to the emergency department (ED). Nearly 67,000 patients passed through the ED at Washington County Hospital last year—which explains why the wait might be longer than expected for some patients.

“While we don't have beds to see everyone at once, all patients will be seen as soon as possible and given excellent care,” says Thomas Gilbert III, DO, FACEP, board certified emergency medicine physician and chairman of emergency medicine. “The hospital takes pride in having the best emergency department in the state. In fact, our average turnaround time is three hours—which ranks as one of the

best in Maryland.”

Taking Action

Among other advances, the ED now includes a diagnostic center to determine the course of a patient's condition without the cost associated with an overnight hospital stay.

“We recently added the rapid diagnostic center,” explains Bonnie Forsh, RN, BSN, clinical director of emergency services. “This area allows us to observe patients who are experiencing problems like chest pain or severe stomachaches for up to 23 hours without admitting them to the hospital.”

A nurse advice line—(301) 790-8520—was also added in December of 2001. This provides parents or other individuals who are facing an unclear situation the option to call, ask questions, and receive answers without leaving their home.

Warning Signs

However, if you're experiencing severe or unusual symptoms like the following, you should come to the emergency department immediately:

- severe chest pain
- shortness of breath
- complications with diabetes
- kidney stones

“Washington County Hospital is the busiest rural hospital in the state,” says Dr. Gilbert. “As a result, our emergency department is staffed by highly trained medical professionals 24 hours a day. We have as many as four or five doctors in the department at one time—including two doctors available all night long. We hope your family never needs emergency care, but when an emergency happens, we're here.”

For more information, visit www.washingtoncountyhospital.com.

Do You Need Urgent Care?

If your injury or condition is less severe, Urgent Care at Robinwood Medical Center is devoted to the treatment of minor injuries such as the following:

- bruises
- colds
- coughs
- cuts
- earaches
- headaches
- sore throats
- extremity injuries (sprains, strains, etc.)

Urgent Care at Robinwood is located at Robinwood Medical Center, 11110 Medical Campus Road, Suite 147 (blue entrance), Hagerstown, MD 21740. For more information, call (240) 313-9600.

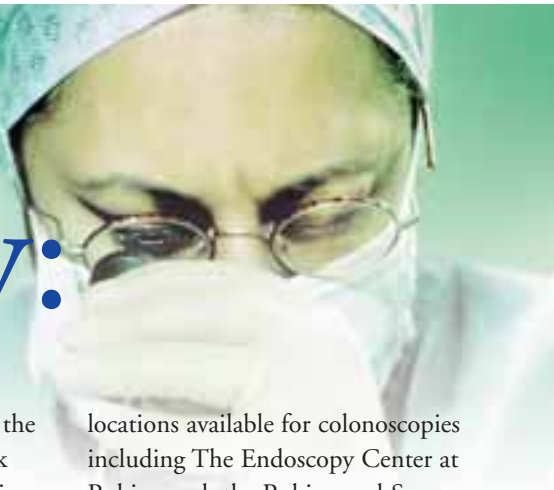


Photo: Kyle Haught

Washington County Hospital staff members such as Bonnie Forsh, clinical director for emergency services, and Thomas Gilbert III, DO, FACEP, chairman of emergency medicine, respectively, are taking a closer look at ways to improve emergency department procedures.

Colonoscopy:

This Test May Save Your Life



Colon cancer is the second-leading cause of cancer death, but it doesn't have to be. The National Cancer Institute has estimated that 20,000 lives each year could be saved if people would get screening tests—like colonoscopies—that can help detect colon cancer at its earliest, most treatable stages.

“Colonoscopy is the best and most accurate test for diagnosing colon cancer and removing polyps,” says Robert J. Trace Jr., MD, gastroenterologist on staff at Washington County Hospital. “Finding and removing polyps through colonoscopy can eliminate those polyps that could turn into cancer, or it could find an early cancer—increasing the patient's possibility of being cured.”

Who Needs It

The American Cancer Society recommends colonoscopies once every 10 years after the age of 50. However, if you have a family history



Robert J. Trace Jr., MD,
gastroenterologist on staff at
Washington County Hospital

of colon cancer or are at risk for the disease because you smoke, drink alcohol, are obese, or don't exercise regularly, speak to your doctor to see if you should begin your colonoscopies at an earlier age.

Also, if you have symptoms of colon problems, like blood in your stool, changes in your bowel habits, and fatigue, you should have a colonoscopy to rule out colon cancer.

What to Expect

After you are put to sleep, the doctor slowly maneuvers the colonoscope (long, flexible, lighted tube) through your colon. He or she will watch the test with a tiny camera attached to the scope that projects the images of your colon onto a television screen. The doctor will view the procedure in real time and look for any areas of concern, like polyps. These noncancerous growths in the lining of the colon can potentially progress into colon cancer, so they will be painlessly removed during the test with a tool attached to the scope. If the area of concern can't be removed with the scope, the doctor will mark the site for future surgical removal.

After the Procedure

Following the colonoscopy, you'll be observed for a few hours while the effects of the sedative wear off, and then you'll be sent home with a friend or family member because you'll be groggy and shouldn't drive. The next day, you should be fully recovered and able to return to work.

There are several convenient

locations available for colonoscopies including The Endoscopy Center at Robinwood, the Robinwood Surgery Center, and same day surgery at Washington County Hospital. If you need a referral for this potentially life-saving procedure, call Washington County Health System's Healthline at (800) 920-DOCS (3627).

Getting Your Digestive Tract on Track

Do you have diarrhea after eating certain foods? Have you been diagnosed with irritable bowel syndrome or a spastic colon? If so, you may want to consider participating in a free study being conducted by Mary E. Money, MD, board certified internal medicine physician.

The clinical research study is approved by the hospital's Institutional Review Board according to Food and Drug Administration standards.

To be eligible for participation, you must meet several requirements. For more information, please call the office of Dr. Money at (301) 797-0210.



WASHINGTON COUNTY
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Community Calendar

CLASSES AND PROGRAMS

10K-a-day Walking Program

A program that encourages healthier living and improves health.

For more information, call (301) 790-8907.

Aquatic Classes

A variety of swim classes are offered, including prenatal and classes for those with arthritis, diabetes, multiple sclerosis, 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 early pregnancy, childbirth, baby care, and infant CPR. Refresher classes are available.

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

Congestive Heart Failure Program

A program for individuals with diagnosed heart failure or those needing help in managing illness.

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

CPR Classes

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

For more information, call (301) 790-8907.

January 8, February 5, and March 5

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

A program for people with fibromyalgia.

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

First-Aid Class

For more information, call (301) 790-8907.

March 5

Osteoporosis Program

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

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

Weight-Loss Program

Program includes orientations for medically managed Health Management Resources (HMR) program.

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

Yoga Classes

Classes available for all skill levels and ages, including prenatal and postpartum.

For more information, call (301) 790-8907.

Support Groups

Breast Cancer

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

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

Second Monday of each month

Breastfeeding

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

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

Second Saturday and fourth Tuesday of each month

Diabetes

This group is free and open to anyone.

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

Third Monday of each month

Headway

This group is for survivors of traumatic head and brain injuries.

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

First Tuesday of 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 of each month

Man-to-Man

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

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

Third Wednesday of 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 of each month

Stroke

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

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

Fourth Thursday of each month

Clinics

Blood Pressure Clinics

These free BP clinics are offered by Home Health Care.

For more information, call (301) 665-7800.

Blood Pressure Screenings

These screenings are free.

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

Breast Cancer Clinics

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

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

Intravenous Infusion Therapy Service Clinic

IV Infusion Therapy Clinic is now open at the hospital. A physician's referral is required.

Health Management Screening Clinic

This includes free screening for those 50 and older for peripheral vascular disease (PVD) and abdominal aortic aneurysm (AAA). Screenings are available by appointment only.

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

Fourth Thursday of each month

Wound Healing Center

The center is open daily.

For more information, call (301) 790-8326.

Special Events

Family Birthing Center Tours

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

Every Sunday at 4:30 p.m.

Health Matters Radio Show

Call (301) 739-2323 with your questions.

Second and fourth Tuesday of each month at 9:30 a.m. on WJEJ radio (1240 am)

Contemporary Retirement Television Program

Sunday mornings at 7:30 a.m. on NBC-25

11th Annual Crystal Ball

Black-tie event sponsored by Antietam Healthcare Foundation to benefit the Special Care Level II Nursery at Washington County Hospital.

For more information, call (301) 790-8631.

April 16

The Heart of the Matter

An irregular heart rhythm left untreated can lead to hospitalization or even death. Fortunately, help is available close to home.



Photo: Kyle Haught

Melva Meminger, RN, assists Joseph Reilly, MD, FACC, board certified cardiac electrophysiologist on staff at Washington County Hospital, as he performs an electrophysiology procedure to study a patient's irregular heart rhythm.

Whether you're born with it or develop it from scar tissue built up from a heart attack, you'll be glad to know your arrhythmia (irregular heart rhythm) can be diagnosed and treated at Washington County Hospital.

"Electrophysiology is one of the few disciplines in medicine that allows us to cure someone of an inherited disorder," says Joseph Reilly, MD, FACC, board certified cardiac electrophysiologist on staff at Washington County Hospital, who has performed more than 3,000 electrophysiology procedures in his career. "Finding relief from arrhythmia provides new freedom for individuals who have always worried about where they will be when their hearts act up, and it is very satisfying to provide such a cure."

Washington County Hospital is the only facility in the tri-state region to provide cardiac electrophysiology services. Procedures offered include:

- **Electrophysiology study**—a catheter (thin, flexible tube) is inserted in an artery in the groin and led to the heart to visualize the heart's electrical activity and determine the appropriate treatment.
- **Implantable cardioverter defibrillator**—used on patients at risk for recurring fast arrhythmia, this device is connected to the inside or surface of the heart and regulates the heart's rhythm and pace as needed.
- **Catheter ablation**—using a catheter, heart tissue that is

creating irregular heart rhythms is destroyed and normal rhythm is restored.

- **Permanent pacemaker implantation**—for patients with dangerously slow heart rates, pacemakers send electrical signals to the heart, causing it to beat at a faster and healthier rate.

"The treatment of arrhythmia can be very complicated and requires expert care. Fortunately, you don't have to travel out of town to receive state-of-the-art diagnosis and treatment for cardiac arrhythmias," Dr. Reilly explains. "It's available right here at Washington County Hospital."

For more information, call (301) 797-2525.



Bringing Women the Best in Care



Neil B. Rosenshein, MD, FACOG, world-renowned expert in the field of gynecologic oncology

For five years, Neil B. Rosenshein, MD, FACOG, has shared his world-class experience in the field of gynecologic oncology with women at Washington County Hospital.

The author of the Manual of Gynecologic Oncology—considered by many to be the definitive work on gyno-genital tract cancers—Dr. Rosenshein has also been ranked as one of the best gynecologic oncologists in the nation by Good Housekeeping magazine.

“I became a doctor because I want to help people,” he says. “I treat patients the way I would like my family to be treated.”

Dr. Rosenshein is excited about recent advances in healthcare. “These days, cancer treatment

is not done by chemotherapy or surgery alone,” he says, “but by a combination that—in my opinion—is supplemented by prayer and a positive attitude.”

Dr. Rosenshein will continue treating women from the region at his practice in Hagerstown, the Gynecologic Oncology Center of Western Maryland.

“This is a first-rate program,” Dr. Rosenshein says. “We can do anything that can be done at a major university.”

Dr. Rosenshein can be reached at the Gynecologic Oncology Center of Western Maryland by calling (301) 665-4640.



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