

MARYLAND'S

HEALTH MATTERS

COVER STORY

MORE SERVICES, BETTER ACCESS

University of
Maryland Upper
Chesapeake
Health
Aberdeen

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WINTER 2024

ACADEMIC MEDICINE AT WORK
NOT A STROKE, A WAKE-UP CALL:
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THE HEART**

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UNIVERSITY
of MARYLAND
MEDICAL
SYSTEM



ON THE COVER

MORE SERVICES, BETTER ACCESS

In early 2024, more essential health services are coming to University of Maryland Upper Chesapeake Health Aberdeen.



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ACADEMIC MEDICINE AT WORK:

Not a Stroke, A Wake-Up Call—Emergency neurosurgery was the first step to a bright future.

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GIVING FROM THE HEART

Even before the Colombo family needed medical care, they saw the need to support health care, right here in our community.



STAY CONNECTED WITH

UM UPPER CHESAPEAKE HEALTH

ELIZABETH WISE, FACHE, MSN, MBA
President and Chief Executive Officer

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Leadership LETTER

MY MOTHER ALWAYS told me that “change is never easy.” While that is true, I also believe that change brings exciting opportunity. Over the coming months, University of Maryland Upper Chesapeake Health will experience a year like no other, with many significant and exciting changes. In addition to the opening of the Bel Air Ambulatory Surgery Center and the Bel Air Bed Tower, we will also open the Aberdeen Medical Center, offering state-of-the-art emergency and behavioral health care. When this occurs, we will close UM Harford Memorial Hospital (UM HMH) after 112 years of serving the communities of Harford and Cecil counties.

During my time here, I have heard many stories from team members and patients about their memories of UM HMH. From births to emergency room visits, surgeries and inpatient stays, outpatient physical therapy to cardiology testing, UM HMH has served a vital purpose for countless patients. I would love to hear more of your memories.

In this issue, you’ll read about the many new facilities and expanded services we are bringing to this community starting next month. As we transition our facilities, I would like to thank the countless number of team members who have worked at UM HMH over many decades. I would also like to thank the community for trusting us with their care throughout the years.

Elizabeth Wise

Elizabeth Wise, FACHE
President/CEO



1912—The Havre de Grace Hospital helped its first patient on Jan. 1, 1912. The hospital was located in a 21-room Queen Anne mansion designed in 1891 by Baltimore architect George A. Frederick.



1943—The new three-story hospital building was later renamed Harford Memorial Hospital. The mansion was demolished in 1951, and the hospital expanded again in the 1960s and 1980s.



2024—University of Maryland Harford Memorial Hospital closes, moving patient care to the Aberdeen Medical Center and expanded inpatient services in Bel Air.



A courtyard inside the behavioral health pavilion offers patients opportunities to enjoy sunshine and fresh air during their stay.



A PLACE FOR YOU *to Heal*

UNIVERSITY OF MARYLAND UPPER CHESAPEAKE HEALTH ENHANCES MENTAL HEALTH SERVICES IN ABERDEEN.

SUPPORTING MENTAL HEALTH needs across the continuum of care, UM Upper Chesapeake Behavioral Health Services offers a continuum of care across the county and Bel Air enhanced with the opening of the Aberdeen campus.

“All the inpatient services from UM Harford Memorial Hospital will be here, complementing our outpatient and intensive outpatient mental health services,” said Jennifer Redding, LCSW-C, executive director of Behavioral Health Services at UM Upper Chesapeake Health and the Klein Family Center. “The Emergency Department (ED) now has an area specifically for patients with behavioral health needs, away from the often over-stimulating, traditional ED space. This provides a calmer, more private environment during the evaluation process.”

MEETING YOUR NEEDS

Just as you would have a chronic condition, like diabetes, or a broken arm treated by your provider, you should do the same with your mental health.

The Klein Family Center, which supports patients in the community in coordination with Aberdeen, offers three levels of care: an Urgent Care Walk-in Center that provides immediate therapeutic treatment 365 days a year, no appointment needed; a Residential

Crisis Bed Program for voluntary short stays, and an outpatient clinic for therapy and psychiatry.

“We aim to make our services as accessible as possible, so you don’t have to suffer in silence,” Redding said. “People who come into our urgent care walk-in center and need ongoing support can be referred to one of our therapists, psychiatrists or peer recovery coaches.”

TREATING THE WHOLE PERSON

Many people with substance use disorders also struggle with mental health. UM Upper Chesapeake Health believes in treating the whole person, not just one facet.

“We can detox patients and help get them into longer-term treatment,” Redding said. “Our outpatient therapy programs help people manage and treat co-occurring disorders, such as depression and alcohol use disorder.

“People who need more than outpatient but not inpatient treatment typically stay eight to 10 days in our residential crisis bed program. Our case management team really is able to wrap around them and help stabilize their situation so they can return to the community and function as they had been or as they hope to.”

SERVICES AT UM UPPER CHESAPEAKE HEALTH IN ABERDEEN

INPATIENT PROGRAMS

- In-hospital short-term psychiatric care
- Medical consultations for admitted patients with psychiatric care needs

OUTPATIENT PROGRAMS

- Outpatient clinic, offering medication management and psychotherapy services
- Intensive outpatient program, providing group therapy for adults with significant mental health issues
- Psychiatric day treatment, providing group therapy, individual therapy, medication management and case management
- Outpatient Emergency Department evaluation

SERVICES AT THE KLEIN FAMILY CENTER

- 24/7 mobile team hotline—call **1-800-NEXT-STEP (1-800-639-8783)**
- Mental health and substance use disorder urgent care walk-in clinic with same-day evaluations and intervention from 9am to 9pm daily
- Outpatient psychotherapy and medication management
- Residential crisis bed services for adults with mental health and/or substance use issues, including detox



If you or a loved one needs mental health care, call **443-843-8800** or visit umuch.org/behavioralhealth. Hear Jennifer Redding discuss mental health on the Live Greater podcast at umms.org/uch/podcast.

THREE TIMES *Lighter*

UNIVERSITY OF MARYLAND UPPER
CHESAPEAKE BARIATRIC SURGERY
CENTER TRANSFORMED THREE
LIVES IN THE SAME FAMILY.

CERTIFIED MEDICAL ASSISTANT Marianna Kloster, 57, of Havre de Grace, Maryland, loves playing soccer with her 7-year-old grandson, Enzo. It's one of many active pastimes she discovered after losing 141 pounds with the help of bariatric surgery at UM Upper Chesapeake Bariatric Surgery Center.

In 2016, Kloster had gastric sleeve surgery, one of three weight loss procedures available at the center. She committed to exercising and eating healthy to build on her post-surgical weight loss, and the results were transformative. Now, she's a Zumba instructor, loves going to the gym and motivates others as the bariatric program assistant at the Bariatric Surgery Center.

"Before the surgery, I was like a bubble, just floating through life complacently," Kloster said. "Now, I'm like a firework: I'm bright, colorful, excited and have the energy to go."

NEXT-GENERATION SUCCESS

Like their mother, Hannah Malmed, 24, and Chace Malmed, 32, spent years limited by weight.

"Obesity is a complex and chronic condition requiring individualized care," said Alexander Aurora, MD, FACS, director of bariatrics and advanced minimally invasive surgery. "Hormonal, metabolic, psychological, cultural and behavioral factors can affect individuals in different ways, resulting in uncontrolled weight gain. Our program focuses on helping patients to best manage these factors and lead a healthier life."

Inspired by her mother's success, Hannah, a dental assistant from Havre de Grace, had gastric sleeve surgery in 2019. She lost 110 pounds, and her self-confidence soared.

"When you feel good, you look good and give off good vibes," she said. "When I wake up now, I'm not wheezing or gasping for air. I don't have sleep apnea or knee bursitis anymore."

Chace, a newlywed and materials planner from Shrewsbury, Pennsylvania, used to have trouble keeping up with his son, Enzo. That hasn't been the case since



L to R: Siblings Hannah and Chace Malmed pose with their mom, Marianna Kloster, and 445 pounds of weights—the same amount the trio lost after bariatric surgery.

"Chace and Hannah are having the time of their lives. I'm glad they had bariatric surgery while they're young, so they have the rest of their lives to enjoy the benefits."

—MARIANNA KLOSTER, WHOSE CHILDREN FOLLOWED IN HER FOOTSTEPS BY HAVING BARIATRIC SURGERY AT UNIVERSITY OF MARYLAND UPPER CHESAPEAKE HEALTH

Chace had gastric sleeve surgery in 2022 and lost 230 pounds. One moment with Enzo on a recent visit to Hersheypark made the weight loss journey worthwhile.

"Before, I couldn't fit on the roller coasters, but this time, I rode one with Enzo," Chace said. "Of this whole journey, that's my highlight, being able to ride a roller coaster with my son."



To watch a video and request more information about bariatric surgery, visit umuch.org/weightloss.

More Services,

BETTER ACCESS



IN EARLY 2024, MORE ESSENTIAL HEALTH SERVICES ARE COMING TO UNIVERSITY OF MARYLAND UPPER CHESAPEAKE HEALTH ABERDEEN.

FOR MORE THAN 100 years, UM Harford Memorial Hospital (UM HMH) has met the medical needs of its community. UM HMH is closing, but the new UM Upper Chesapeake Medical Center Aberdeen continues that tradition in easy-to-access, modern facilities.

“We’re transforming care in Harford County,” said Colin Ward, DrPH, MHS, chief operating officer at UM Upper Chesapeake Health. “We noted our community’s needs and took steps to meet them.”

EXPANSION BEGAN 2022

The first phase of construction in Aberdeen brought about the UM Upper Chesapeake Health and Wellness Center.

Opened in 2022, the Center provides access to the following outpatient services:

- Cardiology
- Endocrinology
- Hematology and oncology
- Infusion services
- Orthopedics
- Physical therapy
- Primary care
- Wound care

Current construction brings a new, three-story medical center to the campus. Slated to open Feb. 6, 2024, the medical center attaches to the Health and Wellness Center

with a connector breezeway. The services there complement the Health and Wellness Center and make it even easier to get the care you need.

“Our new facility will improve the quality and efficiency of care,” said Fermin Barraeto, MD, MBA, board-certified emergency medicine physician and medical toxicologist, and senior vice president and chief clinical officer at UM Upper Chesapeake Health. “It will help ensure we provide all patients with the right level of care and appropriate support services.”

Features of the new medical center include:

- **Emergency Department (ED).** The new stroke-accredited ED features 25 beds. With 24/7 CT and other testing capabilities, you can receive care for conditions ranging from broken bones to stroke.
- **Observation beds.** If you need monitoring by the ED medical team, you may get admitted to one of the 17 short-stay observation rooms. Medical experts track your condition for up to 48 hours, allowing for additional testing to determine the cause of the illness.
- **Helipad.** For patients who need advanced care or for whom time is critical, the helipad makes transfers directly to the R Adams Cowley Shock Trauma Center in Baltimore.
- **Behavioral health pavilion.** This 33-bed inpatient behavioral health unit is situated on the top floor of the medical center. Patients can receive up to 12 days of inpatient therapy before transitioning to partial inpatient care, then to outpatient therapy—all on the Aberdeen campus.

ADDING SPECIAL TOUCHES

The Aberdeen campus features special touches with area residents in mind.

“Our patients are aging,” Ward said. “To better serve them, we implemented features that respect their unique needs.”

In a special five-bed section of the ED, senior needs are front and center. Natural materials provide a softer floor that

is gentler on aging joints. Additionally, larger signage and brighter lights make navigating the ED easier.

Telemedicine technology in observation rooms enables communication between your care team and experts at other University of Maryland Medical System facilities at your bedside.

“This is a once-in-a-generation opportunity to transform health care in Harford County for the better,” Dr. Barraeto said. “At the Aberdeen Medical Center, we have a high-quality, high-tech approach that gives patients a positive experience that ultimately leads to better outcomes.”



BUILDING A BETTER EXPERIENCE

Developing University of Maryland Upper Chesapeake Health’s Aberdeen Campus was a group effort. A multidisciplinary team evaluated the community’s needs. Feedback from a patient advisory group guided the choice of services.

Each step along the way, the goal was the same. The Aberdeen campus was created to house a state-of-the-art facility with safe, quality health care.

“As we’ve added to the Aberdeen campus, we’ve looked at all aspects of the patient experience,” said Jo Anne Thomson, MN, CPXP, vice president of patient experience at UM Upper Chesapeake Health. “From the minute you walk in until you leave, we put you at the center of what we do.”

AN EXPERIENCE TO REMEMBER

The patient focus shines all over the Aberdeen campus. There is ample parking, so you can start your visit without stress. The campus is also easy to navigate, providing quick access to all services.

With plenty of rooms and square footage, the expansion improves the experience of patients and providers. When needing a second opinion, technology connects you to specialists inside and beyond the Aberdeen campus.

“We see ourselves as partners who help patients move toward better health,” Thomson said. “A wonderful patient experience is the first step in the process.”



Fermin Barraeto, MD, MBA, in the new UM Upper Chesapeake Medical Center Aberdeen

2023 BROUGHT
EXCITING
UPDATES TO
UNIVERSITY
OF MARYLAND
UPPER
CHESAPEAKE
HEALTH IN
BEL AIR, AND
2024 HAS
EVEN MORE
IN STORE.



BRINGING CARE TO *New Heights*

UM UPPER CHESAPEAKE Medical Center in Bel Air has long been a trusted community resource and leader in patient care. Campus expansions and renovations build on this foundation.

“We started consolidating and expanding the Bel Air campus with the goals of improving access to medical services in the community and pushing our high quality of care to new heights,” said Colin Ward, DrPH, MHS, chief operating officer at UM Upper Chesapeake Health. “To the degree design can improve patient experience and care, we infused that into the building to create spaces worthy of the high level of care our teams provide.”



A PATIENT-CENTERED TEAM APPROACH

Changes at the Bel Air campus were driven by extensive research, the expertise of the community health team, partnerships with the health department and survey data from community members.

“This project has been a collaborative effort,” said Shelley Palmere, CMPE, director of surgical practice operations at UM Upper Chesapeake Health. “We’ve been meeting for the past two years and including representatives from each group to ensure we’re offering our community the best care in Harford County.”

GROWTH AND IMPROVEMENTS

Whether you’re coming to UM Upper Chesapeake Health in Bel Air for an emergency, inpatient stay, outpatient procedure or to visit a loved one, the updates provide a more comfortable environment and elevated experience.

Emergency Department (ED) renovations. An expanded reception area and improved entrance allow a smoother and more comfortable check-in experience. Additional dedicated ED restrooms also add convenience.

Updated patient kitchen. Healthy meals are essential for healing. The updated and expanded patient kitchen provides a more efficient workspace for the dietary services team and improved food options for patients.

Enhanced capability to draw information directly from the electronic medical record system allows the dietary services team to offer patients customized menus that meet specific nutritional needs.

Expanded cafe. The cafe provides high-quality hot and cold food items in a welcoming environment. There's a coffee area, fireplace and plenty of natural light to help you relax and enjoy a healthy meal or snack.

Inpatient bed tower. With 72 additional inpatient beds, larger rooms and ample lighting that's easier on the eyes, the new inpatient bed tower offers a healing environment. The three-floor expansion features an observation area and a dedicated unit for people receiving cancer care. Plus, advanced technologies improve the health care team's ability to provide exceptional, efficient care and service during your stay.

Pavilion III. The brand-new Pavilion III offers a state-of-the-art ambulatory surgical center, imaging services and several outpatient specialty care practices and services, including:

- Comprehensive orthopedic services from acute fracture care to joint replacements to spinal pain management and hand surgery
- Concussion care
- Osteoporosis care
- Rehabilitation services
- Sports injury services for people of all ages

BEHIND-THE-SCENES ADVANCEMENTS

The renovations at UM Upper Chesapeake Health in Bel Air also include several innovative infrastructure improvements integral to providing the highest quality of care. These updates include in-room integrated technology.

State-of-the-art technology is built into patient rooms, allowing for more efficient bedside care, documentation and maneuverability. Integrated telemedicine capabilities also expand patient access to expert care across the University of Maryland Medical System without needing to leave the room.

RESPONSIVE DESIGN FOR CHANGING NEEDS

Current renovations at UM Upper Chesapeake Health in Bel Air are designed and constructed to provide the highest possible quality of care. Still, community needs and health care innovations are continually shifting. The Bel Air campus updates are designed with this evolution in mind.

"Our infrastructure and thoughtful planning allows us the flexibility to keep future expansions in mind, as needed, while continuing to provide the highest quality of care to all of our patients," Ward said.



To learn more about how we are advancing health care in our community, visit umuch.org/better.

COMPREHENSIVE ORTHOPEDIC CARE UNDER ONE ROOF

A key feature of the expansions at University of Maryland Upper Chesapeake Health in Bel Air is the consolidation of orthopedic services in the new Pavilion III.

"The new surgical center brings together our long-established orthopedics, spine, hand and plastics practices—as well as rehabilitation services—in one convenient location, making it easy for patients to get the comprehensive care they need," said William Cook, MD, chief of orthopedic surgery at UM Upper Chesapeake Health. "It's really a testament to our commitment to patient care and excellence in orthopedics."

Patients will have access to:

- Top quality, comprehensive orthopedic care with on-site X-ray

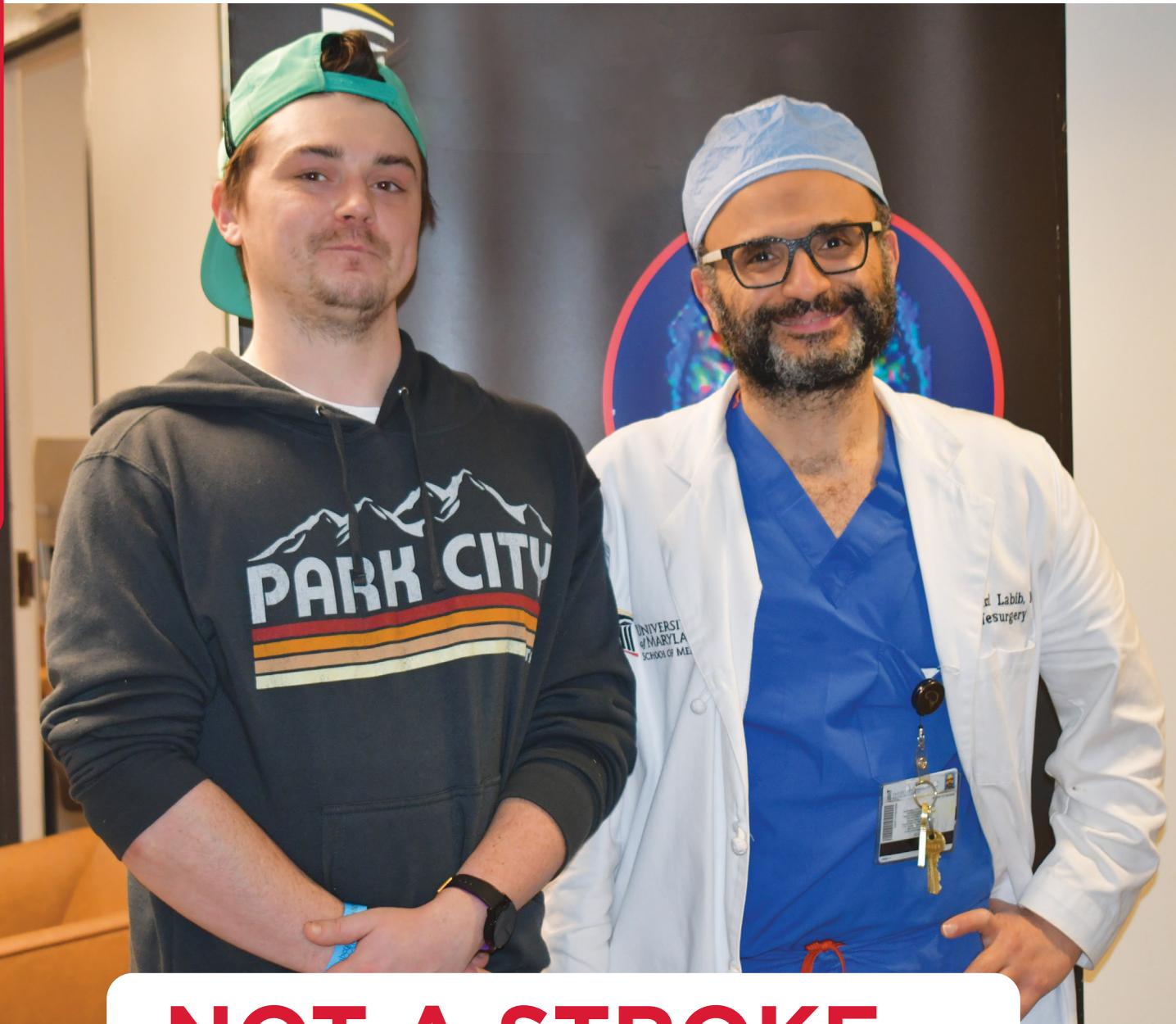
- Ultrasound-guided injections
- Occupational therapy
- Physical therapy

Pavilion III will be home to a wide range of orthopedic specialty areas, providing care for conditions and injuries affecting joints throughout the body.

"Continuity of care is prime in orthopedics," said Shelley Palmere, CMPE, director of surgical practice at UM Upper Chesapeake Health.

"Many times, one injury can impact multiple parts of the body, such as back pain affecting a person's gait, which in turn affects joints in the legs. Here, providers will be able to collaborate to ensure all of a patient's needs are met."





NOT A STROKE— *A Wake-Up Call*

A NETWORK OF CARE BROUGHT KASEY TRENT FROM EMERGENCY ASSESSMENT THROUGH SPECIALIZED CEREBROVASCULAR NEUROSURGERY, RECOVERY AND INTENSE REHABILITATION TO A BRIGHT FUTURE.

KASEY TRENT, 27, has the sort of vibrant, independent life many 20-somethings crave. The Freeland, Maryland, native lives and works in San Diego, California, where he spends his free time playing sports and hanging out with friends. Given his youth, the best, it would seem, is yet to come. Two and a half years ago, however, Trent's bright future was clouded by a rare brain condition.

During the summer of 2021, not long after moving to California, Trent began experiencing strange symptoms—an uncharacteristic loss of balance while snowboarding and tingling in his face, tongue and fingertips while eating a piece of cake. Something was wrong, but Trent assumed it was minor.

"I thought I was having an allergic reaction to something," he said. "When you're my age, the idea there might be an issue with your brain is the last thing you think about."

RECEIVING A RARE DIAGNOSIS

During visits home to Maryland in November and December 2021, Trent's mother, Zhanna, could tell her son didn't feel like himself. The difference was especially apparent during the December trip. The left side of his body seemed weak, and his speech wasn't quite right.

"He was talking as if something was in his mouth," Zhanna said.

Suspecting a stroke, Zhanna took her son to the Emergency Department at University of Maryland St. Joseph Medical Center in Towson. Scans revealed something far less common than a stroke: a cavernous malformation—a tightly packed bundle of abnormal blood vessels (See page 12 for more information.) Located within Trent's brainstem, the cavernous malformation caused a bleed, and the group of vessels was so large it was putting pressure on structures within the brainstem that help regulate movement, heart rate and other vital functions.

When Mohamed A. M. Labib, MD, an assistant professor of neurosurgery at the University of Maryland School of Medicine, learned about Trent's case, he knew he was perfectly positioned to help. A cerebrovascular neurosurgeon who specializes in treating cavernous malformations of the brain, Dr. Labib contacted Zhanna and advised her to bring her son to University of Maryland Medical Center, the academic medical center of University of Maryland Medical System, in downtown Baltimore. There, he could receive the highest level of neurosurgical care. Zhanna followed Dr. Labib's advice.

MISSION: POSSIBLE

Surgery to remove the brainstem cavernous malformation was the best treatment option for Trent, but challenges abounded. Sitting at the base of the brain, the brainstem is difficult for neurosurgeons to access. Its roles in various vital functions mean any unintentional harm during surgery could be especially damaging.

"Few neurosurgeons will operate on the brainstem because of the inherent risks," Dr. Labib said.

Two factors worked in Trent's favor: his youth and Dr. Labib's specialized training. During the February 2022 surgery, Dr. Labib needed to reach Trent's brainstem while minimizing the effects of surgery on other parts of the brain. Instead of relying excessively on surgical instruments to move the cerebellum, a part of the brain that sits behind the brainstem, the team placed Trent in a sitting position for the surgery, which allowed gravity to shift the cerebellum and provide better access to the cavernous malformation.

After making an incision behind Trent's right ear, Dr. Labib used magnification to delicately navigate around key structures of the brain and reach the brainstem. Stains from the brainstem bleed and navigation confirmed he'd found the site of the cavernous malformation. Dr. Labib carefully opened a groove in the brainstem and removed the tangle of abnormal blood vessels.

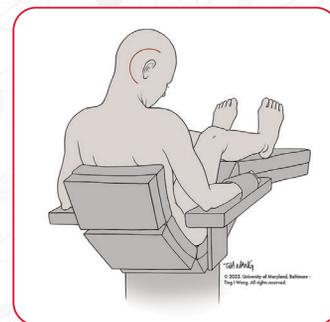
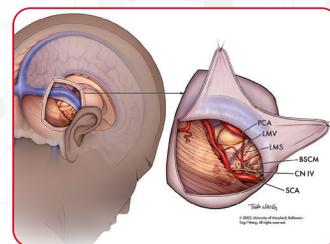
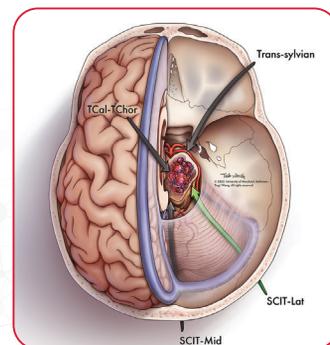
The threat of further damage was gone. Trent's tingling sensations and weakness vastly improved. Still, he faced a long road to recovery. His mother and surgeon were there for him every step of the way.

UP TO THE CHALLENGE

The brainstem cavernous malformation had taken a toll on Trent's functional abilities. During the year after his surgery, he had to relearn some of life's most basic skills, from walking to opening jars. Right from the start, he refused to accept limits.

"I don't want to hear anyone tell me I might not be able to walk again," he recalled thinking when he was still in the hospital after the operation. "Everyone knew what had happened to me and didn't want to give me false hope, but Dr. Labib was confident he could fix me."

Throughout Trent's rehabilitation, through moments of despair and doubt, Dr. Labib offered encouragement and reassurance, and Zhanna provided unwavering support. Slowly, Trent achieved small victories. Strength and muscle mass returned. He was able to pour himself a bowl of cereal and fill his dog's water bowl.



He started walking again, and walking led, eventually, to running.

Having painstakingly regained his strength and mobility, and with his cognitive abilities unaffected, Trent is once again enjoying life in California—and not taking any part of it for granted. Both he and his mother are grateful for the surgeon who helped them through some of the most difficult moments of their lives.

“Dr. Labib was amazing,” Zhanna said. “He was there for me and my family, reachable and kind, and he explained everything. He’s a very, very good doctor and human being.”

CAVERNOUS MALFORMATIONS

A cavernous malformation is a bundle of small blood vessels called capillaries that have become irregular and dilated. Capillaries, the body’s tiniest blood vessels, connect arteries and veins. Kasey Trent had a cavernous malformation in his brainstem, but these abnormal groups of blood vessels can form anywhere in the body. Here are three things to know about cavernous malformations:

- 1. Cavernous malformations in the brain and spinal cord are the most serious.** These are the ones most likely to produce symptoms. Cavernous malformations in the brain, called cerebral cavernous malformations, can cause seizures, bleeding, headaches and more.
- 2. Cerebral cavernous malformations can run in families.** Most people who develop these types of malformations don’t have a family history of the condition. Some, however, inherit genetic mutations that can cause cerebral cavernous malformations from their parents.
- 3. Surgery isn’t always necessary.** Some symptoms, such as seizures, are treatable with medications. Surgery may be appropriate for patients with worsening symptoms that can’t be controlled with medication, but patients and surgeons should weigh the risks and benefits of the procedure.

To learn more about how UMMC is leading the way in neurosurgery, visit umm.edu/neurosurgery, or call **410-328-6034** to schedule an appointment.

STAYING STROKE READY

WHEN A STROKE STRIKES,
UNIVERSITY OF MARYLAND UPPER
CHESAPEAKE HEALTH IS READY TO
JUMP INTO ACTION.

IN THE U.S., stroke is a leading cause of disability. When people are aware of the signs of a stroke and receive care promptly, their long-term outlook improves.

“We are dedicated to providing the highest level of care for people experiencing stroke in Harford County,” said Lindsay Goff, BSN, RN, primary stroke program coordinator at UM Upper Chesapeake Health. “We want people to know the importance of calling 911 as quickly as possible — ideally within 1.5 hours of first symptoms — so that they can receive medication to treat stroke.”

READY TO HELP

UM Upper Chesapeake Medical Center in Bel Air is a Primary Stroke Center. The stroke team can quickly diagnose patients and treat them with the latest medications to dissolve blood clots, which cause most strokes. Patients can also be admitted for treatment and rehabilitation.

Additionally, the new Medical Center in Aberdeen has received Acute Stroke Ready certification. Patients can be diagnosed with imaging, stabilized and treated before being admitted at another facility.



To learn more about stroke care at UM Upper Chesapeake Health, visit umuch.org/stroke.

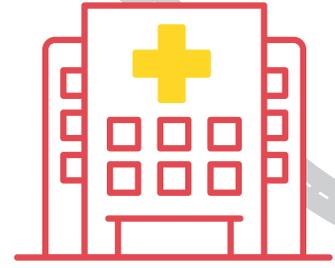
SIGNS OF STROKE? ACT FAST

Call 911 if you or a loved one experiences:

- sudden weakness in the face, arm or leg on one side of the body
- confusion
- slurred speech
- trouble walking



Driven by SYMPTOMS



WONDERING
WHERE TO TURN
FOR MEDICAL
ATTENTION? LET
YOUR SYMPTOMS
BE YOUR GUIDE.

GOING TO THE right place for medical care helps ensure you get the right care at the right time. If you can wait for an appointment, your primary care provider (PCP) is your first choice. After hours, consider an urgent care clinic. For life- or limb-threatening injuries, going to an emergency department (ED) or calling 911 connects you to the specialists you need to see. Here's where a few symptoms should take you:

PCP/URGENT CARE

EMERGENCY DEPT



Chest Pain

Happens when eating certain foods, occurs only when lying down, feels sharp, lasts only a **few seconds**, and is not accompanied by shortness of breath, vomiting or sweating

Feels like **pressure or tightness in the chest**, is accompanied by shortness of breath, sweating or vomiting, and may radiate to the neck, back, shoulder(s) or jaw



Falls

You're **younger than 65** and hit your head or suspect you broke a bone or sprained a ligament. Those **65 or older** who've hit their head should go to the ED.

Results in frequent vomiting, loss of consciousness, a **bad headache that medication can't help**, seizures, slurred speech, extreme pain or bone poking out of the skin



Headaches

Doesn't improve with medication or makes sleep, work or daily activities difficult

Sudden and severe, and may be accompanied by confusion, difficulty speaking or walking, fever, **numbness on one side of the body**, or a stiff neck



If you need a primary care provider, visit umuch.org/find-a-doctor.

GIVING FROM THE

Heart



Sandra and Ray Colombo

EVEN BEFORE THE COLOMBO FAMILY NEEDED MEDICAL CARE, THEY SAW THE NEED TO SUPPORT HEALTH CARE, RIGHT HERE IN OUR COMMUNITY.

IN 2004, RAY Colombo semiretired from his company. Though he stayed on as the company's CEO for eight more years, he had more free time on his hands. He started spending it volunteering at University of Maryland Upper Chesapeake Medical Center.

"When I first started volunteering in 2007, my wife, Sandy, and I were in good health, and our medical needs were minimal," Colombo said. "I knew a lot of people weren't so fortunate, and I wanted to help them."

FINDING HIS PLACE

Colombo's first volunteer opportunity was as a patient advocate. He greeted new patients, ensured their comfort and alerted staff of any issues. After a handful of years, he moved to the warehouse, where he unloaded trucks, loaded pallets and delivered supplies throughout the hospital.

"I liked that," Colombo said. "I got exercise, met everyone in the hospital and learned where everything was."

A hernia put an end to his warehouse days. He now volunteers twice a week in the ambulatory care center, supporting the needs of patients and their families.

MAKING A LASTING IMPACT

On top of donating time, Colombo regularly makes gifts to support the mission of UM Upper Chesapeake Health. He and Sandy have made leadership gifts to support the Senator Bob Hooper House because they've known many people who have received tremendous end-of-life care there. The Colombos want to ensure that residents have access to the Senator Bob Hooper House for years to come.

They also make annual gifts to support the Foundation's Honor a Caregiver campaign. One of those gifts is particularly meaningful.

One morning, when Sandy couldn't breathe, Colombo rushed her to the hospital where emergency medicine physician Lisa Thomas, MD, diagnosed her with a heart problem. Sandy received treatment in the cardiac catheterization laboratory.

"Dr. Thomas is a great person who is committed to the hospital and saved my wife's life," Colombo said. "That's why I honored her."

FOLLOWING IN THEIR FOOTSTEPS

Generosity keeps University of Maryland Upper Chesapeake Health going strong for your family, friends and neighbors. If you're inspired to give back like Ray and Sandy Colombo, the Upper Chesapeake Health Foundation has a place for you.

"Philanthropy is the vehicle that allows us to serve our community well," said Elizabeth Wise, FACHE, president and CEO of UM Upper Chesapeake Health. "Our volunteers' smiling faces are invaluable, and our donors' generous gifts help us meet the physical, mental and emotional needs of those we serve, year after year."



Call **443-643-3460** or visit **uchfoundation.org** to learn about philanthropic opportunities at UM Upper Chesapeake Health.

NEWS & Events

BE YOUR BEST

THESE HEALTH AND WELLNESS PROGRAMS ARE OFFERED IN SUPPORT OF YOUR GOOD HEALTH.

HEALTH SCREENINGS

Screenings, including blood pressure, cholesterol, diabetes, stroke and more, are offered regularly throughout Harford County. Call **800-515-0044** or visit umuch.org/calendar for all the latest information.

MEDICAL MOBILE VAN

A variety of no-cost/low-cost health screenings are provided monthly in our medical mobile van at varying community locations. Call **800-515-0044** for dates, times and locations or visit umuch.org/calendar.

SELF-MANAGEMENT PROGRAMS

Self-management programs are designed to help you take charge of your health, manage chronic illnesses and live life to the fullest. If you have prediabetes/diabetes, arthritis, heart disease, balance or mobility issues, or another chronic condition, these FREE programs may be able to help. Call **800-515-0044** to learn more.

DON'T WEIGHT! TAKE CONTROL OF YOUR LIFE AGAIN

Obesity is a complex disease with many factors that can cause excess weight gain and complicate a person's ability to lose it. If a traditional program of physical activity and good nutritional choices has not adequately solved the problem, our Bariatric Surgery Program is here to help. Visit umuch.org/weightloss for a short video about your options for weight loss surgery or call **443-843-6363** to learn more.

FEBRUARY IS AMERICAN HEART MONTH

Celebrate a month-long awareness encouraging Americans to join the fight against heart disease and live a heart-healthier lifestyle. Learn more about our Heart and Vascular Institute and tips that can help at umuch.org/heart.

MARCH IS COLORECTAL CANCER AWARENESS MONTH

Many colon cancers can be prevented or—when detected early—more easily treated. Beginning at age 45 (or earlier if you have a family history of colon cancer), talk to your doctor about when you should be screened.

DIABETES ALERT DAY IS MARCH 26

Whether you have just learned you have diabetes or have been dealing with it for years, our team of physicians, nurses, dietitians and diabetes educators can help you successfully manage the disease. Learn more at umuch.org/diabetes.

DIABETES CARE

Living with diabetes isn't easy, but with proper care, you can enjoy a better quality of life. Visit umuch.org/diabetes to learn more.

- UM Center for Diabetes and Endocrinology at Upper Chesapeake Medical Center: **443-643-3200**
- Upper Chesapeake Endocrinology Associates: **443-843-6100**
- Diabetes Prevention and Self-Management Programs: **800-515-0044**

MENTAL HEALTH VS. PHYSICAL HEALTH

They're both important—in fact, they can actually affect each other! Make your mental health a priority. Manage stress and anxiety through exercise, healthy eating and by taking time for yourself. Learn to recognize when you need a break and never be ashamed to ask for help! The Klein Family Center is here for you. Call **800-NEXT-STEP** or visit umuch.org/behavioralhealth.

CANCER SCREENINGS

Cancer screenings can save lives! Be sure you're keeping up with yours. Talk to your doctor about the cancer screenings that may be right for you and visit umuch.org/cancerscreening to learn more.

BREAST AND CERVICAL CANCER SCREENING

If you are uninsured or underinsured, this program can help you stay on track with your breast and cervical cancer screenings. Call **443-643-3767** to see if you may be eligible.

APRIL IS HEAD AND NECK CANCER AWARENESS MONTH

The Kaufman Cancer Center offers treatment services and supportive care to those affected by head and neck cancer and their families. Learn more at umuch.org/cancer.

WALK WITH A DOC

This is a free program for people of all ages and all abilities. Each hour-long session includes a short overview of a current health topic by a health care provider and is followed by a walk at your own pace and distance. Take some steps toward a healthier you! For more information, visit walkwithadoc.org or healthyharford.org.

- First Sunday and second Saturday of the month at 10am—Schucks Regional Park
- Fourth Saturday of the month at 10am—Magnolia Elementary School

CAR SEAT SAFETY CHECKS

Make sure your most precious cargo is riding as safely as possible. Free car seat safety checks are offered the second Saturday of each month. Call **800-515-0044** for locations and more information.

BREASTFEEDING SUPPORT

Breastfeeding is a great way to help get your baby off to a healthy start, and we're here to support you. For all of the latest information, visit umuch.org/calendar or call **443-643-2948**.

Upper Chesapeake Health System Inc
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**Strong bodies.
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Healthy families.**

We're bringing more health care services to Harford and Cecil counties and connecting you to more experts, greater innovation and the best of academic medicine. Because better access leads to better outcomes and better health.

umuch.org/better | A better state of care.