



WASHINGTON COUNTY  
HOSPITAL

# HEALTH FOCUS

FALL | 2004

## **The Antietam Healthcare Foundation**

**Donors Making  
a Difference**

**Celebrating  
100 Years  
of Healing**

**IF PAIN IS  
A PROBLEM**

**Joint Replacement  
Surgery Could be  
the Solution**

# Dear Washington County Hospital Friend,

a word from the  
**CEO**



Welcome to the premiere issue of *Health Focus*. It is a pleasure to bring you information about how you can lead a healthy, active life by taking advantage of healthcare resources that are right here in our community.

Every quarter, *Health Focus* will provide health information you can use no matter what your age or health status. You will learn what is happening at Washington County Hospital, the Robinwood Medical Center, and at our other sites in the tri-state region, as well as news about our Antietam Healthcare Foundation. We'll share interesting stories about our patients, staff, volunteers, and donors. You will read about state-of-the-art technology and services that are accessible right here at home—so you don't have to leave your community to get the best in healthcare.

You are a significant part of what we do at WCH. We are here to serve your healthcare needs. So it's important to us that our communication is a two-way street. Not only do we want to share with you what's happening in healthcare locally, but we want to hear from you about your medical needs. We want to know how we can serve you better. If you have ideas, suggestions, or concerns you'd like to share, please let us know. You can reach our public relations office by calling (301) 790-8663.

Please take a few minutes to read our first issue. I hope you will find the stories and information in *Health Focus* enjoyable and useful. Until next time...with my best wishes for your good health,



James P. Hamill  
President and CEO  
Washington County Hospital

## A Fall Workout Guide

By following these precautions, you can exercise safely all season long.

**Staying hydrated is key** because you can lose a significant amount of body fluid through sweat, even in cold temperatures. Drink at least eight to 12 cups of cool water each day.

**When exercising in cooler climates, it's important to cover exposed areas**—especially your head, which may lose up to half your body's total heat production when exposed.

**Wind chill (wind velocity combined with air temperature) must always be considered** when choosing what to wear in cooler weather. For example, an air temperature of 30° with a 25-mile-per-hour wind is equivalent to a wind chill of 0°.



# working hand-in-hand to help you

A group that generously gives its time, talents, and financial support, the Antietam Healthcare Foundation is helping to ensure your family's healthcare now and in the future.

Washington County Hospital has always relied on the generous outpouring of gifts from people like you to bring the most advanced healthcare services and technology to the tri-state area. The Antietam Healthcare Foundation was created to formalize fundraising efforts for the hospital.

## Going for the Goal

From black tie events and golf tournaments to the new Festival of Trees and other ongoing efforts, the Antietam Healthcare Foundation offers a range of opportunities to invest in the community's care.

"In today's healthcare environment, the community plays a large role in raising necessary funds to keep high-tech medical services available," says Michael Day, chairperson of the Antietam Healthcare Foundation. "By helping the community understand the constant need for developing service opportunities, the Antietam Healthcare Foundation is assuring excellent health services for the future."

## Moving Forward

Prior to the development of the Antietam



Board members David Barnhart and John Hershey Jr., along with Tory VanReenen of Community Rescue Service (CRS) look on as Jeremy Mackrell installs a child's car seat for the CRS child safety program. Antietam Healthcare Foundation funded the \$5,000 grant for the program.

Healthcare Foundation, countless individuals poured their time and efforts into raising needed funds to support the health system. Today, the Antietam Healthcare Foundation is continuing their legacies by assisting in a number of projects, including the Capital Campaign and fundraising efforts for the Special Care Nursery.

"Fundraising is a vital part of keeping the healthcare system thriving," Mike

explains. "With the help of donors, WCH can provide physicians, nurses, and other support staff with the necessary tools to offer quality healthcare services for every patient that walks through its doors."

For more information on the Antietam Healthcare Foundation or to find out how you can make a difference through a financial contribution, please call (301) 790-8631.



## a partner in progress

Since 2000, Hagerstown resident Rose Greenawalt has given to the Antietam Healthcare Foundation. Rose has been a generous contributor to the van transportation program, our chapel, and the John R. Marsh Cancer Center.

"To make sure the best services are right here in Hagerstown, it's important to financially support the foundation,"

Rose says. "No one wants to travel far for the best healthcare and the Antietam Healthcare Foundation is helping more residents of the tri-state area stay close to home for expert medical care."

To learn how you can join Rose by donating to the Antietam Healthcare Foundation, call (301) 790-8631.

Rose Greenawalt is one of many Antietam Healthcare Foundation donors who are making a difference by supporting Washington County Hospital.

# Celebrating a Century of Caring

## 100 Years of History

From generation to generation, Washington County Hospital has partnered with the people of the tri-state area to provide for all of their healthcare needs.

This community involvement is at the heart of the ever-evolving hospital. Just ask Lois Harrison, one of many residents whose families have supported the hospital—whether as an employee, volunteer, or donor—over the years.

### Family Ties

Lois presently serves as the board chairperson for Washington County Hospital. Her service and dedication began in the early 1960s when she joined the WCH Auxiliary.

“I’ve been very active ever since,” she says, reminiscing on her years with the Auxiliary, which includes serving on countless committees and as president of the group.

Like many area residents, Lois followed in her family’s footsteps

by serving WCH. Her father, R. Paul Smith, was also chair of the WCH board, and her mother was one of the charter members of the hospital’s Auxiliary when it reorganized in 1952. Passing on the tradition, her daughter, Margaret Wade, DMD, is a dentist on the medical staff at WCH.

“Through the years, we’ve seen our employees and volunteers become like family,” says James P. Hamill, president and CEO of WCH. “Generations have followed generations working in the hospital since its beginning. We’re fortunate to have such a rich legacy of service.”

### From Humble Beginnings

Through this longstanding commitment of families, business leaders, physicians, hospital staff, and volunteers, WCH has evolved into a state-of-the-art healthcare facility.

“The hospital has grown with the times and expanded to meet the needs of the community,” says Lois. “Our facilities today offer services that we never even dreamed would be available years ago.”

And such is the tradition—as the community grew, WCH realized the changing healthcare needs of the people and reacted accordingly.

As for the future, it’s certain that WCH will continue to offer the advanced, high-quality healthcare you’ve come to trust.

“We will continue to anticipate the healthcare needs of the people of this region,” says Jim. “As the tri-state area grows, it’s our responsibility to see that these needs are anticipated and met—and that’s exactly what we intend to do.”

- 1905** Washington County Hospital opens at the former M.P. Miller residence.
- 1912** WCH moves to a new 46-bed facility at the old Kee Mar College.
- 1915** WCH acquires its first X-ray machine.
- 1935** S.M. Bloom Memorial Wing is added.
- 1947** WCH’s physical therapy department is added.
- 1952** Pangborn Hall completed; WCH is now a 311-bed facility.
- 1968** E-Wing completed.
- 1970s** WCH acquires state-of-the-art diagnostic technology such as nuclear medicine, ultrasound, and computerized axial tomography (CAT scan).
- 1983** J-Wing completed.
- 1993** Robinwood Medical Center opens.
- 1996** Second phase of RMC opens.
- 2002** Third phase of RMC opens.
- 2004** This year is the kickoff for celebrating Washington County Hospital’s 100th anniversary.



Photo: M. Youngblood

Like many of her family members, Washington County Hospital Board Chairperson Lois Harrison exemplifies the community’s connection with Washington County Hospital.

# World-Class Care Coming to Your Community



The new hospital at Robinwood Medical Center will have several state-of-the-art services such as a special care nursery for infants and advanced cardiac services that will enhance those currently provided. And better yet—all of these medical services will be available closer to home, so you won't have to travel to Baltimore or Washington for needed care.

“We recognized that our aging facility has served us well for nearly 100 years,” says John A. Latimer III, Washington County Health System board chairman. “But we also understood that it wasn't going to lend itself to advancing medical care in today's terms as well as a new facility would. The board of directors looked at the vision for healthcare 20 to 30

years down the road and realized that a new, modern facility built with ample room to grow would enable us to do an even more effective job of providing high-quality medical care.”

Over a four-year period the administration, staff, and board of WCHS carefully considered their options for modernization and expansion. They realized it was the right time to construct a replacement regional medical center. The result is the proposed new facility at Robinwood Medical Center.

## Building on Strong Foundations

“We went back to the philosophy of our health system—the real strength of an organization is its people,” says James P. Hamill, president and CEO of Washington County Hospital. “Therefore, providing the necessary tools and equipment was an important aspect in our planning so that our people will have what they need to care for the region.”

“The challenge for our staff was to not take the comfortable route and simply build a new version of the current hospital, but to think about how care needed to be delivered well into the future, including what equipment and facilities would be necessary,” Jim adds. “Consequently,



Photo: K. Haught

John A. Latimer III, Washington County Health System board chairman, is among those helping plan for the proposed replacement hospital at Robinwood Medical Center.

we focused on the philosophy of family-centered care while emphasizing safety, security, and adaptability to technological advancements.”

## Advancing Care Capabilities

Once regulatory approvals and the certificate of need are obtained, the next step in making this new state-of-the-art medical facility a reality for people of the tri-state area is to work with local zoning authorities. With an anticipated 30-month construction plan, the replacement hospital at Robinwood Medical Center should be complete in the spring of 2007.

For more information on the new facility, visit [www.wchsys.org](http://www.wchsys.org).



WASHINGTON COUNTY  
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# Community Calendar

## CLASSES AND PROGRAMS

### 10K-a-Day

Walking program encourages healthier living and improves health. Call (301) 790-8316.

### Aquatic Classes

Variety of classes offered including prenatal and classes for those with arthritis, diabetes, multiple sclerosis, or joint replacement. Call (301) 714-4025.

### Cardiac Rehab Program

For individuals who have had a heart attack, surgery, or angioplasty. Call (301) 790-8940.

### Childbirth Education and Related Classes

Covering early pregnancy, childbirth, care, and CPR. Refresher classes available. Call (301) 790-8214.

### Congestive Heart Failure Program

For individuals with diagnosed heart failure or those who need help in managing illness. Call (301) 790-8940.

### CPR Classes

Heartsaver (adult, child, infant for layperson) and healthcare provider programs. Call (301) 790-8907. October 2, December 4

### CPR Renewal Class

Healthcare provider CPR and heartsaver CPR. Call (301) 790-8907. October 14

### Diabetes Educational Program

For individuals affected by diabetes. New groups begin each month. Call (301) 714-4041.

### Fibromyalgia

**Therapeutic Program**  
For people with fibromyalgia. Call (301) 714-4025.

### First Aid Class

Call (301) 790-8296. October 2

### Osteoporosis Program

Information including exercise instruction, fall prevention, nutrition, and education. Call (301) 714-4025.

### Weight Loss Program

Orientations for medically managed Health Management Resources (HMR) Program. Call (301) 714-4041.

### Yoga Classes

All skill levels and ages including prenatal and post partum. Call (301) 739-3330.

## SUPPORT GROUPS

### Breast Cancer

Sponsored by Breast Cancer Awareness of Cumberland Valley. Call (301) 791-5843. Second Monday of each month

### Breastfeeding

For pregnant women planning to breastfeed and mothers who breastfeed. Call (301) 790-8530.

Every second Saturday and fourth Tuesday

### Diabetes

Free and open to anyone. Call (301) 714-4041.

Third Monday of each month (no meeting in December)

### Headway

For survivors of traumatic head and brain injuries. Call (301) 714-4028. First Tuesday of each month

### Labor of Love

For anyone who has experienced a miscarriage, stillbirth, or newborn loss. Call (301) 739-3863 or (301) 739-2439. First Wednesday of each month

### Man-to-Man

Prostate cancer education and support group. Sponsored by the Urological Center PA, WCHS, and the American Cancer Society. Call (301) 733-0022 and ask for Barb. Third Wednesday of each month

### Second Wind Club

For persons with breathing difficulties and respiratory diseases. Call (301) 790-8195. Second Tuesday of each month

### Stroke

For stroke survivors and families, sponsored by Total Rehab Care and American Heart Association. Call (301) 714-4025. Fourth Thursday of each month

## CLINICS

### Blood Pressure Clinics

Free blood pressure clinics offered by Home Health. Call (301) 665-7800.

### Blood Pressure Screenings

Free screening. October 20, 10 a.m.–noon at Target Call (301) 790-8940.

### Breast Cancer Clinics

Offers free education, clinical exams, and transportation to clinics. Funded by the Susan G. Komen Breast Care Foundation. 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.

### Vascular Screenings

Free screening for those 50 and older for peripheral vascular disease and abdominal aortic aneurysm. By appointment only. Call (301) 790-8946.

### Wound Healing Center

Open daily. Call (301) 790-8326.

## SPECIAL EVENTS

### Family Birthing Center Tours

Learn about programs to meet prenatal, labor, delivery, and post-natal needs. Meet at the FBC waiting room. Every Sunday at 4:30 p.m.

### Health Matters

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

### Fall Kids' Stuff Yard Sale

Clothing and other items sponsored by Family Birthing Center. Benefits the perinatal bereavement program and the Learning Center parent association. Call (301) 790-8404. October 9

### 14th Annual Diabetes Harvest Festival

Sponsored by Nutrition Services, Robinwood Endocrinology, and the American Diabetes Association. Call (301) 714-4041. October 18

### Hip and Knee Pain Seminar

Possible causes and treatment options, Sponsored by the Center for Joint Replacement. Call (877) 793-7422. October 26

### Chronic Renal Disease Seminar

Learn about living with chronic renal disease. Call (301) 797-2311. November 11

### Operating Room Open House

Celebrating Perioperative Nurse Week. Call (301) 790-8663. November 14

### Continuing Care Beyond Cure Conference

For healthcare workers to learn about end-of-life issues. Call (301) 790-8622. November 18, 19

### 20th Annual Labor of Love's Candlelight Memorial Service

For those who have experienced loss from miscarriage, stillbirth, or newborn death. Call (301) 739-3863. December 1 at Trinity Lutheran Church

### Festival of Trees

Enjoy activities and view trees decorated by local sponsors. Small fee benefits the Special Care Level II Nursery. Call (301) 790-8631 for schedule of events. December 1–5

### Tree Lighting Ceremony for WCH Auxiliary Tree of Lights

Purchase a light in honor or memory of a loved one or favorite organization to benefit the Special Care Level II Nursery. Call (301) 790-8143. December 5

### Community Christmas Eve Meal

Hosted by Washington County Emergency Physicians. Public invited. Meals delivered to nursing homes and shut-ins. Call (240) 420-0442 to volunteer time, offer financial support, or make reservations. Friday, December 24, 1–4 p.m.

### Bicycle Safety Day Rodeo

Indoor bike obstacle course, inspections, repairs, and demonstrations. Sponsored by WCH and Washington County Safe Kids Coalition. Call (301) 790-8382. December 29

# Minimally Invasive Surgery, Major Benefits

Washington County Hospital is leading the way in endovascular surgery—a minimally invasive procedure that offers patients less recovery time and fewer complications.

With endovascular surgery, vascular disease can be treated from within the blood vessels. Since its development in the 1970s, this type of surgery has advanced rapidly.



Photo: K. Haught

William Su, MD

“While endovascular surgery has been around for a long time, we’ve seen a real technological advance in this field in the past five years or so,” says William Su, MD, general and vascular surgeon on staff at Washington County Hospital. “There is a whole new range of things that are now being treated endovascularly.”

Between two-thirds and three-fourths of all surgical patients are appropriate candidates for endovascular surgery, which is less invasive and requires less recovery time. In fact, patients at a high risk for traditional surgery—such as those who are older or overweight—are often better candidates for endovascular procedures because there is a lower risk of complications.

“WCH leads the area in experience

with endovascular procedures,” says Stephen M. Sachs, MD, FACS, general and vascular surgeon on staff at WCH. “For several years now, we’ve been doing some of the procedures other hospitals are just now introducing.”

## Angioplasty of Arteriovenous Grafts

For some patients receiving dialysis due to kidney failure, a synthetic tube is implanted under the skin in the arm that allows blood to be removed, cleansed, and returned during the procedure. This tube becomes an artificial vein that can be used repeatedly for needle placement and blood access during dialysis.

Since the veins with the grafts tend to narrow, the grafts can become blocked and angioplasty might have to be performed to clear the access channel for dialysis.

“Because of high pressure in these areas, we have to intervene before the graft clots,” Dr. Sachs says. “If we can detect it before it gets too bad, we can perform angioplasty and get it open again.”

## Abdominal Aortic Aneurysm (AAA)

As the wall of the aorta—which arises from the left ventricle of the heart, then descends through the chest and into the abdomen—begins to degenerate, the fibers of the wall wear out, allowing it to stretch. When the segment that is stretching begins to leak blood, a deadly condition called an aneurysm occurs. When the aneurysm

is in the abdomen, it’s called an AAA.

“There are usually no symptoms for an AAA, so they generally come as a total surprise to the patient,” Dr. Sachs says. “But because the aneurysm could rupture and cause death, it must be repaired.”

The benefits of having AAA surgery performed endovascularly are incredible.

“The time difference between an open AAA and an endovascular AAA is fairly dramatic,” says Dr. Su. “For open surgery, the patient might spend one to



Photo: K. Haught

Stephen M. Sachs, MD, FACS

two days in the intensive care unit and then six or seven days in the hospital. But with endovascular surgery, the patient would typically spend one night in the step-down unit and then go home the following day.”

Washington County Health System is offering free screenings for abdominal aortic aneurysms by appointment only. For more information, call (301) 790-8946.

# Jump Back into Life

If pain from arthritis or injury is keeping you from doing the activities you enjoy, it may be time to consider joint replacement surgery.

Thanks to new, minimally invasive methods, patients are given a new lease on life with less pain and shorter recovery times. Washington County Hospital's skilled specialists have been performing joint replacement surgeries for years—and WCH has been named a Solucient 100 Top Hospital in orthopedics.

"It's important to choose a total joint center that offers comprehensive care for patients undergoing hip or knee replacement," says Ralph Salvagno, MD, orthopedic surgeon on staff at Washington County Hospital and medical director of the Total Joint Program. "Our program is unique because we meet with patients before surgery to provide education, start them on exercises to speed recovery, and address any questions or concerns. We then follow the patients through the entire process, including their rehabilitation after discharge from the hospital."

The center also educates and equips each patient's coach—a loved one who helps remember instructions and



Photo: K. Haught

Orthopedic specialists like Ralph Salvagno, MD, orthopedic surgeon on staff at Washington County Hospital and medical director of the Total Joint Program, are helping patients leave joint pain in the past.

assists with exercises and therapy.

"Coaches act as support systems and patient advocates," says Dr. Salvagno. "Patients also receive support from the group environment at the center as well as from the caring, experienced staff. We want to ensure they return to the quality of

life they enjoyed before the pain."

If you're bothered by painful arthritis, consider attending a hip and knee pain seminar sponsored by WCH at Robinwood Medical Center. The next seminar is Tuesday, October 26 from 1 to 2:30 p.m. Call (877) 793-7422 to register.



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