



# Living news

## Special Care for Women

**W**omen's healthcare needs are unique and what they look for in services differs from men. They want to be treated as a multi-dimensional person and desire a partnership with their healthcare provider. A relationship of mutual respect and open communication is a must. Women want to feel empowered through knowledge about health. Receiving education from their healthcare provider is important and strengthens the relationship. In addition to managing their own health, they also make the majority of healthcare decisions for their families, so convenience and timely service is important.



Women have gender specific healthcare needs. Did you know that heart disease and stroke present differently in women and have different risk factors than men? Or that 80% of people with osteoporosis and 75% of people with autoimmune diseases are women? Women also report a higher incidence of diabetes in mid-life, suffer more from sleep disorders, and have a higher incidence of thyroid disease than men. Understanding these gender specific differences is vital to providing high quality, female-focused care.

Catholic Medical Center provides a variety of services and resources to meet a woman's healthcare needs including:

- The Mom's Place - A family-centered birthing program designed especially by and for new moms. While you are here you'll stay in an attractive suite during labor, birth, recovery and postpartum and you and your baby will be cared for by a nurse whose focus is on both of you.

*continued on page 6*



## Urgent Care AT BEDFORD

### Now Open

When you need immediate care that's not an emergency... come to the new Urgent Care facility off South River Road in Bedford. Board-certified physicians, nurses and technicians are ready to provide quick, convenient, and quality care. The new state-of-the-art facility will welcome and reassure you. Walk-in service 7 days a week, Urgent Care in Bedford is a great resource for life's unexpected minor illnesses and injuries.

Monday – Friday 11:00 AM - 8:00 PM  
Saturday – Sunday 10:00 AM – 6:00 PM  
Call **314.4567**.





From the desk of  
**Alyson Pitman Giles,**  
President and CEO

Healthcare organizations in  
New Hampshire have taken  
a few hits over the past few

months, and we are very sad to see so many loyal employees lose their jobs because of the State's budget crisis. Catholic Medical Center has joined nine other hospitals to fight the new tax which has caused statewide layoffs, and we will continue to work hard to provide exceptional patient care despite these difficult circumstances.

This edition of Healthy Living News has a strong emphasis on women's health. In October we celebrate Breast Cancer Awareness, and in November we host a very popular "Women's Health Forum: Taking Care of #1." We also provide a handy health checklist for ladies on the back page, so please consider taking advantage of these special items.

I am proud to report that Catholic Medical Center was recently designated as a CIGNA 3 Star Quality Bariatric Center, which is the highest distinction given for comprehensive bariatric surgery programs in the United States. On pages 4-5, Dr. Connie Campbell and Dr. Robert Catania provide a great article about weight loss surgeries that have successfully changed the lives of over 1,000 patients. For those interested in learning more, attend one of our free information sessions held in Manchester, Exeter, or Nashua, or check out our Obesity Treatment Center online.

As always, we offer a number of health and wellness programs that cover the healthcare needs of our community (refer to pages 8-10 for details). I do hope you participate and choose CMC as your healthcare partner, and I thank you for your interest and support. ■

Alyson Pitman Giles, FACHE,  
President and CEO

## Do I go to the Emergency Room or Urgent Care?

**F**irst and foremost an urgent care center's main mission is to provide immediate medical care during times when a patient's primary physician is not available. Because an urgent care center does not routinely handle multiple traumas, there is usually less of a wait between initial triage and examination by a physician. Frequently patients seek the services of the hospital emergency department for ailments or injuries that could be treated more economically, and just as effectively, at an urgent care center. It is not always easy to determine when you should choose urgent care over a hospital's emergency department. The following lists offer some guidance, but are not necessarily all-inclusive.

### Emergency Room

- Chest pain with shortness of breath and or sweating
- Serious or severe injuries, burns or electrical shock
- Vaginal bleeding during pregnancy
- Altered mental states
- Seizures
- Unconsciousness
- Fingers, toes or extremity amputation
- Poison ingestion

### Urgent Care

- Any illness or injury that would prompt you to see your primary care physician
- Cuts, scrapes and minor wounds
- Skin rashes
- Coughs, colds, flu, sinus infections
- Sore throats
- Minor eye injuries or irritations
- Abdominal discomfort and nausea
- Treatment of minor burns
- Sports injuries, sprains, minor fractures
- Muscle aches, pains and pulls
- Laboratory and X-ray services

If you're in doubt, call ahead. If urgent care can't accommodate your condition, they will advise you to go the nearest emergency facility. For more information about the new Urgent Care at Bedford call **314.4567**. ■



# OCTOBER IS BREAST CANCER AWARENESS MONTH



Join us for a talk about

## Abnormal Mammograms

With Janet Maher-Cote, RN  
Breast Care Center Director

**October 19**

6 – 7:30 pm  
Catholic Medical Center  
Roy Auditorium.  
Register by calling  
626.2626.



# Women's Health Forum '11 "Taking Care of #1"

## Saturday, November 12

## 8:45 AM to 3:15 PM

Hosted by the Manchester Department of Health, the Women's Health Forum is a joint effort by Catholic Medical Center and Dartmouth-Hitchcock Manchester. This event is designed by women for women of all ages and provides insight on an array of women's health topics. Join us for this fun, informative and rejuvenating day together! This year's conference topics include:

### *One Stress Melt with a Side of Serenity, Please*

Debra LeClair Psy.D, Full Spectrum Wellness LLC

### *Lifting Your Way to Better Health*

Sherri Sarrouf, Certified Fitness Trainer, Strength and Conditioning Coach, President/Owner of Elite Fitness Professionals, Inc and SLS Fitness

### *Unlocking the Truth about Two Common Endocrine Disorders*

Laura Trask, MD, Endocrinology Fellow, Dartmouth-Hitchcock Medical Center

### *Living Green, Eating Clean*

Jacqueline Cuddihy, RD, Director of Nutrition Services and Obesity Treatment Center, Catholic Medical Center, Amy Huelle, RD, LD, CDE, Dartmouth-Hitchcock Manchester

**Fee: \$45.** Registration required by calling 626-2626. ■



## Weight Loss Surgery Information Sessions in Nashua & Exeter

**Nashua Public Library**

Thursday, October 20, 6-7:30 pm

**Exeter Public Library**

Tuesday, October 18, 6-7:30 pm

To sign up, please call us at

663.7377. ■



## Weight Loss & Bariatric Center of Excellence

Connie Campbell, MD, FACS and Robert Catania, MD, FACS

**N**ow in its ninth year, the Obesity Treatment Center at Catholic Medical Center has become one of the largest and most experienced surgical weight loss centers in New England. With the continual addition of new procedures and technology, CMC continues to lead the way in weight loss surgery. While a strong component of this nationally accredited Center of Excellence is the multidisciplinary approach to the management of obesity, advanced surgical techniques are often an integral part of a patient's successful weight loss treatment. Since its inception, over 1000 weight loss surgeries have been performed. For the past two years, many surgeries have been performed using robotic assistance, and this year the program introduced the sleeve gastrectomy as an additional approach to achieving meaningful weight loss and resolution of obesity associated medical conditions.

The bariatric surgeons at CMC have always used minimally invasive, or laparoscopic, techniques to perform weight loss surgery. Two years ago, a laparoscopic robotic-assisted technique emerged to allow patients an even more comfortable, quicker recovery. The robot can be used to perform the gastric bypass as well as the newer sleeve gastrectomy. Using one of CMC's two da Vinci robots, the surgeon manipulates the robotic arms from a console within the operating room. The surgeon can perform the typical surgical tasks such as suturing, cutting, and tissue manipulation with their hands directly controlling the robot. The robotic camera gives the surgeon a magnified 3-D view that allows for ideal operating conditions. For a gastric bypass, the robotic approach generally requires only three 5 mm and two 12 mm incisions which minimizes postoperative pain. This allows the



BEFORE

# excellence at CMC

patient to return to normal activity, including work, relatively quickly. Sleeve gastrectomy is a weight loss procedure that is quickly gaining popularity around the country as more insurance companies cover it. Sleeve gastrectomy involves removal of the majority of the stomach, leaving only a small 'sleeve' of stomach to accept food. This allows patients to feel satisfied after eating only a very small meal. At CMC, bariatric surgeons perform sleeve gastrectomy in a minimally invasive fashion similar to the gastric bypass. The operation, in combination with the nutritional and exercise counseling that every patient receives through the Center, allows patients to realize their weight loss goals quickly and effectively. Importantly, the surgery is very effective in reducing or eliminating other conditions caused by obesity such as hypertension, adult onset diabetes, sleep apnea, back pain, and joint pain.

Studies have shown that the majority of obese people are not able to lose and maintain enough weight loss to be considered healthy without the assistance of surgery. The Obesity Treatment Center at CMC incorporates healthy eating, exercise, and behavioral modification into an individualized program for obese patients interested in losing weight. For people who are interested and are appropriate candidates, the dedicated healthcare providers at the Obesity Treatment Center evaluate patients for weight loss surgery and help optimize them for surgery. Every patient attends a detailed information session which describes the weight loss process from start to finish. This session includes information regarding the three most commonly utilized surgical techniques today; gastric banding, sleeve gastrectomy, and gastric bypass.

Every patient then undergoes an extensive evaluation process to ensure they are a safe candidate for surgery and optimized for success. Patients then meet a surgeon to determine which operation is best for their individual circumstances. For people struggling with weight loss who want assistance, a phone call will give access to more information as well as the ability to register for a free informational session.

Please call **663.7377**. ■

AFTER



## Recognitions For Top Quality

- Top 5% Nationally in Patient Satisfaction, Top 10% Nationally for Overall Cardiac Care, Top 10% Nationally for Prostate Surgeries from HealthGrades
- 3 Star Designation from Society of Thoracic Surgeons
- 3 Star Quality Bariatric Center designation from CIGNA
- Blue Distinction for CMC's spine program (BlueCross/Blue Shield)
- Only large hospital in NH to earn 4 out of 4 "Golds" from the State's CORE measure quality program. ■

continued from page 1

- The Breast Care Center - Provides state-of-the-art breast imaging, digital mammography and high resolution ultrasound, along with the support of in house breast MRI and the services of our breast health specialist to provide a comprehensive coordinated program.
- The Let No Woman Be Overlooked Breast and Cervical Cancer Program - Offers free screenings to women who meet certain requirements.
- Women's Cardiac Center - Offers a comprehensive program that identifies a woman's risk for heart disease and provides recommendations for reducing these risks.
- Outpatient Nutrition Services - Registered dietitians can help you reach your nutrition goals and answer your questions about food choices to keep you and your family healthy.
- Osteoporosis Services - DEXA, the gold standard in assessing bone density is used to evaluate a person's bone mineral density or to determine if they have osteoporosis.
- Treatment for Pelvic Floor Disorders - Our surgeons provide inpatient and outpatient state-of-the-art surgical care services to treat a variety of pelvic floor disorders.
- Fertility Education Services - Helping women to identify the time of fertility enables couples to achieve or avoid pregnancy without chemicals or devices of any kind.
- Gynecology Services - A team of board-certified obstetrician-gynecologists and certified nurse-midwives provide state-of-the-art women's healthcare, tailored to meet your individual needs.
- Educational Programs - The Community Education and Wellness Department endorses and sponsors a full curriculum of health and wellness education directed toward improving the overall health and quality of life of our community members.
- Aesthetic Cosmetology Services - Using a state-of-the-art Candella GentleLase Alexandrite Laser, we are able to permanently remove your unwanted hair, skin pigmentations such as age spots and freckles and also provide skin tightening. Obagi Medical prescription skin care systems are also available for our clients who wish to reduce acne scarring, skin pigmentation, rosacea, sun damage, fine lines and wrinkles.
- Rehabilitation/Physical Therapy Services - The rehabilitation programs have nearly 100 specialists working at a number of convenient locations to meet the physical, as well as emotional needs of patients.

At Catholic Medical Center, we are committed to the uniqueness of women's health and to ensuring that every woman is a full partner in her care. We provide comprehensive programs of education and state-of-the-art diagnostic and treatment options built on a philosophy of compassion and support. As a woman, you can feel comfortable knowing that all of your healthcare needs are met in one place.

To learn more about these and other healthcare services for women at CMC, call us at 626.2626.

# Fact or fiction? Smoking: as a matter of fact

## 1) After quitting, your chance of a heart attack, stroke and lung cancer decreases.

**Fact:** Your risk of a heart attack drops sharply 1 year after you quit. After 2 to 5 years, your risk of stroke could fall to about the same as a nonsmoker's. Ten years after quitting, your risk of dying from lung cancer drops by half.

## 2) When you quit smoking, you gain a lot of weight.

**Fiction:** Most people only gain 6 to 8 pounds during the first few months of cessation but you can easily shed this small gain with a brisk 30 minute walk daily.

## 3) Smoking does not affect blood flow to the extremities.

**Fiction:** Blood flow is decreased (cold hands and feet). One puff lowers the temperature in the fingertips 1°F to 3°F in 3 minutes.

## 4) Diabetics who quit smoking have better control over their blood sugar levels.

**Fact:** Tobacco smoke affects your blood sugar. Smoking can actually increase your chances of having Type 2 diabetes. People with diabetes who smoke need more insulin than those who don't smoke.

## 5) The nicotine in cigars is less than in cigarettes.

**Fiction:** Nicotine in cigars is 100 to 200 milligrams, with some as high as 400 milligrams. Cigarettes contain approximately 8 or 9 milligrams.



# Interview with the Monarchs

**M**onarchs Left Wing Richard Clune

**Q: What do you do to stay motivated during the long season?**

**A:** I would say just knowing that if you can improve upon your strength and conditioning it's going to show whatever organization you belong to that you are trying to improve the team by challenging yourself to be better.

**Q: What do you do to prevent injury with the high demands of your sport?**

**A:** I lift a ton of heavy weights and do countless hours of small stabilizer muscle strengthening exercises. Olympic weightlifting is my focal point. It has been proven to strengthen the central nervous system better than any other type of training.



**M**onarchs Defenseman Andrew Campbell

**Q: How is your off-season training different than your in-season training?**

**A:** Off-season training is a lot longer than in-season training. Off-season daily workouts usually take around 4-5 hours to complete while in-season training takes maybe an hour tops. For weight lifting, off-season is high reps and a lot of sets while in-season is lower reps and sets, mainly done to maintain strength.

**Q: What are the most common hockey injuries?**

**A:** The most common hockey injuries are muscle pulls. Groins and hamstrings are the most common due to skating. Knee injuries and shoulder injuries happen a lot too with the physicality of the sport.

For your own rehabilitation needs, call:  
**Outpatient Rehabilitation Services at Dartmouth Commons**

769 South Main Street, Suite 101, Manchester - 641.6700.

**CMC Outpatient Physical Therapy at Bedford**

188 Route 101, Bedford - 314.4560. ■

**6) Smoking during and after pregnancy is harmful to the baby.**

**Fact:** Smoking during pregnancy can slow down the baby's growth. Mothers who smoke can pass nicotine to their children through breast milk. The odds of developing asthma are twice as high among children whose mothers smoke.

**7) "Low Tar" or "Light" brands are less dangerous than others.**

**Fiction:** Research shows that these types are every bit as addictive and are no safer than other cigarettes.

**8) Quitting smoking is the best choice you can make.**

**Fact:** By quitting smoking you will preserve your health, relationships and money.

For information on quitting smoking call us at 626.2626. ■

**The Great American Smoke-Out**

**Thursday, November 17**

Catholic Medical Center's Community Health Services is proud to sponsor the following programs - offered to you for free, at a low cost, or reimbursable by insurance.

## Health Enrichment



### My Low Carb Life

Thurs., Oct. 6  
6-7:30 PM

Location: 195 McGregor St., Lower Level, Suite LL22

Deciding to live low carb is as individual as each of us. What is the best approach for you? Reap the benefits of this scientifically sound program to a leaner body and better health. Free! Registration required **663.8749**.

### Stories Of Hope And Recovery

Tues., Oct. 11  
6 to 8 PM

Location: 195 McGregor St., Lower Level, Suite LL22

Presenters from **In Our Own Voice** and **Life Interrupted** will help you gain a greater understanding of mental illness, and feel newly empowered to advocate for better treatment and services for yourself or your loved ones. Hear the personal stories of hope and recovery from an individual and a family member's perspective. Free! Registration required.

### AARP Driver Safety Program

Mon., Oct. 17 and Wed., Oct. 19  
Mon., Nov. 14 and Nov. 16  
Mon., Dec. 12 and Dec. 14  
Mon., Jan. 23 and Jan. 25  
1 to 5 PM

Location: 195 McGregor St., Lower Level, Suite LL22

The nation's first and largest classroom refresher course geared especially to your safety needs. Persons of any age may attend. Fee: \$14 (two sessions) (\$2 discount AARP members). Registration required.

### Simply Pure...Fertility Nature's Way!

Wed., July 20, Aug. 17, Sept. 21 *or*  
Oct. 19, 7 to 8:30 PM

Location: CHS, 195 McGregor St., Suite LL22

A woman's body communicates when she is fertile or infertile. Learn about effective methods of fertility tracking that will identify a woman's fertile time. These systems can be used to successfully achieve or avoid pregnancy. Free! Registration required.

### Medicare Updates

Thurs., Oct. 27  
1 to 3 PM

Location: 195 McGregor St., Lower Level Suite LL22

Updates and changes to Medicare and Part D. Free! Registration required.

### Preventing Diabetes: Piecing Together The Puzzle

Tues., Jan. 17, 24, and 31  
2 to 4 PM

Location: CHS, 195 McGregor St., Lower Level, Suite LL22  
Have you been told you have insulin resistance or pre-diabetes? Are you 45 years or older, physically inactive, overweight or have a family member with diabetes? If you answered yes to any of the above, you are at risk for diabetes. Learn steps you can take to prevent or delay the onset of diabetes. Free! Registration required.

### Weighing In On Your Weight Loss Options at CMC

Location: 195 McGregor St., Suite 312  
Learn about nutritional options for weight loss and long term weight maintenance. Free! Registration required.

### Optimistic Lifestyle- Partial Fast Program

First and third Thurs., of month  
6 to 7:00 PM

Location: 195 McGregor St., Suite 312  
This flexible program allows you to consume 1,200 calories as part of a partial fast program using a combination of OPTIFAST® and your own healthy foods. Call **663.6297**. Free! Prices for food products varies. Registration required.

### OPTIFAST®-CMC'S Medically Supervised Rapid Weight Loss Program

Tues., 6 to 7 PM  
Wednesdays, 5:30 to 6:30 PM

Location: 195 McGregor St., Suite 312  
Have you repeatedly lost and regained the same pounds? We have a serious solution for weight loss. Nutrition, behavior and exercise are the keys to successful weight management. Pre-screening session is required. Call **663.6297**. Fee: Varies per individual. Registration required.



# Wellness

## Surgical Weight Loss Options At CMC's Bariatric Surgery Center Of Excellence

If you've had difficulty achieving your weight loss goals, weight loss surgery at our Bariatric Surgical Center of Excellence may be right for you. The procedures to be discussed include adjustable gastric banding, gastric bypass, and gastric sleeve. Free! Registration required.

## Hypnosis For Smoking Cessation

Thurs., 11:00 AM

Location: The Wellness Center, 195 McGregor St., Lower Level, Suite LL23

Hypnosis is a powerful technique that fine tunes your attention and impacts positively on your goal to be smoke free. Fee: \$115.00 (two sessions). Registration required.

## Parish Nurse Program

Provides nurse consults, screenings, wellness programs and spiritual support in local faith communities. For more information, call **663.8002**.

## Massage

For information, or to schedule an appointment, call **641.6700**.

## Chair Massage

For more information contact our Parish Nurse Program, call **663.8002**.

## Computer Club

Second Thurs., of month

10:00 to 11:00 AM

Location: CHS, 195 McGregor St., Lower Level, Suite LL22. Free!



## Retired Men's Association

Third Tues., of month

10:30 AM to Noon

Location: CHS, 195 McGregor St., Lower Level, Suite LL22

Free!



## Cancer Education & Support

### Free Wig Bank

Location: Norris Cotton Cancer Center at CMC

For cancer patients coping with hair loss from cancer treatment. (All wigs are new and have been donated by the American Cancer Society). Free! Call **629.1828**.

Appointment required.

### Oncology Exercise Program

Ongoing

Location: The Wellness Center, 195 McGregor St., Suite LL23

Our staff will develop a personal exercise program for you through and beyond your journey with cancer. Call **663.8000**. Fee varies. Registration required.

### "I'm A Survivor" Support Group

Geared towards individuals who have completed or are finishing treatment for cancer. Families and loved ones welcome. Free! Registration required.



## Screenings

Space is limited so please register early.

### Breast And Cervical Cancer Screening

Sat., 8:00 AM to Noon or

Tues., 4:00 to 6:00 PM (please call for dates)

Location: Catholic Medical Center

Free screenings for women with limited income, who have no health insurance or have a high deductible. Call **626.2626** to see if you qualify. Free! Registration required.



## Exercise and Fitness

### Chair Exercises

Tues., 10:00 AM

Location: Bedford Presbyterian Church

Thurs., 9:30 AM

Location: Parish of the Transfiguration & St. Anthony Church

Free! For more information, contact the Parish Nurse Program at **663.8002**.

# Health and Wellness

## Walking Groups

Tues., 9:30 AM

Location: Parish of the Transfiguration  
Free! For more information, contact the Parish Nurse Program at **663.8002**.

## Achieving Health And Fitness Step By Step Ongoing

Location: The Wellness Center, 195 McGregor St., Lower Level, Suite LL23  
Goal oriented program to help you achieve health and fitness. Key elements provided include exercise classes, prevention of and/or control of diabetes, blood pressure control, stress management, and weight loss. Call **663.8000**. Fee varies. Registration required.



## Childbirth Education

We have so much to offer you! For program dates and times, information on childbirth education classes or to schedule a tour of The Mom's Place, please call **626.2626**.

### Cesarean Birth Class

For women who have a higher risk for a cesarean birth or already are expecting to have a cesarean birth. Fee: \$15. Registration required.

### Hypnobirthing® The Mongan Method

A unique method of relaxed childbirth education that incorporates self hypnosis and relaxation techniques. Fee: \$215 (5 weeks).

### Caring For Your Newborn, Part 1 & 2

Designed to move parents along from parenting their baby in pregnancy to after the baby is born. Fee: \$30. Registration required.

### Preparation For Childbirth

Designed to promote a healthy transition into parenthood, and empower couples to make informed choices about their labor and birth experience. Fee: \$110 (4 weeks). Registration required.

### Preparing For Childbirth (Weekend Class)

Accelerated version of our 4 week program. Fee: \$110. Registration required.

### Double Delight... Planning For A Multiple Birth

Giving birth to more than one infant offers a special set of excitement and concerns for new parents. Prepare to manage labor/delivery, tips on comfort strategies and birth options. Fee: \$80. Registration required.

### Childbirth Refresher

For parents who have taken a full childbirth education series with a previous pregnancy and wish to "brush up" on their strategies for managing the labor and birth experience. Fee: \$35. Registration required.

### Preparation For Breastfeeding

Prepare for the breastfeeding experience, and learn skills to meet both the infant and mothers' needs. Fee: \$30. Registration required.

### Becoming A Big Sister Or Big Brother

Offered at developmentally appropriate levels to help parents introduce their child to becoming a sibling. Fee: \$10 per family. Registration required.

### Lactation Services

Monday through Friday, 8 AM to 4 PM  
Education and encouragement for new moms before the birth and after their return home. Call **663.6686**. After-hours call The Mom's Place at **663.6667**. For more information call **626.2626**.



# Wellness

## In the Community

CMC works hard to introduce itself and earn the trust of the community. We're proud to have earned the following New Hampshire accolades and partnerships, and welcome our newest provider in Goffstown.

NH Fisher Cats  
"Pink in the Park"  
Breast Cancer  
Awareness Game



Daniel Webster Boy Scout Council,  
Distinguished Corporate Citizen Award



BOY SCOUTS OF AMERICA®  
DANIEL WEBSTER COUNCIL

Parenting NH Family  
Favorite Award,  
Best Birthing Center



Welcome Tai Slyne, APRN, to Goffstown Primary Care. Tai enjoys working with families of all ages and is accepting new patients at this beautiful location. Call **314.4500** for an appointment.

## Community Health Services

Catholic Medical Center reaches beyond the walls of the hospital and into the community, assisting individuals with health information and access to healthcare. ■

Arthritis Clinic .....	<b>663.8140</b>
Breast and Cervical Cancer Program.....	<b>626.2626</b>
Community Education and Wellness.....	<b>626.2626</b>
Fertility Health Education .....	<b>663.8706</b>
Healthcare For The Homeless .....	<b>663.8718</b>
Parish Nurse Program .....	<b>663.8002</b>
Poisson Dental Facility .....	<b>663.6226</b>
Advance Directives.....	<b>663.6333</b>
Meds For Manchester .....	<b>663.6333</b>

## Support Groups

- Aphasia
- Greater Manchester Brain Injury And Stroke Support Group
- Breast Feeding Success
- Diabetes In Pregnancy
- "I'm A Survivor"
- Insulin Pump
- Living With Breast Cancer
- Living With Cancer
- Living With Loss: A Bereavement Support Group
- Meeting The Challenge Of Living With Cancer
- Mommy And Me
- New Parent Network
- Survivors Of Suicide Loss Support Group
- Weight Loss Surgery
- Sleep Apnea

# CMC's services and resources

Behavioral Health Services  
Breast Care Center  
Cancer Care  
Cardiac Care  
Community Health Services  
Critical and Intensive Care  
Dartmouth-Hitchcock  
Norris Cotton Cancer Center  
Diabetes Resource Institute  
Diagnostic Imaging and Radiology  
Emergency Services  
Endoscopy/Gastroenterology  
Laboratory Services  
Maternity Services  
Medical Specialties  
New England Heart Institute  
New England Sleep Center  
Nutrition Services  
Obesity Treatment Center  
Orthopedics  
Pastoral Care  
Rehabilitation Services  
Research/Clinical Trials  
Social Work/Case Management  
Spine Center  
Surgical Specialties  
The Wellness Center  
Urgent Care at Bedford  
Urology  
Vascular Institute  
West Side Neighborhood Health Center  
Wound Care

Catholic Medical Center is a fully accredited hospital of the Joint Commission. Requests for a public information interview can be made by contacting the Joint Commission at [www.jointcommission.org](http://www.jointcommission.org).

## your thoughts

We welcome your comments and encourage your ideas about future stories in *Healthy Living News*. Please contact us at [catholicmedicalcenter.org](http://catholicmedicalcenter.org) or e-mail [info@cmc-nh.org](mailto:info@cmc-nh.org).

CATHOLIC  
Medical  
CENTER

100 McGregor Street  
Manchester, NH 03102

ECRWSS  
NONPROFIT ORG.  
U.S. POSTAGE PAID  
MANCHESTER, NH  
PERMIT NO. 11

## Women's Health Checklist:

- Schedule your mammogram & bone density screening
- Get your flu shot
- Have your cholesterol checked at your next doctors visit
- Eat five servings of fruits, vegetables and calcium-rich foods
- Register for Yoga or join a neighbor for a brisk walk
- Set aside time for yourself
- Share your favorite wellness tip or new "app" with us at [facebook.com/catholicmedicalcenter](https://facebook.com/catholicmedicalcenter)



For more information about these or other CMC services, call

**626.2626**