

Living news

NH's first TandemHeart® procedure performed at CMC

“The pain in my heart felt like a truck was on top of my chest,” remembers Bill Harper, 76, of Gorham about arriving at Androscoggin Valley Hospital in Berlin with a suspected heart attack. A medical helicopter flew him to Catholic Medical Center in 35 minutes and he was immediately taken to the catheterization lab.

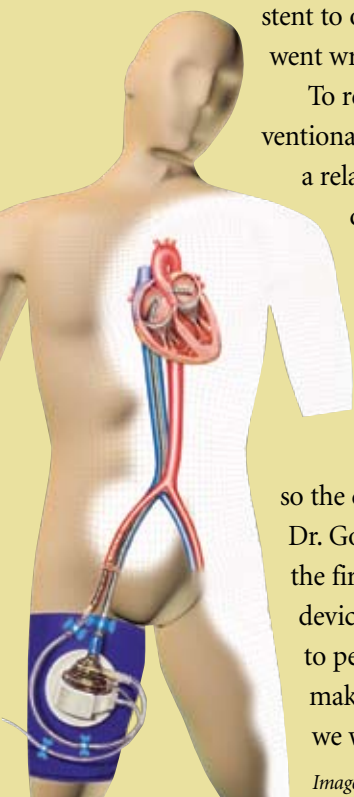
A catheterization revealed that the blockage causing his chest pain was in the artery supplying blood to his only living heart muscle. Performing angioplasty and inserting a stent to open the artery can be routine, but not in this case. If anything went wrong during the procedure, he might not survive.

To reduce potential risks for this challenging angioplasty, interventional cardiologist David Goldberg, MD, FACC, performed it using a relatively new technology, the TandemHeart® cardiac assist device. Similar to the heart-lung machine used during heart bypass surgery, the TandemHeart device bypasses the heart in delivering oxygenated blood to the rest of the body. One key difference is the FDA-approved TandemHeart device can be used in the catheterization lab.

“This device gives us the option of putting the patient on circulatory support without going to the operating room, so the delivery of blood flow is less dependent on the heart,” says Dr. Goldberg, director of interventional cardiology at CMC and the first cardiologist in NH to use the TandemHeart cardiac assist device. “Using this device, the cath lab and perfusion team was able to perform angioplasty on this patient confidently and safely and make sure that if he lost blood flow or developed an arrhythmia, we would still be able to provide him with circulation.”

Image provided by CardiacAssist, Inc.

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Week one in the Special Care Nursery

The Special Care Nursery at The Mom's Place opened its doors and began admitting patients on April 5, 2010. By the end of the first week in operation, the four Single Family Rooms were at capacity, and the advanced philosophy of couplet care was already having a big impact on moms and babies alike.

Among the first families to benefit from the new unit were Fatuma and Ali

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Mohammed Family
(l-r) Ali, Hussein, Sedahamed, Fatuma, Issa



Community Health Services

Community Health Services reaches beyond the walls of the hospital and into the community assisting individuals with health information and access to health-care. See our special section beginning on page 14.

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From the desk of
Alyson Pitman Giles,
President and CEO

At Catholic Medical Center,
we are dedicated to providing
an institution that offers our

employees and patients the highest quality of care and services. With this in mind, I'm excited to share some of the latest improvements we are making for the benefit of everyone who walks through our doors.

Since the extensive addition and renovation project in 2003, one of the remaining design issues is the Radiology Department. The Radiology waiting room located adjacent to the main elevators on Level A has been the primary access route to the Emergency Department, causing workflow issues and is less than ideal for our patients. Together with CMC's project manager, Ken Bakke of Dignard Architectural Group is redesigning Radiology to address these issues. Upon completion, the new Radiology entrance will be located across from Dunkin Donuts. Also in the redesign is the creation of a new access corridor to the ED in the front lobby stairwell, separating Radiology from the ED.

Another exciting project is the expansion of the cafeteria on Level B. Upon completion, the cafeteria service area will incorporate the former Chapel space, creating easier access, less congestion and a higher quality dining experience for our employees and visitors. The redesigned servery will have updated amenities, providing the grill, salad bar and service area with a larger, more convenient display. We will work with our cafeteria staff to ensure these changes improve their operations as well.

These ongoing investments in the functionality of our facility is further evidence of CMC's commitment to providing efficient, quality healthcare, healing and hope to all. ■


Alyson Pitman Giles, FACHE, President and CEO

ASK-A-NURSE® about deer ticks and Lyme disease



Summer is here which means warm weather and being outside, but it also means deer ticks are out and looking for a warm body to attach to.

The deer tick is a prevalent tick in this state and it can cause Lyme disease. In 2008, the CDC reported 1,211 confirmed cases of Lyme disease in NH, which puts us in 8th place for the USA. As we spend more time outdoors hiking, camping, gardening or just playing in the yard, we need to make sure that tick prevention is part of the outdoor plans as well:

- Know where ticks are – they live in moist and humid areas, particularly in or near wooded or grassy areas.
- When participating in outdoor activities, use a repellent with DEET or Permethrin.
- When in an area that is tick-prone, wear long pants and long sleeved shirts that are light colored, tuck your pants into socks and your shirt into pants and wear shoes that cover your entire foot.
- Do a full body check for ticks whenever you have been outside for any length of time, making sure to check under arms, around the ears, in and around all head and body hair, in back of knees and around the waist.



If you get bitten by a tick you should remove the tick right away with pointy tweezers using a firm steady pulling motion. Once removed, save the tick in a baggie for identification. If a deer tick is attached to you for less than 24 hours, the chance of getting Lyme disease is very low. Anytime you have been bitten by a deer tick, you should watch for the initial signs of Lyme disease which include:

fever, headache, fatigue and a unique bull's eye rash that appears around the bite site between 3 and 30 days after the bite.

If you think you have Lyme disease, contact your doctor right away for diagnosis and treatment. Diagnosis includes testing with the ELISA and Western blot blood tests. Treatment of Lyme disease in the early stages with antibiotics is the key to rapid and complete recovery. ■

Week one in the Special Care Nursery *continued from page 1*

Mohammed and their newborn son, Issa. Issa was born April 4th at The Mom's Place and, at 33 weeks, was transferred to Dartmouth Hitchcock's NICU. He returned to the Special Care Nursery April 5th to receive the remainder of his care.

"This is the third child I have had at CMC," explains Fatuma, a Somali refugee living in Manchester, and now a mother of eight. "I have gotten much more support here than I would have anywhere else."

Also there in the first week was Melissa Doyle of Hooksett, who gave birth to her fourth child, Meghan, at The Mom's Place. Accompanied by her husband Bob and three other children, Melissa and her newborn were transferred to the Family Care Suites to monitor Meghan's respiratory issues.

"It's great to be able to stay in the same room with our child," Bob says.

Melissa agrees. "All the nurses and doctors have been wonderful. The care has been excellent. I don't have one complaint."

For more information on the Special Care Nursery, call The Mom's Place at **663.6667** ■

Melissa Doyle and daughter Meghan



Benefits of minimally invasive prostate surgery

A split urine stream was Parker Diamond's first indication that something was wrong. A prostate specific antigen (PSA) test showed that his PSA number was rising and a biopsy confirmed he had prostate cancer. Many men have no early symptoms of the disease, making digital rectal exam screening and PSA testing vitally important.

Diamond, 67, and his wife wanted to make an educated decision about the best treatment for his cancer. They researched the benefits and potential side effects of radiation, cryotherapy, surgery and just waiting, and met with specialists in New York and Boston. The Manchester residents then saw local board-certified urologist John Munoz, MD, who has pioneered the use of the da Vinci® Surgical System in NH for minimally invasive robot-assisted radical prostatectomies.

"The system's magnification and three-dimensional viewing have extended our ability to do very precise surgery to preserve nerve tissue," says Dr. Munoz, who has performed about 1,000 of these robot-assisted procedures. "This precision is very important for individuals for whom erectile function is relevant to their lifestyle." He adds that men with organ-confined disease and a life expectancy of more than 10 to 15 years are good candidates for the procedure, which typically results in less blood loss and post-operative pain than conventional prostate surgery.

Diamond decided that minimally invasive surgery to remove his prostate was his best option. Using one of the da Vinci robotic systems at Catholic Medical Center, Dr. Munoz performed the procedure through five tiny incisions in Diamond's abdomen.

After an overnight hospital stay, Diamond was back at home and within a month, was back at his construction job.

Diamond says he is eager to ride a bike this summer and often thinks of world-class cyclist Lance Armstrong and his battle with another urologic disease, testicular cancer. "I think he had Dr. Munoz as a surgeon, but they're keeping it quiet," he chuckles, noting that he got world-class treatment for his own cancer very close to home. ■



The da Vinci® Surgical System: New Technology Improves The Surgical Treatment Of Prostate Cancer

Wed., July 21 ■ 7 to 8:30 PM
Location: Catholic Medical Center
Join John Munoz, MD, for an informative discussion of surgical treatment of prostate cancer with less invasive surgical techniques. **No charge.** Registration required.

Family Health & Wellness Center at Bedford welcomes Catherine Shanahan, MD



Catherine Shanahan, MD

Catherine Shanahan, MD, is Board certified by the American Board of Family Medicine. She received her undergraduate degree from Rutgers University in Camden, NJ, and special training in biochemistry and molecular biology at Cornell University in Ithaca, NY. She earned a medical degree at Robert Wood Johnson Medical School and completed her residency at the University of Arizona. Dr. Shanahan previously practiced in Kauai, HI. She studied herbal medicine botany and ethnobotany at the National Tropical Botanical Garden in Hawaii. She has special interests in women's health, nutrition and caring for children with special needs.

The Family Health & Wellness Center at Bedford is accepting new patients. To schedule an appointment, call **663.8052**.



Emily Welch, PA-C

The Surgical Care Group Welcomes Emily Welch, PA-C

Emily received her bachelor of science degree in nutrition and dietetics from the University of Vermont and her master of science degree from the Massachusetts College of Pharmacy and Health Sciences. She has completed internships in dermatology, psychiatry, pediatrics, surgery, general and internal medicine, emergency medicine and women's health.

The Surgical Care Group is accepting new patients. To schedule an appointment, call **627.1887**. ■

Goffstown Primary Care moving to new location

In order to accommodate the growing practice and provide patients with a more convenient location, as of July 7, 2010, Goffstown Primary Care will be located at 17A Tatro Drive, off of Mast Road, in Goffstown. The new location is behind the Shell station on Mast Road, approximately 2 miles from the current location. The CMC Laboratory Service Center will also move to this new location. In addition, two new providers, Pamela A. Molloy, MD, and Tracey L. Bottazzi, APRN, MSN, will join the practice, which will now specialize in both internal medicine and family medicine.

Pamela A. Molloy, MD, is Board certified by the American Board of Family Medicine. She earned her medical degree from Wayne State University School of Medicine in Detroit, MI, and completed her residency in family medicine at William Beaumont Hospital in Troy, MI. Tracey L. Bottazzi, APRN, MSN, is Board certified by the American Academy of Nurse Practitioners. She received her bachelor of science degree and master of science degree in nursing from Rivier College in Nashua, NH. Alexis-Ann Bundschuh, MD, will remain with the practice and maintain the same schedule.

Goffstown Primary Care is accepting new patients. As of July 7, the new office number will be **314.4500**. For more information about the primary care practices of Catholic Medical Center, please visit catholicmedicalcenter.org. ■



Alexis-Ann Bundschuh, MD



Pamela A. Molloy, MD



Tracey L. Bottazzi, APRN, MSN



Goffstown Primary Care and Laboratory Patient Service Center entrance is located at the back of the building on 17A Tatro Drive.

philanthropy at CMC

Bishop's Charitable Assistance Fund donates \$5,000 to Abstinence Education

Eleanor Wm. Dahar, Esq. presents a check in the amount of \$5,000 to Nancy Malo, Program Manager of the Abstinence Education Program, and Paul Mertzic of



Catholic Medical Center on behalf of the Bishop's Charitable Assistance Fund. The Leadership in Abstinence Education Program (LAEP) at CMC, facilitates ongoing abstinence education training utilizing the Why Am I Tempted (WAIT) training curriculum and positive youth development principles. ■

2010 Wine & Beer Tasting raises \$43,000

Close to 250 people attended CMC's 5th annual event the Bedford Village Inn on May 20th in support of the Poisson Dental Facility, a community health service of Catholic Medical Center.



(l-r) Allen Ericson, VP & COO; Mary Beth Pierce, DMD, Poisson Dental Clinic; Paul Mertzic, RN, Director of Community Health Services; Sue Majewski, COO, Bedford Ambulatory Surgical Center

President's Society supports Special Care Nursery & neonatal ambulatory transporter

Catholic Medical Center's President's Society raises funds in support of various projects and programs benefiting the patients and families that receive care at the hospital.

Donations are now being accepted in support of the creation of the Level II Special Care Nursery and the purchase of a neonatal ambulatory transporter. Members of the President's Society will be recognized at a private reception in the fall and in our annual donor listing. If you are interested in supporting the President's Society, please call Keri Degen at **663.6056**. ■

Pictured below: Event decor suspended above the silent auction tables added to the festivities.

NEHI Foundation supports YMCA and Currier Museum of Art

On April 14, 2010 the New England Heart Institute Foundation board voted to approve continued support of the Greater Manchester YMCA. The donation will be used in support of the YMCA's Fit 4 Me day camp program supplies which includes food, art supplies and pedometers. In addition, the board approved a request from the Currier Museum of Art. The Foundation will purchase an automatic external defibrillator (AED) with storage case for the museum. AEDs are proven to save lives in the event of sudden cardiac arrest.

The mission of the New England Heart Institute Foundation is to raise, provide and distribute funding for cardiac education and wellness programs aimed at enhancing the cardiac health and well-being of the community. ■



Sleep Center marks 10th anniversary

People with sleep disorders have been sleeping more soundly since the New England Sleep Center at Catholic Medical Center opened 10 years ago this summer. Receiving treatment for a sleep disorder not only improves the quality of a person's sleep, but can also reduce serious health problems.

"We've learned that obstructive sleep apnea, if left untreated, can have significant long-term health risks, such as heart disease, high blood pressure and stroke, which can shorten a person's life span," says George Neal, MD, the Sleep Center's medical director and certified sleep specialist. Other health issues due to sleep apnea – when a person stops breathing during sleep – include daytime sleepiness, depression, and problems with attention, concentration and memory.

The Sleep Center's staff evaluates and treats a variety of sleep disorders, including obstructive sleep apnea, narcolepsy, insomnia, parasomnias, restless leg syndrome, periodic limb movement disorder and REM behavior disorder.

Following an initial consult, a sleep study is often the first step in diagnosing a sleep disorder. In one of the Sleep Center's six homelike sleep study rooms, patients are monitored during sleep with advanced computer-based digital technology. Following a diagnosis, a variety of treatment options are available.

For more information on the diagnosis and treatment of sleep disorders, contact the New England Sleep Center at CMC at **663.6395**. ■

Minimally invasive spine surgery rejuvenates

"Walking from the bedroom to the kitchen made me perspire with pain," says Robert Gallant, 82, about the pain shooting from his lower back into his leg. Imaging showed a deteriorating disc in his back. The Nashua resident saw orthopedic surgeons locally and in Boston who offered conventional surgery or little hope because of his age.

This once active carpenter had new hope after reading about minimally invasive laparoscopic spinal fusion surgery performed by Thomas Kleeman, MD, at CMC. A visit with Dr. Kleeman confirmed Gallant was a candidate for the procedure.

A leader in surgical navigation research, Dr. Kleeman performed the spinal fusion using CMC's new O-arm® Imaging System, a high definition CT scan that delivers real-time three dimensional images during spine surgery. CMC is the only hospital in New England with an O-arm, and Dr. Kleeman has recently instructed Boston surgeons on how to perform minimally invasive spine surgery with the technology.

During the procedure, the patient lies on a special table while the O-arm scans the patient relative to a reflective reference point. The surgeon uses the 3-D images to determine appropriate points for five tiny incisions. Using reflective spheres on the instruments, the computer superimposes them on the screen over the spine to guide the surgeon.

"With this procedure, we don't expose nerves or cut muscles and can access the spine through the smallest incisions possible, cutting hospital stays to one or two days," notes Dr. Kleeman. "The technology allows me to place the implant and bone screws with great precision. Before leaving the OR, we can see exactly where the hardware is."

With his first steps after surgery, Gallant felt no back pain, calling it a miracle. Following physical therapy he joined a gym and is back to his former life, rototilling his huge garden, mowing his half-acre lawn and stacking cordwood – without pain. With a laugh he says, "The way I feel, I intend to live to 100!" ■



Back Pain: Exploring Surgical Options

Wed., July 14 • 7 to 8:30 PM

Location: Catholic Medical Center

Thomas Kleeman, MD, will address the aging process and what signs and symptoms require attention. **No charge.** Registration required.

New England Sleep Center 10th Anniversary Celebration

Wed., July 28 • 2 to 4 PM

Location: New England Sleep Center at
Catholic Medical Center, Level D

NH's first Tandem-Heart® procedure performed at CMC

continued from page 1

The TandemHeart device is a continuous flow pump that is placed on the patient's right thigh. Its inflow and outflow tubes are inserted through small incisions in the groin area to access the right femoral artery and vein and are advanced to support the left or right ventricle, depending on the procedure. The pump delivers up to five liters of blood flow per minute, equivalent to that supplied by a heart-lung machine.

"I hit the jackpot. I happened to be there at the right time," says Harper about his good fortune in being the first patient in NH to benefit from the TandemHeart device during angioplasty. A few days after his carefully planned angioplasty at CMC, he was back at home.

"There is definite added value in having your angioplasty done where there are technologies available to help the interventional cardiologist optimize the care and treatment of patients," notes Dr. Goldberg, who received specialized training on the TandemHeart cardiac assist device at Texas Heart Institute late last year. CMC joins approximately 100 hospitals that are early adopters of this technology.

William Harper, in particular, is especially glad that CMC cardiologists saw the early value of this heart-saving device. ■



West Side Neighborhood Health Center provides needed care

When Ralph Beaulieu, 58, hobbled into the West Side Neighborhood Health Center (WSNHC) at CMC more than a year ago, he was in constant pain. His right foot was so swollen with gout, Paula Mahon, MD, thought his foot or some of his toes might have to be amputated. Unable to work and with no health insurance, Beaulieu needed help. He had come to the right place, as the health center provides primary care for under and uninsured residents.

Tests showed Beaulieu had extremely elevated calcium. The diseased bone in his foot was ridding itself of calcium and creating potential kidney problems and kidney stones.



Paula Mahon, MD

"I've hardly ever seen a foot this bad," says Dr. Mahon. She prescribed medications to reduce the swelling and to prevent further gouty outbreaks. She also referred him to the Comprehensive Wound Healing Center at CMC, where staff flushed out the uric acid crystals building up in his swollen big toe.

Beaulieu's father and one of his brothers also have the disease, which Beaulieu has battled for more than five years in both feet and one elbow. He had to finally give up his courier job because he could barely walk, and standing for more than ten minutes made his feet swell with pain.

He applied for Social Security disability and, with a letter from Dr. Mahon detailing how the severity of his gout made him unable to work, Beaulieu was granted disability.

"Without the health center and Wound Center I would have been lost," he says, "especially without Dr. Mahon's compassion and care. Even when I was in pain, it was a pleasure to go see them. They always greeted me with a smile and are such caring people."

Beaulieu's foot is not completely healed, but the swelling has reduced enough that he can wear a soft open shoe. He continues to be treated by Dr. Mahon at the WSNHC and at the Wound Center.

"Ralph gets to keep his foot, which is great news" shares Dr. Mahon. "He so easily could have slid down the slope to disaster, including homelessness."

To become a patient at the West Side Neighborhood Health Center, please call **663.5382** for an appointment during regular business hours. ■

WEST SIDE



Neighborhood Health Center™

An initiative of the Manchester Sustainable Access Project

Catholic Medical Center's Community Health Services (CHS) is proud to sponsor the following programs. Some programs may be reimbursed by insurance. Check with your individual provider of services. Most programs are held at Catholic Medical Center unless otherwise noted.

Health Enrichment

Back Pain: Exploring Surgical Options

Wed., July 14 ■ 7 to 8:30 PM

Location: Catholic Medical Center

Thomas Kleeman, MD, will address the aging process and what signs and symptoms require attention. **No charge.** Registration required.

Unlocking The Secrets Of Fertility

Wed., July 14, Aug. 18 *or* Sept. 22 ■

7 to 8:30 PM ■ Location: CHS, 195 McGregor St., Suite LL22

A woman has "key" indicators of when she enters and leaves the time of fertility. Learn what these signs are to achieve or avoid pregnancy naturally. This system is highly effective and easy to learn. **No charge.** Registration required.

Vitamins And Supplements: Are They Needed?

Thurs., July 15 ■ 1 to 2 PM

Location: CHS, 195 McGregor St., Suite LL22

In making healthy choices for ourselves, vitamins and supplement may seem like a good way to go. Are they needed? **No charge.** Registration required.



AARP Driver Safety Program

Mon., July 19 and Wed., July 21 ■

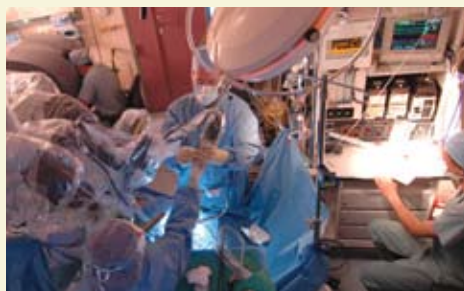
5 to 9 PM

Mon., Aug. 16 and Wed., Aug. 18 ■ 1 to 5 PM

Mon., Sept. 20 and Wed., Sept. 22 ■ 1 to 5 PM

Location: CHS, 195 McGregor St., Suite LL22

Review the "rules of the road," with an emphasis on safety strategies. Class open to any age driver. **Fee: \$14** (two sessions) (\$2 discount AARP members). Registration required.



The da Vinci® Surgical System: New Technology Improves The Surgical Treatment Of Prostate Cancer

Wed., July 21 ■ 7 to 8:30 PM

Location: Catholic Medical Center

John Munoz, MD, will discuss treatment options and surgical outcomes.

No charge. Registration required.

Babysitting And Beyond Program

Tues., July 27 and Thurs., July 29 *or*

Tues., Aug. 10 and Thurs., Aug. 12 ■

9:45 AM to 2:30 PM

Location: Parish of the Transfiguration

Students, ages 11 to 15, will learn about child development, how to respond to an emergency, common first aid situations and the Heimlich maneuver. **Fee: \$35.** Registration required.

Green Slime, Pink Fuzz And Other Aluminum Foil Surprises

Wed., Aug. 4 ■ 1 to 2:30 PM

Location: CHS, 195 McGregor St., Suite LL22

Can your kitchen pass the food safety test? Evaluate if your kitchen is safe and if you are handling food safely.

No charge. Registration required.

What Inhibits, What Activates Our Immune System?

Wed., Aug. 11 ■ 6:30 to 7:30 PM

Location: Catholic Medical Center

Our choices may enhance or diminish our immune systems. Learn what you can do to boost yours. **No charge.** Registration required.



5 to 9 - A Day Made Easier For One Or Two

Thurs., Aug. 19 ■ 1 to 2 PM

Location: CHS, 195 McGregor St., Suite LL22

Discover resourceful ways to get the recommended 5 to 9 a day of fruits and veggies into your meals while cooking for one or two. **No charge.** Registration required.



Who Lives In Your Jungle?

Thurs., Aug. 26 ■ 6 to 7:30 PM

Location: CHS, 195 McGregor St., Suite LL22

Did you ever wonder why some people just naturally "click" with each other and others always "clash?" Join us for a fun session to discover who you are and why you do what you do. You'll be surprised by what you will learn about yourself and others!

No charge. Registration required.

Life: Live It! Don't Just Let It Happen

Wed., Sept. 8 ■ 1 to 2:30 PM

Location: CHS, 195 McGregor St., Suite LL22

Balancing work, life and family is doable. Join us and begin to evaluate how you spend your time, so you can live your life, not just watch it go by. **No charge.** Registration required.


Finding Your Life's Passion

Wed., Sept. 15 ■ 7 to 8 PM

Location: Catholic Medical Center

Become skilled and practice the vital steps to finding and living your life's purpose. Presented by Dr. Debra LeClair.

No charge. Registration required.

 This Prime Time symbol indicates classes and screenings of particular interest to persons 50 years and over.

Preventing Diabetes: Piecing Together The Puzzle

Tues., Sept. 21, 28 and Oct. 5 ■ 6 to 8 PM
Location: CHS, 195 McGregor St., Suite LL22
Are you 45 yrs. or older, physically inactive, overweight or have a family member with diabetes? Have you been told you have insulin resistance or pre-diabetes? Learn steps to prevent or delay the onset of diabetes. **No charge.** Registration required.

The Endocrine System And Its Effects On Cholesterol And Diabetes

Thurs., Sept. 23 ■ 7 to 8:30 PM
Location: CHS, 195 McGregor St., Suite LL22
Dr. Joseph Savage will discuss the relationship between the endocrine system, cholesterol and diabetes. **No charge.** Registration required.



I Can Cope: Nutrition During And After Cancer Treatment

Thurs., Sept. 23 ■ 6 to 7:30 PM
Location: Parish Of The Transfiguration
Eating well and being physically active are key components of optimal health and can contribute to the well-being of cancer survivors. Learn the importance of setting and achieving life-long goals for a healthy weight, a nutritious diet and a physically active lifestyle, especially after a cancer diagnosis. **No charge.** Registration required.

Identifying/Managing Food Allergies

Tues., Oct 19 ■ 7 to 8 PM
Location: CHS, 195 McGregor St., Suite LL22
There are a number of reactions to food that cause similar symptoms to a food allergy. Is it that or is it food intolerance? Presented by Khara Lucius, a certified Doctor of Naturopathic Medicine. **No charge.** Registration required.

Surgical Weight Loss Options At CMC's 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 will include gastric banding, gastric bypass, and the soon to be available gastric sleeve procedures. For more information and to register, call **626.2626.** **No charge.** Registration required.

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

Tuesdays ■ 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? Nutrition education, behavior modification and exercise are the keys to successful weight management. Pre-screening session is required. Call **663.6297.** **Fee: Varies per individual.** Registration required.

Optimistic Lifestyle – Partial Fast Program

First and third Thursday of every month ■ 6 to 7 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.** **No charge.** Fee for food products varies. 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. For details and to register, call ASK-A-NURSE. **No charge.** Registration required.

“Nurse Is In” Open Clinics

Tuesdays ■ 9 to 11 AM
A geriatric nurse practitioner who can act as a personal health partner, provides health monitoring and answers your health questions. Other appointments available. Call **663.6535.**



Hypnosis For Smoking Cessation

Thursdays ■ 11 AM to Noon
Location: The Wellness Center, 195 McGregor St., Suite LL23
Hypnosis is a powerful technique that fine-tunes your attention and impacts positively on your goal to be smoke free. **Fee: \$90** (individual session). Registration required.

Massage

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

Chair Massage

Our Parish Nurse Program hosts chair massage at many of its parishes. For more information, call **663.8004.**

Basic Computer Classes

Wed. or Fri. ■ 9:30 to 11:30 AM
Location: CHS, 195 McGregor St., Suite LL22
Fee: \$15 (per 5 week session). Registration required.



Computer Club

Second Thursday of each month ■
10 to 11 AM ■ Location: CHS,
195 McGregor St., Suite LL22
No charge.



Retired Men's Association

Third Tuesday of each month ■
10:30 AM to Noon ■ Location: CHS,
195 McGregor St., Suite LL22
No charge.

Screenings

Space is limited for all screenings.
Early registration recommended.

Cholesterol/Glucose Screening

Thurs., July 22 ■ 8 to 10 AM
Location: CHS, 195 McGregor St., Suite LL22
Full cholesterol/lipid profile now includes
blood sugar screening with one-on-one
education. **You must fast for 12 hours
before this test** (nothing to eat or
drink except water). **Fee: \$30.**
Registration required.

Prostate Cancer Screening

Thurs., July 29 ■ 4 to 7 PM
Location: CHS, 195 McGregor St., Suite LL22
Prostate cancer is the most common type
of cancer (other than skin cancer) among
American men. The best defense is early
detection. **No charge.** Registration required.

Hearing Screening

Mon., Sept. 20 ■ 9 AM to 12 Noon
Location: CHS, 195 McGregor St., Suite LL22
Our hearing can change as we age.
Have yours tested. **No charge.**
Registration required.

Breast And Cervical Cancer Screening

Sat. ■ 8 AM to Noon *or* Tues. ■ 4 to 6 PM
(Call for dates)
Location: Catholic Medical Center
For women with limited income who have no

health insurance or have a high deductible.
Call ASK-A-NURSE to see if you qualify. **No
charge.** Registration required.

Parish Nurse Program

Provides nurse consults, screenings, wellness
programs and spiritual support in local faith
communities. For more information, call the
Parish Nurse Program at 663.8004.

Exercise and Fitness

Some programs may be reimbursed by
insurance. Check with your individual
provider of services.



Faithfully Fit Forever

Wed., Sept. 15 to Dec. 8 ■
9:30 to 10:30 AM
Location: Parish Of The Transfiguration
Experience a unique Christian inspired
workout that will strengthen your body, mind
and spirit. **Fee: \$20.** Registration required.



Beginner Kayak Trip

Thurs., July 15 ■ 10 AM to 3 PM
Location: Contoocook River
Paddle approximately 5 miles and
discover rural NH countryside. **Fee: \$30**
(includes boat shuttle). **Boat rental: \$20.**
Registration required.

Intermediate Touring Kayak Trip

Thurs., July 29 ■ 12:30 to 5 PM
Location: Sagamore Creek/New Castle
Island, Portsmouth
Paddle approximately 8 miles. You must
have kayaking experience to attend this trip.
**Fee: \$20. Boat rental: \$45. Launch fee
if not renting: \$5.** Registration required.

Beginner Kayak Trip

Thurs., Aug. 12 ■ 10 AM to 3 PM
Location: Merrimack River, Concord
Kayak approximately 5 miles. **Fee: \$32**
(includes boat shuttle). **Boat rental: \$20.**
Registration required.

Intermediate Kayak Trip

Thurs., Aug. 26 ■ 10 AM to 3 PM
Location: Squam Lake, Holderness
Paddle approximately 8 miles round trip.
You must have kayaking experience to
attend this trip. **Fee: \$20. Boat rental: \$50.**
Parking fee: \$5. Registration required.

Beginner Kayak Trip

Thurs., Sept. 9 ■ 10 AM to 3 PM
Location: Newfound Lake, Hebron
Meet at the Newfound Audubon Center, rent
boats if needed, and paddle approximately
5 miles. **Fee: \$20. Boat rental: \$25.**
Registration required.



Intermediate Hike and Raptor Observation

Thurs., Sept. 16 ■ 10 AM to 3 PM
Location: Pack Monadnock, Peterborough
During the fall raptor migration, New
Hampshire Audubon staffs the observatory
to count raptors and talk to visitors about
the birds. We will hike to the raptor
observatory (a 4-mile round trip with 700
feet of elevation gain). This trip is rated
intermediate due to the elevation gain.
Fee: \$20. Registration required.


For more information about Outdoor Ventures
go to: www.outdoorventuresnh.com



Beginner Strength Training

Mon. and Wed., Sept. 20 to Dec. 8
or Tues. and Thurs., Sept. 21 to Dec. 9
Location: CHS, 195 McGregor St., Suite LL22
Fee: \$45. (12 weeks) Registration required.

Business

 This Prime Time symbol indicates classes and screenings of particular interest to persons 50 years and over.

Introduction To Yoga

Mon., Sept. 20 to Nov. 15 (8 weeks) and Mon., Nov. 22 to Jan. 10 (8 weeks) ■ 12:45 to 2 PM
Location: CHS, 195 McGregor St., Suite LL22
or Tues., Sept. 21 to Nov. 9 (8 weeks) and Tues., Nov. 16 to Jan. 4 (8 weeks) ■ 5:45 to 7 PM
Location: Parish Of The Transfiguration
or Wed., Sept. 22 to Nov. 10 (8 weeks) and Wed., Nov. 17 to Jan. 12 (8 weeks) ■ 10:15 to 11:30 AM
Location: Brookside Church
Fee: \$60 (8 weeks) or \$110 (16 weeks)
Choose 16 weeks for a \$10 savings.
Registration required.

Chair Exercises

Tuesdays ■ 10 AM ■
Location: Bedford Presbyterian Church
Thursdays ■ 9:30 AM ■
Location: Parish of the Transfiguration & St. Anthony Church ■ No charge.
For more information, contact the Parish Nurse Program at 663.8004.

Walking Groups

Tuesdays ■ 9:30 AM ■
Location: Parish of the Transfiguration
No charge.
For more information, contact the Parish Nurse Program at 663.8004.

Remaining Strong During Your Cancer Treatment, Recovery And Beyond

Ongoing ■ Location: The Wellness Center, 195 McGregor St., Suite LL23
Our staff will develop a personal exercise program through and beyond your journey with cancer. Call 663-8000.
Fee varies. Registration required.

Senior Fitness

Mondays and Wednesdays ■ 3:15 to 4:15 PM
Location: Cashin Senior Fitness Center
Fee: \$15 per month. Registration required.

The Wellness Center Achieving Health And Fitness Step By Step

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

Childbirth Education

For program dates and times, information on childbirth education classes or to schedule a tour of The Mom's Place, please call ASK-A-NURSE at 626.2626.

Planning A Baby

For the couple who is thinking about beginning a family and how to promote a healthy pregnancy through lifestyle choices.
Fee: \$15. Registration required.

Congratulations! You're Pregnant

Course offers support and education about the process of fetal development and mother's adaptation to pregnancy. Fee: \$25.
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. (See description above). Fee: \$110.
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.



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: \$110. Registration required.

Preparation For Breastfeeding

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

Becoming A Big Sister Or Big Brother

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

Caring For Your Newborn

Learn the fundamentals of infant care such as feeding choices, diapering and reading infant cues. Fee: \$30. Registration required.

Lactation Services

Monday through Friday ■ 8 AM to 4 PM
Offers education and encouragement to new moms before the birth of their baby, during their hospital stay and after their return home. Lactation Line: 663.6686.
After-hours and weekend questions can be answered by calling The Mom's Place at 663.6667 to speak with a nurse. For more information about the Lactation Program, call ASK-A-NURSE at 626.2626.



CMC helps nursing home residents find shelter from storm

On the night of February 25, in the midst of a winter storm that unleashed heavy snow, rain and hurricane-force winds across southern New Hampshire, the residents of Colonial Poplin Nursing Home in Fremont were told they would have to evacuate their homes.

“The local fire chief determined just before midnight that we needed to evacuate the building,” explains Jeff Philbrick, owner and administrator of Colonial Poplin. “And options ‘A’ and ‘B’ of our disaster plan were immediately discounted.” Although they were able to place a number of residents in nearby facilities, there still remained 16 people who needed to be relocated. It was at that point that Catholic Medical Center was contacted for help.

“We took them in without hesitation,” says Bob Duhaime, Vice President of Operations at CMC. Extra staff and hospitalists were required to handle the onslaught of admissions that began at 4:30 AM, but Mr. Duhaime says that the regular nursing staff was able to handle the extra workload until the residents were discharged on Sunday.

Mr. Philbrick is grateful for CMC’s willingness to accommodate a community in need. “CMC was a lifesaver,” he enthuses. “For a facility that was not even on our emergency list to step up and take our residents so readily, regardless of how many we had, is phenomenal. They were a major player in helping us get through the event as well as we did.” ■

What is stopping you from getting help for depression?

A significant number of people struggling with clinical depression do not seek help for this treatable illness. The consequences can result in personal suffering, missed work, troubled relationships, health problems and decrease in quality of life. Let’s look at some common reasons people avoid treatment.

If I give it time, I’ll snap out of it.

Depression may have a biological origin and like other medical conditions it requires treatment to control or heal it. There is evidence that untreated depression can contribute to or worsen other medical problems. Start with your primary care physician. It is wise to have a full medical workup to identify any physical causes of the depression.

I don’t want to take a pill for the rest of my life.

Depressed people have too few of some chemicals that send messages between nerve cells within the part of the brain that controls moods and feelings. Antidepressants help to balance these chemicals to enable them to carry the brain’s signals accurately. This balance then allows you to address stressful life events and changes.

The most effective treatment of depression often includes both medication and seeing a therapist. Therapy helps you to examine your emotions, thoughts and behaviors to try to improve your quality of life and reduce your depression. If you do need a medication, it most likely won’t be for life.

I’m embarrassed to talk to my doctor about it.

Depression is a common condition affecting nearly 19 million people in the U.S. every year, regardless of gender, age, race, religion, sexuality or socioeconomic status. Doctor’s visits are confidential, and your doctor has treated persons with depression before. You might also speak with someone from the behavioral health department of your insurance carrier, and/or CMC’s Behavioral Health Services, or other local behavioral health providers and practices.

I’m afraid of having to talk about painful subjects in therapy.

Therapists understand what it is like to open up to a stranger and will guide you through that process. They are experts at helping you to examine underlying causes of depression and developing skills to manage the factors that contribute to depression. Psychotherapy can be particularly helpful when loss and grief, low self esteem, and problems with relationships trigger the depression. Cognitive therapy can help you to challenge negative thought patterns that contribute to feeling “stuck.”

Find a therapist you feel comfortable with, and let them help you do the work you need to do to heal. The results will be well worth the time and effort you spend.

For more information, call Behavioral Health Services at **663.6935**. ■

Intensivist program saves critically ill man

Struggling to breathe, Doug MacDonald, 58, arrived at CMC's emergency room early last November with a fever and pneumonia stemming from the flu. He was admitted, tested for the H1N1 virus and treated with antibiotics. The next day he was moved to ICU for observation as his illness raged on. By the following day, he was in a coma and on a ventilator, fighting for his life as his organs began failing.

"ICU staff told us it would be a miracle if he lived," remembers Doug's wife, Linda. "We decided to stay positive."

Members of CMC's new intensivist program stayed positive too, working as a team to treat him. Each morning they gathered at his bedside, following a detailed checklist as they evaluated his status, goals for the day and treatment options. The team – a critical care intensivist, critical care nurse practitioner, primary nurse, pharmacist, respiratory therapist and registered dietician – discussed his care and consulted with lung, kidney, heart and infectious disease specialists locally and nationally.

"This program reduces the chance of complications with critically ill patients as the team approach brings consistency and new ideas," says Board-certified intensivist William Goodman, MD, MPH.

Doug's recovery was a rollercoaster – respiratory and kidney failure, dialysis, seizures, septic shock, a tracheostomy – but the team worked mightily to restore his health. Three weeks after entering ICU, Doug woke from his coma, his faculties intact. Three weeks later, he was moved to CMC's Rehabilitation Medical Unit to regain his mobility and strength. His tracheostomy was removed and allowed to close so he could breathe normally.

Before leaving the hospital in mid-January, Doug walked with Linda through the ICU to thank everyone for saving his life. Some called him an ICU miracle story.

"I don't call it a miracle," offers Dr. Goodman. "We should save people like him."

Doug, who returned to work part-time in March and full-time in May, applauds the incredible care he and his family received.

"I don't think he could have received better care anywhere in the world," adds Linda, who still believes in miracles. ■



The Intensivist Team with Doug MacDonald: (l-r) Shawn McCormick, RPH; Peggy Lambert, RN, MS, MBA, CCRN, Director of Critical Care Services; Lise Delongchamp, RN, BSN; Doug MacDonald; William Goodman, MD, MPH, FCCP, Board-certified Intensivist; Mary Sanford, ARNP, ACNP-C, CCRN, MSN; Crystal Proulx, MS, RD, LD

CMC physician volunteers with NEHSA



If you happened to venture up to Mt. Sunapee this past winter, chances were good that you ran into Alexis-Ann Bundschuh, MD. She wasn't always skiing just for the fun of it, however; twice a week, she has been helping children and adults with disabilities experience the Great Outdoors in a whole new way.

For the last two years, Dr. Bundschuh has donated her time to the New England Handicapped Sports Association (NEHSA). Founded in 1972, NEHSA is a non-profit organization dedicated to helping individuals with disabilities achieve active and independent lives through participation in sports. Skiing is the central sport of instruction because of its adaptability to many types of disabilities.

One of the strongest aspects of the program, she explains, is that "it can adapt to a whole variety of disabilities and ages." The program is directed toward the developmentally disabled, such as children with Autism and Down syndrome, and the physically disabled alike. In January, the association held its 14th Annual Winter Sports Clinic for Disabled Veterans, and on March 9th hosted its 1st Annual Women Veteran's Winter Sports Clinic at Mt. Sunapee. Dr. Bundschuh participated in both events.

She particularly enjoys working with children. "Fun and safety are the main goal with the kids," she says, "and learning is an extra positive. The reward is really just the smiles and hugs you get from them, and hearing how the parents can't believe what their children are capable of. The independence the program helps them achieve amazes them." ■

Childbirth Education Classes Available

Community

At The Mom's Place, all pregnant women and their families are given the opportunity to receive education and support in order to promote healthy pregnancy, birth and adjustment to the role of parenting. Our experienced registered nurses and educators are committed to promoting a positive adaptation to parenthood and confidence in parenting skills through continued support and education programs.

- Congratulations! You're Pregnant!
- Preparing For Birth - 4-Week Program
- Preparing For Birth - 1-Day
- Breast Feeding
- Caring For Your Newborn
- Childbirth Refresher Class
- Becoming A Big Brother Or Sister
- Double Delight...Planning For A Multiple Birth - 4-Week Program
- Mommy And Me Education And Support Program (Free)
- Lactation Services

If you have questions about our classes or would like to register, please call ASK-A-NURSE® at **626.2626**. Many of our classes are reimbursable by insurance companies. Please check with your insurance provider. If you need financial assistance, please let us know. For more information, see page 11. ■

National Night Out

Sat., Aug. 7 ■ Noon to 7 PM
Lafayette Park, Notre Dame Ave.,
Manchester - Please bring a canned good to donate to the soup kitchen.

Please join us for this year's celebration of the partnership between Manchester's neighborhood watch groups and law enforcement. This event provides entertainment, activities, contests and giveaways for the whole family. Children are encouraged to bring their favorite teddy bear or stuffed animal and stop by Catholic Medical Center's first aid table for a little teddy bear TLC. The event is free and open to everyone rain or shine. ■

Finding your life's passion

Take a moment, let your mind wander and ponder what the passions in your life are...

Think beyond your dedication to your children, family and friends. What really gets you "charged up?" Is it gardening, writing, painting or travel? Could it be a hobby that you've done since you were a child? Maybe it's something you've always surrounded yourself with as a diversion from the stress in your life? Or are you fortunate enough to get paid doing a job that you consider your life's purpose?

Start by creating a list of what makes you happy, excites you, sparks your creativity or energizes you. Consider what things come easily or naturally to you. Think about what you like to talk or read about. Once you've come up with a list of your interests, see if there is a pattern or theme.

To achieve your passion there is much work to be done along the way. Confidence is necessary and can be developed in time. Realizing your deeply rooted values and beliefs are pillars to success. Making the decision to not waste time doing things you don't enjoy is an avenue you must travel in order to discover your passions.

According to Dr. Debra LeClair, Psy. D, "Whether your life's passion invokes high energy or a slow and steady pace, the feeling of peace pervades your consciousness when you are aligned with your higher purpose in life, which is what makes you the most happy."

With the expertise of Dr. LeClair, you can become skilled at and practice the vital steps to finding and living your life's purpose. If you have not yet discovered your life's passion, there is no time like the present. Live life to its fullest doing what you love. ■



Finding Your Life's Passion

Wed., Sept. 15 ■ 7 to 8 PM
Location: Catholic Medical Center
No charge. Registration required.
For more information, see page 8.

Food allergies and your health

The CDC estimates that about 12 million Americans have food allergies. 90% of all food allergies come from peanuts, milk, eggs, tree nuts, soybeans, wheat, fish and shellfish.

The word allergy means “altered reactivity.” When someone has a food allergy, they have an excessive reaction to certain proteins in that food. In a true food allergy, your immune system mistakenly identifies these proteins as a harmful substance, triggering cells to release immunoglobulin E (IgE) antibodies. An IgE mediated allergic reaction typically occurs immediately or within a few hours after contact with the allergen. This type of reaction produces anaphylactic-type symptoms, including itchy or swollen tongue, lips, eyes or throat, and immediate or severe hives.

There are a number of reactions to food that cause symptoms similar to a food allergy. If you have digestive symptoms, chances are it's not a true food allergy, but a food intolerance. Making changes in your day-to-day eating habits when shopping for particular foods, cooking, dining out or traveling can help you to avoid negative food triggers.

Speak with your healthcare provider if you think you might have a food allergy or intolerance. ■

Identifying & Managing Food Allergies

Tues., Oct. 19 • 7 to 8:30 PM

Location: CHS, 195 McGregor St., Suite LL22

No charge. Registration required. For more information, see page 9.



Community Health Services

CMC reaches beyond the walls of the hospital and into the community, assisting individuals with health information and access to health care. Call **663.6333**.

Programs and services located in the Mill West Building at 195 McGregor Street, Suite LL22 include:

Prime Time Programs

“Nurse Is In” Open Clinic – A Geriatric Nurse Practitioner who can act as a personal health partner, provides health monitoring and can answer your health questions. Tuesdays, 9 to 11 AM. Other appointments available. Call **663.6535**.

Meds for Manchester – Medication assistance program for people of all ages with limited income. Call **663.6333** or **1.800.223.2040**.

Advance Directives – For assistance with completion of a Living Will and Durable Power of Attorney for Healthcare (Healthcare Advance Directives). For an appointment, call **663.6333**.

Community Education and Wellness

To register for programs, call ASK-A-NURSE at **626.2626**.

Fertility Health Education

For more information, call **663.8706**.

Breast and Cervical Cancer Program

For more information, call ASK-A-NURSE at **626.2626**.

FOR ADDITIONAL PROGRAMMING, SEE PAGES 8 TO 11.

Holiday Schedule

Mon., July 5: Closed – Independence Day

Mon., September 6: Closed – Labor Day

CMC's Community Health Services

For a complete list of programs and services, to register, or for more information, call ASK-A-NURSE at **626.2626**.

Ongoing Programs

Advanced Directives
Babysitting And Beyond
Blood Pressure Screenings
Childbirth Education
CPR/First Aid Classes
Meds For Manchester
NEW Mommy And Me Education
And Support Program
Nurse Consults
Oncology Exercise Program
OPTIFAST® Weight Loss Program/
Weight Management Program
Strength Training Maintenance Program
Weight Loss Options
Weight Loss Surgery Information Sessions

Support Groups

Aphasia
Baby Talk
Bereavement
Insulin Pump
Living With Breast Cancer
Meeting The Challenge Of Living With Cancer
Stroke
Weight Loss Surgery

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.

your thoughts

We welcome your comments about this issue of *Healthy Living News* and encourage your ideas about future stories. Please contact us through the CMC web site, catholicmedicalcenter.org or send e-mail to info@cmc-nh.org.

Healthy Living News is published by the Marketing and Corporate Communications Department. For more information on services and programs, please call ASK-A-NURSE at **626.2626**, or visit our web site: catholicmedicalcenter.org.

services & resources

Arthritis Clinic

ASK-A-NURSE®

Behavioral Health Services:

Psychiatric Emergency Services
Intensive Outpatient Stabilization Program
Outpatient Medication
Counseling Program

Breast Care Center

Cancer Care:

Surgical
Medical
Nurse Navigator

Cardiac Care:

Cardiac Rehabilitation
Cholesterol Management Center
Congestive Heart Failure Clinic
New England Heart Institute
Women's Cardiac Center

Community Health Services:

Breast and Cervical Cancer Program
Community Education, Prevention and Wellness
Health Care for the Homeless
Medication Assistance
Fertility Health Education
Parish Nurse Program
Poisson Dental Facility
Prime Time

Critical and Intensive Care

Dartmouth-Hitchcock Norris Cotton Cancer Center:

Infusion Therapy

Diabetes Resource Institute

Diagnostic Imaging and Radiology:

Ultrasound
CT Scan
MRI/MRA
X-ray

Emergency Services

Endoscopy/Gastroenterology

Laboratory Services

Maternity Services:

The Mom's Place
Special Care Nursery
Pregnancy Care Center
Childbirth Education

Medical Specialties:

Endocrinology
Gastroenterology
Medical Neurology
Nephrology
Pulmonary

New England Sleep Center

Nutrition Services:

OPTIFAST®
Individual Nutrition Counseling

Obesity Treatment Center:

LAP-BAND® System
Gastric Bypass

Orthopedics

Pastoral Care

Rehabilitation Services:

Inpatient and Outpatient

Research/Clinical Trials

Social Work/Case Management

Surgical Specialties:

Bariatric
Cardiac Surgery
Cosmetic/Reconstructive
Dental
Ear, Nose, Throat
General Surgery
Gynecology
Orthopedics
Podiatry
Spine
Thoracic
Urology/Robotics
Vascular/Endovascular

The Wellness Center

Urology

Vascular Institute

West Side Neighborhood Health Center

Wound Care:

Comprehensive Wound Healing Center

For more information about these or other CMC services, call

ASK-A-NURSE at **626.2626**