



WASHINGTON COUNTY  
HOSPITAL

# HEALTH FOCUS

WINTER | 2006

**3** Steps to a  
Healthy  
Season

**ReSTOR**  
— Twenty Minutes  
to 20/20 Vision

Living with  
**Diabetes?**

We're Here to Help You Take Control



a word from the

# CEO

## Dear Washington County Hospital Friend,



Here at Washington County Hospital, we're always looking for ways to meet the growing healthcare needs of those who live in our community—whether it's a new program, surgical technique or diagnostic procedure. Our goal is to improve access to medical care for everyone.

Over the past several years, accessing our emergency department has become more difficult for our patients. It was designed to treat 45,000 patients a year; now, we see about 70,000 a year. The increase has resulted in patients having to wait longer to see an emergency room doctor. To give our patients and staff some relief, we opened the Urgent Care Center at Robinwood Medical Center in 2002. It cares for patients with minor illnesses or injuries like sprains, strains, coughs or colds. The number of patients using Urgent Care has jumped from almost 9,000 the first full year it was open, to more than 13,500 in just three years.

Seeing this unparalleled growth, we realized that we need to do even more to provide you with faster access to care when you have minor healthcare needs. As we go to press, the hospital is planning to open a second Urgent Care Center in the Sylvania Building on Pennsylvania Avenue. We hope that our patients on that side of the county will take advantage of its closeness when they need minor healthcare attention. It will be open daily from noon to 7 p.m.

Urgent Care is just one of the services the hospital will provide at the Sylvania Building. We will also offer a medical lab, Home Care Pharmacy, and Equipped for Life. You can learn more about all of these programs on page 9 of this issue.

Washington County Hospital is committed to providing quality healthcare services in our community. We think that opening a second Urgent Care Center at the Pennsylvania Avenue site is another step forward in reaching that goal.

Best wishes for your good health,

James P. Hamill  
President and CEO  
Washington County Hospital



## Goodbye Phone Book, Hello Healthline!

Whether you're searching for a physician specializing in neurosurgery, family practice—or any area in between, you'll find this and many more medical specialists all in one place: Healthline.

With this free physician referral service, finding the medical care you need is as simple as picking up the phone or pointing and clicking your mouse. You can search online by physician, specialty or practice to obtain detailed information on Washington County Hospital's 302 physicians in 62 specialties at 115 practices in Washington County and the surrounding region. Along with a phone number and address, you'll find information on each physician's medical training and board certifications, as well as accepted insurances.

For more information about Healthline, visit us online at [www.washingtoncountyhospital.com/healthline](http://www.washingtoncountyhospital.com/healthline) or call (800) 920-DOCS (3627).



WASHINGTON COUNTY  
HOSPITAL

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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



# Raising the Bar for Brain Injury Care

**Washington County Hospital has more certified brain injury specialists than any other program in the state of Maryland.**

Total Rehab Care of Washington County Hospital recently celebrated the certification of 20 of its employees as Certified Brain Injury Specialists (CBIS) by the American Academy for the Certification of Brain Injury Specialists.

This celebration is particularly impressive, given that Total Rehab Care now has the most CBIS staff than any other organization in the state of Maryland.

“Becoming certified shows our dedication to providing brain injury care that is up-to-date with current literature and research for best practices,” says Khrys Thompson, program manager at Total Rehab Care. “It also assures the patient and family that the staff caring for them are specialists with proven skills and knowledge in brain injury.”

## Covering the Continuum

In addition to the 20 employees who recently passed their certifications, two physicians and another five on staff were already certified. Those certified include staff members from a variety of disciplines, including

- Managers
- Clinical coordinators
- Physical therapists
- Physical therapy assistants
- Occupational therapists
- Certified occupational therapy assistants
- Recreational therapists
- Admissions coordinators
- Registered nurses
- Speech therapists

“These staff work in acute care, inpatient rehab, Maryland NeuroRehab Foundation, and Robinwood Outpatient Neurology,” Khrys says. “We have covered the seamless

continuum from the ICU to return to work with these specialists.”

Diane Triplett, executive director for the Brain Injury Association of Maryland, Inc., says that the hospital has made tremendous improvements in its system of care and with the staff.

“When Washington County Hospital leaders took an in-depth look at their brain injury continuum of care, they decided to make meaningful changes that were not only patient-centered, but invested time and resources to make sure their staff could move to the next level,” Diane says. “No other facility in Maryland, and specifically no other brain injury facility, has accomplished this feat.”

For more information about Total Rehab Care and the services offered, call (301) 714-4025 or visit [washingtoncountyhospital.com/rehab](http://washingtoncountyhospital.com/rehab). ■



## Up to the Challenge

**The Antietam Healthcare Foundation has been selected as one of several nonprofit organizations in Washington County to participate in the Waltersdorf-Henson Endowment Challenge Campaign.**

The Antietam Healthcare Foundation received the challenge grant in the amount of \$800,000 for endowment—representing the largest single gift from a foundation to the Antietam Healthcare Foundation.

As a qualifying organization, Antietam Healthcare Foundation is challenged to raise \$800,000 in pledges from individuals and other foundations in the community. When \$800,000 in pledges is secured, Antietam Healthcare Foundation will receive the \$800,000 matching funds from the Waltersdorf-Henson Endowment Challenge Campaign. All pledges and the matching funds are payable over a five-year period.

“With the Waltersdorf-Henson Endowment Challenge Campaign, everyone wins,” says Brad Sell, executive director of the Community Foundation of Washington County, Maryland, Inc. “The donors see their donations doubled; the Community Foundation of Washington County receives an additional \$10 million in assets to promote charitable giving; the average citizen benefits because of the increased funding for these community organizations; and the Antietam Healthcare Foundation—and in turn the hospital—benefits because of the increased funding to enhance services and technology for the future of medical care in Washington County.”

To participate in the Waltersdorf-Henson Endowment Challenge Campaign, contact the Antietam Healthcare Foundation at (301) 790-8631.

## Double Your Donations!

It's an exciting time for our community. Each of us has the opportunity to participate in an unrestricted endowment in conjunction with the Waltersdorf-Henson Endowment Challenge Grant program. It essentially doubles the value of your gift to the benefit of the hospital.

For example, a \$5,000 gift through this challenge program supports an endowment for the future of the hospital; it also provides us the benefit of a matching gift of \$5,000 when the challenge is completed.

For gifts of \$25,000 and above, the challenge provides you, the donor, with the opportunity to name your gift fund with the Community Foundation as well as recognition at a major gift level at the hospital.

The endowment will benefit the critical areas of cardiac care, oncology, neonatology, and the treatment of diabetes.

“This challenge grant represents a significant step in our efforts to establish an endowment for the hospital and its quality of care for decades to come,” says Michael Day, chairman of the Antietam Healthcare Foundation Board. “It validates the important work that the staff of the hospital does for the community as a leader in healthcare in Western Maryland for 100 years.”

All pledges as well as the challenge grant are payable over a five-year period. If you are interested in making a gift or pledge, please contact Sandy Pollack at (301) 790-8639 or Linda Cameron at (301) 790-8693.

# the Foundation

**“The Waltersdorf-Henson Endowment Challenge Campaign creates a future endowment for improving the healthcare system here in Washington County. As a donor, it’s an opportunity to have your charitable objectives multiplied by the fact that Waltersdorf-Henson will match your individual or your organization’s funds raised for the challenge. It’s a major resource for our generation’s healthcare needs as well as those of future generations.”**

—Michael Day, chairman of the Antietam Healthcare Foundation Board

## Helping Us **Help You**

As a couple with a longstanding history of donating funds to the Antietam Healthcare Foundation, as well as many other nonprofit organizations in the community, Jack and Anna Hershey encourage fellow residents to take advantage of the Waltersdorf-Henson Endowment Challenge Campaign.

A native of Hagerstown, Jack Hershey understands the importance of giving back to the community that he and his wife of 57 years, Anna, have loved and continue to call home. When he heard about the Antietam Healthcare Foundation’s participation in the Waltersdorf-Henson Endowment Challenge Campaign, he knew this was a key opportunity to invest financial resources in an area that would yield lifelong returns.

“Our family has been a substantial contributor to everything that’s been beneficial to the community throughout our lifetime, and certainly Washington County Hospital has been at the top of the list,” says Hershey. “Who contributes more to our health and well-being than the hospital and our physicians? The hospital could be a matter of life and

death for all of us, and it certainly is a comforting feeling to know we have one of the country’s top hospitals right here close to home.”

In fact, the Hersheys entrusted the care of Washington County Hospital for the births of three of their four children, who now have children of their own, and the hospital continues to be the source for all of the family’s medical needs. Today, Jack serves on the Antietam Healthcare Foundation Board and takes a vested interest in ensuring that future generations of his family and others in the community will continue to have access to the highest-quality healthcare.

If you would like to join the Hersheys and take advantage of the Waltersdorf-Henson Endowment Challenge Campaign, call the Antietam Healthcare Foundation at (301) 790-8631. [■](#)



Jack and Anna Hershey encourage fellow Hagerstown residents to join them in supporting Washington County Hospital through the Waltersdorf-Henson Endowment Challenge Campaign.

**“For every dollar raised through the Waltersdorf-Henson Endowment Challenge Campaign, Waltersdorf-Henson will equal that amount—so you get double return on your contributions. I’ve never seen such an extraordinary opportunity in my life.”**

—Jack Hershey, Washington County resident and contributor to the Antietam Healthcare Foundation

# Take Control of **Diabetes**

**If you have diabetes, you're not alone: Statistics show more than 260,000 Maryland residents have diabetes. Fortunately, Robinwood Endocrinology can educate and equip you to successfully manage your condition.**

Diabetes is a disease in which the body doesn't produce or properly use insulin, a hormone needed to convert sugars and starches into the energy necessary for daily life. This condition causes blood sugar levels to fluctuate, and if left untreated can lead to complications such as blindness or heart disease.

The cause of diabetes is unknown but factors such as genetics, a high sugar diet, sedentary lifestyle, and obesity appear to play a role in the development of the condition. Diabetes and obesity are twin epidemics. Between 1991 and 2001, the number of obese Americans rose 74 percent and the number of Americans with diabetes rose 61 percent. If you have a family history of diabetes or experience other risk factors, talk to your doctor about tests to measure your blood sugar level. If diagnosed with diabetes, your doctor can help you create a plan to control the condition.

## Your Health Is in Your Hands

"A healthy lifestyle has been proven to delay or prevent the development of diabetes," says Anju Verma, MD, endocrinologist on staff at Robinwood Endocrinology. "That includes eating a proper diet, getting plenty of exercise, and maintaining an ideal body weight (body mass index at or below 25) and waist circumference (under 40 inches for men and 35 inches for women)."

When a healthy lifestyle isn't

enough, medication may be needed to manage diabetes. The medication prescribed depends on whether it is Type 1 or Type 2 diabetes.

Type 1 diabetes commonly occurs in children or adolescents and results from the body's inability to produce insulin. This may require insulin injections to metabolize blood sugar. However, most cases of diabetes are Type 2 and occur in adults. Type 2 indicates the body's resistance to use insulin properly, and is often managed with oral medications, insulin or a combination of both.

Along with medical treatment and management of diabetes, Robinwood Endocrinology offers programs teaching diabetes self-management and the



Photo: Marina Shannon

Anju Verma, MD

skills necessary to control diabetes and prevent complications. The diabetes self-management education program (group and one-on-one) is recognized by the American Diabetes Association as a program of excellence. The medically managed weight-loss program helps patients lose weight and maintain a healthy weight to prevent and control diabetes. The education team includes board certified endocrinologists as well as nurses and dietitians who are board certified diabetes educators.

For more information about diabetes, support groups or educational opportunities at Robinwood Endocrinology, call (301) 714-4041. <#>

## A Problem of Epidemic Proportions

Diabetes is among the fastest-growing health problems in the United States. In fact, the number of Americans with the disease has increased from about 5 million to more than 20 million just in the last 15 years. Here are a few more alarming statistics:

### Prevalence

Diabetes cases in the United States:  
*20.8 million\**

Diabetes cases in Maryland:  
*258,000 (estimate)\*\**

Diabetes cases in Washington County: *6,253\*\*\**

### Complications

Adults with diabetes have heart disease death rates about two to four times higher than adults without diabetes.

The risk for stroke is two to four times higher among people with diabetes.

Diabetic retinopathy causes 12,000 to 24,000 new cases of blindness each year.\*

About 60 to 70 percent of people with diabetes have mild to severe forms of nervous system damage.\*

\*American Diabetes Association

\*\*Joslin Diabetes Center at the University of Maryland

\*\*\*2002 statistics from the Maryland Department of Health and Mental Hygiene



David Solberg, MD, FACOG, OB/GYN

# Championing Community Care

Washington County Hospital's Chief of Staff David Solberg, MD, FACOG, OB/GYN, shares how he is using his expertise, energy, and resources to promote and ensure the health of those in the community he is honored to serve.

**Q: How do you see your role as chief of staff?**

**A:** My main roles are to be an advocate for the medical staff and to serve as the primary liaison between hospital staff, the administration, and the public. My next priority is promoting the health of our community. Giving back to the community is very important to me.

**Q: What do you mean by the term "community health"?**

**A:** Community health is the physical and mental state of mind that affects an individual and everyone around that individual. I believe everyone wants to be healthy; they just don't always know what they are doing to promote unhealthiness. I want to help them understand how they can lead healthier lives.

**Q: How do you plan to encourage wellness in the community?**

**A:** In terms of promoting health, education is key. Getting to people as early as possible is important, because the earlier you start making

## What Is Obesity?

The word obesity is often taken as an insult, but it's strictly a scientific term based on body mass index (BMI)—a scale using height and weight.

Here is a breakdown of the scale:

BMI	What it means
under 25	normal
between 25 and 29	overweight
30 or greater	obese

A BMI over 30 means an individual is six times more likely than the average person to have high blood pressure, diabetes, and other medical complications.

$$BMI = \left\{ \frac{\text{Weight in Pounds}}{\text{Height (in Inches)} \times \text{Height (in Inches)}} \right\} \times 703$$

the right choices the more likely you are to be successful.

To do this, I will continue giving presentations to schools and having discussions with members of the school board about how we, as a medical staff, can help promote community wellness. I will also reach out to the public and try to touch as many of them as I can through multiple organizations, serving on various panels, and appearing on

local television and radio programs.

**Q: What is the biggest threat facing the health of the community?**

**A:** Complications due to smoking or obesity will kill 50 percent of the population. (See "What Is Obesity?") Both of these factors are 100 percent controllable—the public needs to understand their choices have the power to impact their lives. ■

# An **Eye-Opening** Procedure

Thanks to a new type of surgically implanted lens, patients who suffer with cataracts or have worn glasses for years now have the potential to see more clearly than ever before.

During this 20-minute procedure similar to LASIK surgery, an ophthalmologist replaces a lens clouded by cataracts with one of the new intraocular, multi-focal ReSTOR lenses. These lenses, which feature 12 rings on the surface to change the way they focus in different light, allow for both distance and near vision with the same implant.

“The ReSTOR lens is primarily for a patient who has cataracts and is motivated to no longer wear glasses,” says Erik Bergman, MD,

ophthalmologist with Bergman Eye Associates with privileges at Robinwood Surgery Center. “The lens can work for a patient of any age with cataracts who is free from other eye disease, or for patients over the age of 40 who don’t have cataracts but no longer want glasses.”

Following the surgery, about 80 percent of patients are able to throw away their glasses for good.

For more information about the ReSTOR lens, contact Dr. Bergman’s office at (301) 791-0888. ■



Photo: The Herald Mail / Kevin G. Gilbert

During clinical studies of the ReSTOR lens, four out of five patients with the ReSTOR lenses reported never wearing glasses following cataract surgery in both eyes, compared to only 1 out of 10 patients with monofocal lenses.

## Feeling Down? Join 55 Up!



A service of  
Washington County Hospital



Henry Ford once said, “Anyone who stops learning is old, whether at 20 or 80.”

At Washington County Hospital, learning to live well is a lifelong pursuit thanks to 55 Up, a group for people ages 55 and older.

The group meets on the fourth Tuesday of the month for a luncheon. Along with meeting new friends and enjoying a delicious meal, 55 Up events include an educational seminar presented by a local physician. At previous luncheons, participants learned about macular degeneration, capsule endoscopy, positron emission tomography (PET) scans, and arthritis.

To receive your invitation to the monthly 55 Up luncheon, call (888) 803-1518 and ask to be added to our mailing list. Luncheons are \$9 per person, which helps cover the cost of the meal. Advance reservations are required. ■

# Our Services

## Where You Want Them

The new Sylvania Building on Pennsylvania Avenue offers an array of healthcare services in a convenient location.

Nearly two years ago, the search began for a new building to replace the Northern Avenue facility, which housed the Hagerstown Medical Laboratory and Potomac Family Practice. Looking at the north end of Hagerstown, Washington County Health System representatives were pleased to discover a new office building in the early stages of conceptual design.

“Washington County Health System’s building on Northern Avenue has operated a variety of programs and served its purpose well over the last 20 years,” says Mike Zampelli, vice president of Antietam Health Services. “However, we wanted to do more and promote additional services that the Northern Avenue facility couldn’t accommodate, so the time was right to move.”

### A Full Spectrum of Medical Services

Take a look at a few of the services available at the new Sylvania Building.

**Pharmacy**—Whether you need to pick up a prescription medication, consult a pharmacist or purchase a wheelchair, it will be possible at the Home Care Pharmacy—your home for all your pharmaceutical needs. For more information, call (240) 313-3110.

**Urgent Care**—In the case of a minor illness or injury, heading to the emergency room isn’t always convenient. When a twisted ankle, cough, earache or

similar condition affects you or a loved one, Urgent Care can save you time and money.

**Family Medicine**—Potomac Family Medicine will move into the Sylvania Building to care for your entire family’s primary care health needs such as routine examinations.

**Laboratory**—Hagerstown Medical Lab will provide the same quality lab services that have been at the Northern Avenue location at the Pennsylvania Avenue site.

“The Sylvania Building will be a great one-stop shop to receive a variety of services under one roof,” Mike explains. “We worked hard to find a convenient location, and we think the community will appreciate the steps we took to make

## To Be Continued...

Though the Sylvania Building location just opened its doors this month, plans are already underway to add even more healthcare services. Keep your eyes and ears open for new developments, and be prepared for more improvements for people living in the northern end of Hagerstown.

the Pennsylvania Avenue facility as user-friendly as possible.”

To learn more about services provided at the Sylvania Building, please call (301) 790-8627. ■



The new Sylvania Building on Pennsylvania Avenue houses a Home Care Pharmacy, Urgent Care center, family medicine practice, and laboratory services.



WASHINGTON COUNTY  
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# Community Cale

## 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.

### Beginner's Yoga

This is a six-week class for all ages and abilities. Participants will improve strength, flexibility, and balance through experiencing a variety of poses taught with proper alignment and breathing.

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

January 18, 25

February 1, 8, 15, and 22

### 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, care, siblings, and 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.

January 7, February 4, March 4

### 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.

### First-Aid Class

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

March 4

### 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 an 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.

### 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 the Maryland Chapter of the Leukemia and Lymphoma Society, 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 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

# ndar

## 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 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 Care Foundation.

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

### Intravenous (IV) Infusion Therapy Service Clinic

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

### Vascular Screening Clinic

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

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

Fourth Thursday 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 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

### Medicare Forum

Find out important information about Medicare's prescription drug plans at these seminars. All sessions will be held at Robinwood Medical Center Suite 142. No registration required. Free.

January 9 at 1 p.m.

January 18 at 9 a.m.

January 31 at 1 p.m.

February 10 at 1 p.m.

### Dinner with a Doc

This health education series is held one evening each month. Guest speakers are local physicians discussing healthcare topics of general interest. The buffet begins at 5:30 p.m. Advance registration is required; fee is \$9 per person.

To register by phone, call (888) 803-1518.

January 19, March 16

## Women's Health Forum

The seminar will discuss menopause and laparoscopic hysterectomy and the latest treatments with George E. Manger Jr., MD. Advance registration is required; fee is \$9 per person.

To register, call (888) 803-1518.

February 23

### Parenting the Middle School-Age Child

Join local pediatrician M. Douglas Becker, MD, for this two-part series at Robinwood Medical Center addressing normal child development as well as discipline hints for the middle school-age child. Participants are expected to attend both sessions. Registration is required; fee is \$20 per person.

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

March 28 and April 4

### Managing the Problem Preschooler

This series will focus on parenting activities designed to modify or eliminate the most difficult and annoying behaviors presented by children ages 2–6. Keynote speaker is M. Douglas Becker, MD. Series will be held at Robinwood Medical Center, Suite 142 from 7 to 8 p.m. Registration is required.

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

January 10, 17, 24, and 31

### 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

# 3

## Three Steps to a Healthy Season

While many Washington County residents look forward to spending cozy winter nights beside the fire, for some the season will bring congestion, fever, and other cold and flu symptoms.

To ensure your family stays healthy, follow these recommendations from Dino J. Delaportes, MD, FACP, internal medicine physician on staff at Washington County Hospital.

- 1 Scrub up.** Anytime you come in contact with items commonly touched (doorknobs, money, utensils) or other people, be sure to wash your hands thoroughly.
- 2 Avoid the crowd.** Viruses that create cold and flu spread through close contact. If there is a particularly strong virus in your community, stay indoors.
- 3 Take your best shot.** The influenza vaccine is your best chance at a flu-free season.

“Despite all the myths about the flu vaccine, it’s still the best thing you can do to prevent getting the flu,” says Dr. Delaportes. “Even if you acquire influenza, it will be milder if you get the vaccine.” ■



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