

Living news

New procedure helps heal veteran

Diabetic Dale Finnemore had painful leg cramps when walking and a deep ulceration in his foot that wouldn't heal because of poor blood circulation. The disabled Vietnam veteran eventually developed osteomyelitis, an acute bone infection that often requires amputation.



Surgeon Patrick Mahon, MD, FACS, chairman of the surgery department at CMC, saw Finnemore during a weekly surgical consultation at the Veteran's Hospital and recommended an arteriogram. The procedure, performed at CMC, showed the source of Finnemore's poor circulation: a blocked artery in his groin.

"Some patients are candidates for a straight endovascular procedure with balloon angioplasty to clear an arterial blockage and other patients require a combination of techniques," says Dr. Mahon.

Patrick Mahon, MD, FACS, and Dale Finnemore Because of Finnemore's size and risk for infection, Dr. Mahon opted for a new combined procedure to restore blood flow to the leg and foot.

First, he performed an endarterectomy to clean out the artery in the groin through a small incision. Then he used a new method, laser atherectomy, passing a wire through the incision down to the knee to clean out the rest of the artery with a laser device that evaporates plaque. Dr. Mahon is among the first physicians in New England to use the technique.

Finnemore went home the day after the procedure, and with improved blood circulation his healthy tissue is healing. Dr. Mahon will remove the diseased small toe and part of the supporting bone, which will allow the foot to finally heal and Finnemore to walk more comfortably.

"Dr. Mahon is not only a marvelous surgeon, but has a sincere care for his patients," says Finnemore as he looks forward to walking without leg cramps. "He does everything possible to make them as comfortable as possible." ■

Lead testing grant

Catholic Medical Center recently received a grant from the Bishop's Charitable Assistance Fund, which was matched by generous community business and individual donations. The grant supports the cost of over 800 lead tests for Manchester area children who are uninsured or underinsured. Many of these children are patients of the Family Care Center for Pediatric and Adolescent Care at Catholic Medical Center and the Refugee Health Clinic at Catholic Medical Center.



continued on page 3



**PRIME
TIME**
of Catholic Medical Center



From the desk of
Alyson Pitman Giles,
President and CEO

For many, autumn triggers the start of a new year. School routines resume, a new round of yard work

begins and many prepare for the winter months ahead. This fall at Catholic Medical Center, we prepare to turn over a new leaf in surgical care. Everything about a patient's surgical care experience at CMC is on the positive horizon of change. The opening of the CMC surgical suites this October will make it the most modern and best surgical facility in Southern New Hampshire and the preferred place to operate.

From our ability to continue to attract and retain our outstanding caliber of professionals, to an overall improved patient experience, CMC's surgical suites offer expanded pre-and post-operative areas, more comfortable waiting areas for friends and families and increased patient privacy. The suites are housed on Level D floor space located in the new wing which opened in June 2004.

The Surgery Department at Catholic Medical Center is dedicated to the highest standards of care to meet all your surgical needs, including cardiac, thoracic, vascular, spine, orthopedic, general, urology, podiatry, plastic, ENT, GYN and oral surgery. We offer minimally invasive laparoscopic surgery, which benefits patients with decreased pain, smaller incisions, shorter hospital stays and quicker recovery times.

In the coming months, the inside finishing touches will be completed to the Notre Dame Pavilion and the sky bridge, which has been anchored into place, will open, providing even easier access to the hospital. So, as we enjoy the wonderful colors of autumn, in appreciation, I say thank you for making CMC a vibrant place to be! ■

Alyson Pitman Giles, FACHE, President and CEO

ASK-A-NURSE®

Is your child at risk for lead poisoning?



According to the Environmental Protection Agency, about 1 in 6 children in America have high levels of lead in their blood. Lead is a strong poison; you cannot see, taste or smell lead. Lead is a neuro-toxic metallic element that can affect nearly every system in the body. It is easily absorbed through the stomach and lungs. Generally, lead poisoning occurs slowly, resulting from the gradual accumulation of lead in bone and tissue after repeated exposure. As blood levels increase, lead has a larger effect on children's learning and behavior. Lead is much more harmful to children than adults because it affects children's developing nerves and brains. Children are also at higher risk because they absorb 50% of lead ingestion compared to adults who absorb only 10%. A blood level test is the only way to determine if your child has an elevated level.

Common Sources of Lead Exposure

- Lead pipes, deteriorated lead-based paint, renovation of older homes resulting in high levels of lead-contaminated house dust
- Children living with an adult whose job or hobby involves exposure to lead; lead dust is brought home on clothing and contaminates a child's environment
- Lead residue in soil from leaded gas and paint dust found around old homes and around major highways

Symptoms

There are many possible symptoms of lead poisoning. Over time, even low levels of lead exposure can harm a child's mental development. Health problems worsen as levels rise. Complications include:

- Reduced IQ
- Anemia
- Slowed growth
- Difficulty sleeping
- Behavior or attention problems
- Headaches
- Hearing problems
- Constipation
- Poor appetite
- Very high levels may cause vomiting, muscle weakness, seizures or coma.

To obtain more information on lead poisoning, call ASK-A-NURSE® at 626.2626. ■



Lead testing grant

continued from pg. 1

A child can get lead in his/her body by breathing or swallowing lead dust or by eating soil or paint chips that contain lead. Please see the article on signs and symptoms of lead poisoning on page 2.

If you are concerned that your child may be at risk of lead poisoning, please call your pediatrician or the Family Care Center for Pediatric and Adolescent Care at Catholic Medical Center at **663.5386**. ■

Free Lead Testing Screening Clinic

Saturday, October 20 ■ 9 AM to Noon

Dartmouth-Hitchcock Manchester ■

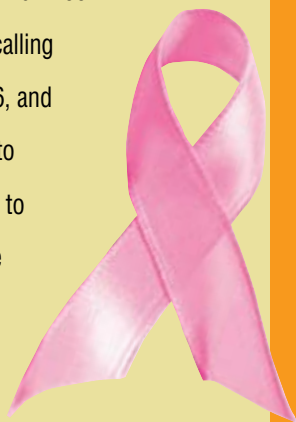
100 Hitchcock Way

To register for the clinic or for more information, please call ASK-A-NURSE at **626.2626**. ■

October is National Breast Cancer Awareness Month

During the entire month of October, Catholic Medical Center will send to interested persons a breast cancer risk assessment tool.

Simply request a copy by calling ASK-A-NURSE at 626.2626, and then bring your questions to your primary care provider to discuss. If you do not have a primary care provider, call ASK-A-NURSE at **626.2626** and they can make a referral. ■



Women's health lecture series

Menopause...It's Not Just A Musical!

Deborah Eneghs, MD ■ Deb Couyou, CNM, Bedford Women's Care Associates

Thursday, October 4 ■ 7 PM ■ Catholic Medical Center, 100 McGregor Street

Join Dr. Deborah Eneghs and certified nurse midwife Deb Couyou for an evening of valuable information on managing menopause. Attendees will hear the findings of The Women's Health Initiative study, learn about hormone replacement therapy and other treatment options for managing menopause. Along the way, you'll hear stories of real women and their menopause coping techniques. **No charge.**

Eating Your Weigh Through Menopause

Jacqui Cuddihy RD, LD, CDE, CMC Nutrition Services

Thursday, October 11 ■ 7 PM ■ Catholic Medical Center, 100 McGregor Street

This presentation will provide insight into the physiological changes which predispose women to weight gain during menopause. Discover how a well balanced diet is important for good health, and learn about changes in nutrient needs as well as the use of supplements to manage symptoms. **No charge.**

Staying Fit During Menopause

Denise Housman, MS, Exercise Physiology, Cardiovascular Wellness Department ■ Donna Lannan, MSPT, CMC Outpatient Rehabilitation Services

Thursday, October 18 ■ 7 PM ■ Catholic Medical Center, 100 McGregor Street



Strength loss, weight gain, belly fat, osteoporosis and heart disease; many women approaching menopause have these concerns. Exercise can be the key to physical and emotional well-being. This program will deliver a no-nonsense hands-on approach and focuses on aspects of cardiovascular fitness, strength training, core muscle training, balance and flexibility exercises designed to target perimenopausal issues. **No charge.**

Be Pampered At The Breast Care Center At CMC

Thursday, October 25 ■ 6 PM ■ 100 McGregor Street

In recognition of Breast Cancer Awareness Month, the Breast Care Center invites you to come and be pampered for the night. Representatives from a variety of local businesses and community programs will be on hand to inspire and educate women on good nutrition and to advise on inner and outer body techniques. **No charge.** ■

Pre-registration for Catholic Medical Center's Community Health Services educational programming is required. For more information or to register, call ASK-A-NURSE at 626.2626 or visit our web site at catholicmedicalcenter.org.



BREAST
CARE
CENTER

AT CATHOLIC MEDICAL CENTER

NEWS

Physician



James Stauber, MD, joins Goffstown Primary Care

Dr. Stauber is Board certified in internal medicine. He earned his medical degree from the State University of New York Health Science Center in Brooklyn and completed his residency

in internal medicine at Staten Island University Hospital in New York. He received his Juris Doctor Degree from St. John's University School of Law and his Bachelor of Science degree from St. John's University in New York. Dr. Stauber joins Goffstown Primary Care from Parkland Medical Center in Derry, New Hampshire.

Dr. Stauber is accepting new patients. To schedule an appointment, call **647.9888**. Goffstown Primary Care is located at 542 Mast Road #13 in Goffstown.



Boris Naprta, MD, joins Queen City Medical Associates

Dr. Naprta is Board certified in internal medicine. He earned his medical degree from the University of Zagreb in Croatia and completed his residency in primary care internal medicine at the

University of Connecticut Health Center in Farmington. Dr. Naprta joins Queen City Medical Associates from Parkland Internal Medicine in Derry, New Hampshire.

Dr. Naprta is accepting new patients. To schedule an appointment, call **625.6918**. Queen City Medical Associates is located at 769 South Main Street, Suite 300 in Manchester.



Brent Homoleski, MD, joins CMC's Psychiatric Services

Dr. Homoleski earned his medical degree from Finch University of Health Sciences/The Chicago Medical School in North Chicago, Illinois. He earned his Bachelor of Arts

degree in Biopsychology from Tufts University in Massachusetts. Dr. Homoleski joins Catholic Medical Center's Psychiatric Services from Dartmouth-Hitchcock Medical Center in Lebanon, New Hampshire where he served as Chief Resident in Psychiatry and an Instructor in Psychiatry.

4

Women's Health Forum '07

Taking Care of #1

Hosted by the
Manchester Health Department
Sat., Nov. 3 ■ 8:30 AM to 3:15 PM
1528 Elm Street, Manchester

It's time again for our annual Women's Health Forum: an opportunity for women of all ages to enjoy a fun, informative and rejuvenating day together! Catholic Medical Center and Dartmouth-Hitchcock Manchester are pleased to announce this year's exciting line-up of speakers.

Keynote Speakers Liz Barbour, Chef/Instructor of The Creative Feast and Jacqueline Cuddihy, RD, will inspire you to create nutritious and delicious dishes in their presentation/cooking demonstration, *Celebrating Healthy Choices This Holiday Season*. Michael's School of Hair Design and Esthetics will help you project confidence and success with the "right look" using hair and make-up tips in their presentation, *Putting Your Best Face Forward*. **Fee: \$45**

Other conference highlights include:

Building Healthy Relationships: Communication And Beyond

Mark Ciocca, PhD, Capital Valley Counseling Associates

Save Yourself A Headache

Thomas Ward, MD, Neurology, Dartmouth-Hitchcock Medical Center, Lebanon

Finding Peace Through Self-discovery

Stephen Del Guidice, MD

The Experts Are In: Answers To Your Health Care Questions

Celia Clemens, MD ■ Christine Cochrane, DO ■ Linda Hansen Rodier, ARNP

For more information or to register, call ASK-A-NURSE at **626.2626**. ■

Integrated Pain Care

According to a recent pain survey, one out of four adults suffer from a pain condition and two-thirds of those sufferers have reported living in pain for more than five years!*

Integrated Pain Care, located in Bedford, is an innovative pain care practice whose mission is to decrease pain and restore patient quality of life through coordination of care and complete management of individualized treatment plans. Using a multi-disciplinary approach, advanced treatment options in physical therapy, mental health, occupational medicine and pain intervention are offered through a network of preferred specialty providers.

For more information or to find out how IPC can help you, call **626.PAIN**. ■

*Source: *Chronic Pain in America: Roadblocks to Relief*, survey conducted for the American Pain Society, The American Academy of Pain Medicine and Janssen Pharmaceutica.

The Management Of Pain

Joshua D. Dion, PhD (c), APRN-BC, ACNP;
P.K. Suchdev, MD

Thursday, December 6 ■ 7 to 8:30 PM
Catholic Medical Center

To register, call ASK-A-NURSE at **626.2626**

See page 6 for more information. ■

For more information, call **ASK-A-NURSE** at **626.**

philanthropy

at CMC

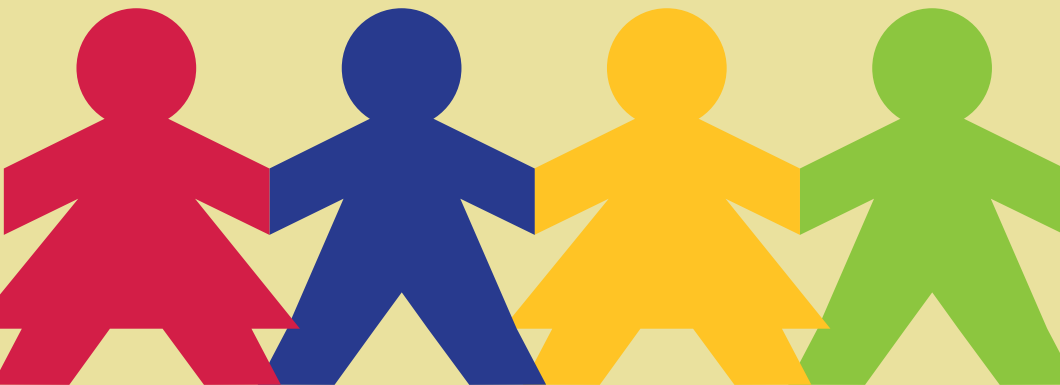


CATHOLIC
Medical
CENTER

A Gala

EVENT

The 2007 Catholic Medical Center Gala Event will be held on Friday, November 16, at CR Sparks Event Center. This year's event will benefit the Pregnancy Care Center and Family Care Center for Pediatric and Adolescent Care at Catholic Medical Center. The Whittemore Award recipient for 2007 will be presented to a distinguished citizen committed to health care and our community. For sponsorship or ticket information, please call the Development Office at 663.6056. ■



Support CMC through the United Way

Along with sophisticated clinical quality and leading-edge medical technology, CMC provides vital programs and services to meet the needs of our community's most vulnerable and the health needs of our region overall. Last year, CMC provided millions of dollars in support to care for the uninsured and underinsured patients of our community through health service programs including: the Poisson Dental Facility, Health Care for the Homeless, Refugee Health Services, Prime Time/Meds for Manchester, the Pregnancy Care Center and the Family Care Center for Pediatric and Adolescent Care. Other programs include: Community Education & Wellness, GREAT Day Program, the Parish Nurse Program, and ASK-A-NURSE. As fall approaches, so does the annual United Way Campaign in our area. If you would like to support one of the Catholic Medical Center programs listed above, please consider designating your United Way donation to Catholic Medical Center. You can indicate your designation on the back of your pledge form. ■

Make the holiday even more meaningful – help someone in need!

Make a year-end contribution to CMC

Did you know that Catholic Medical Center provides financial support for a variety of community service programs including health education, enhanced access to care, and improved health and wellness? Listed below are just some of the programs that fulfill these needs:

Poisson Dental Facility – comprehensive dental facility dedicated to persons having difficulties obtaining dental services

Mobile Community Health Team – works collaboratively to address needs of the homeless

Refugee Health Services – a health service for newly resettled refugees arriving in Manchester

Prime Time/Meds for Manchester – assists those in need of prescription assistance obtain medications to maintain their health

Pregnancy Care Center – provides prenatal care to uninsured or underinsured women in the Manchester area

Family Care Center for Pediatric and Adolescent Care – in collaboration with Dartmouth-Hitchcock Manchester, we provide comprehensive, supportive well-baby and well-child care to uninsured and underinsured families in the Manchester area

Let No Woman Be Overlooked – provides free breast and cervical cancer screenings to women with limited income and limited or no insurance

If you are interested in supporting one of these programs and the people they serve, please send your gift to Catholic Medical Center, Resource Development Office, 100 McGregor Street, Manchester, NH. Be sure to specify which program you would like to support.

Health and Wellness

Catholic Medical Center's Community Health Services Department is proud to sponsor the following programs:

Health Enrichment

For additional programming, see pages 8-11.

Fit & Healthy KID STYLE! – Keeping Families Fit

Tues., Sept. 25 to Nov. 27 ■ 6:15 to 8 PM

Location: YMCA

An innovative fitness and nutrition program for overweight children ages 8-11 years old and their families. Call Cindy Lafond at 232.8616. Fee: \$99 (per family). Registration required.

Stress Reduction: In The Workplace And In Your Life

Tues., Oct. 9, 16, 23 and 30 ■ 6 to 7:30 PM

Scientific research is increasingly demonstrating the positive effects that mindfulness has in helping people cope with stress, with improving memory and concentration, with reducing anxiety and depression, and with enhancing health and well-being. Fee: \$75 (4 sessions). Registration required.

Osteoporosis: Can It Happen To You?

Wed., Oct. 10 ■ 1 PM

Location: Prime Time, 195 McGregor St., Lower Level

Known as the “silent thief” because it progresses without symptoms of pain until bones start to break. Learn more about this bone-thinning disease that causes serious fractures of the hip, spine and wrist. No charge. To register call Prime Time at 663.6333.

Fertility The Natural Way!

Wed., Oct. 10, Nov. 14 or Dec. 12 ■ 7:30 to 9 PM

Location: 195 McGregor St., Suite 312

Learn how to recognize the natural signs of fertility. Discover a system that is highly effective, easy and safe to use for avoiding or achieving pregnancy. No charge. Registration required.

Open Wide: What Your Mouth Reveals About Your Overall Health

Wed., Oct. 17 ■ 7 to 8:30 PM

For a look into your physical health, your teeth and gums say a lot. Recent research indicates that some common dental problems proved to be strong indicators of many disease processes. No charge. Registration required.

Freedom From Smoking®

Thurs., Oct. 18 to Dec. 6 ■ 6 to 7:30 PM

Location: Prime Time, 195 McGregor St., Lower Level

Are you finally ready to quit? You CAN do it and we will help you. Fee: \$75 (8 sessions). Registration required.

New Directions For People With Heart Failure

Thurs., Nov. 8 ■ Noon

Location: Amoskeag Bingo Center

Sudden cardiac arrest remains the single biggest cause of death in the U.S., killing more of us than any cancer or infectious disease. Many of the 450,000 Americans who will die suddenly this year feel well, but have heart abnormalities which could be identified in advance and lead to life-saving protection. Many others needlessly live with severe symptoms of heart failure, such as windedness, fatigue, and chronic shortness of breath. No charge. Registration required.

What Is Hospice?

Wed., Oct. 24 ■ 7 to 8:30 PM

Facing terminal illness is naturally a frightening prospect. There are many misconceptions and myths about hospice. Hospice allows one to live life to the fullest during the time remaining, with evidence-based treatments to control symptoms. No charge. Registration required.

The Adolescent Brain: Making Sense Of Teenage Behavior

Wed., Nov. 7 ■ 7 to 8:30 PM

Understanding a teenager can be tricky. Learn about recent brain science explaining some of the mysteries of adolescence. We will discuss strategies of how to cope and help your teen cope with the challenges of adolescence. No charge. Registration required.

CPR

Sat., Oct. 20 ■ 8 AM to Noon

Location: 195 McGregor St., Suite 312

Covers CPR, AED use, relief of choking for adults, children and infants. Fee: \$35. Registration required.

Adult Or Child First Aid

Sat., Nov. 3 ■ 8 AM to Noon (Child) or Noon to 4 PM (Adult)

Covers a wide range of safety and injury prevention issues and how to respond. Fee: \$35 (per class). Registration required.

The Management Of Pain

Thurs., Dec. 6 ■ 7 to 8:30 PM

There are many facts about the use of opioid medications for chronic pain. There are also many misconceptions of these medications. No charge. Registration required.

Weighing In On Your Weight Loss Options At Catholic Medical Center

Learn about your medical and nutritional options for weight loss and long-term weight maintenance. Call for a current schedule.

No charge. Registration required.

OPTIFAST® – CMC'S Medically Supervised Weight Loss Program

Tues., ■ 4:30 to 5:30 PM or 6 to 7 PM

Wed., ■ 5:30 to 6:30 PM

Location: 195 McGregor St., Suite 312

If you are 50 lbs. or more overweight, OPTIFAST®, a medically supervised weight loss program, may be right for you. Fee: Varies per individual. Pre-screening session and registration are required.



OPTIFAST®-Weight Management Program

First Thursday of each month ■ 6:30 to 7:30 PM

Location: 195 McGregor St., Suite 312

For prior OPTIFAST clients for successful long-term weight management and relapse intervention. Registration required.

Massage/Reiki

Promotes a reduction of pain and anxiety, encourages relaxation and sleep and the ability to maintain overall physical, emotional and spiritual well-being. CMC offers several massage and reiki options. For fees, information, or to schedule an appointment, call CMC Outpatient Rehabilitation Services at 641.6700.

Hypnosis For Smoking Cessation

Ongoing ■ 11 AM to Noon

Location: 195 McGregor St., Lower Level

Hypnosis is a powerful technique that fine tunes your attention and impacts positively on your goal to be smoke-free. An individual session with a certified hypnotist is provided. For reinforcement, a 40-minute CD is given for daily home use. Fee: \$90. Registration required.

Screenings

Space is limited for all screenings.
Early registration recommended.

For additional screenings, see pages 8-11.



Breast And Cervical Cancer Screening
Sat., Oct. 6, 13, Nov. 3, 17 and Dec. 1 ■ 7:30 to 10:45 AM *or* Wed., Oct. 17 ■ 4:15 to 6:45 PM
Our greatest weapon against breast cancer is early detection. Screenings for women with limited income, no insurance or a high deductible. **No charge.** Registration required.

Parish Nurse Program

Provides nurse consults, screenings and wellness programs in local faith communities.

Locations include:

- Blessed Sacrament Church
- Brookside Congregational Church
- First United Methodist Church
- Parish of the Transfiguration
- St. Anne-St. Augustin Parish
- St. Anthony Church
- St. Elizabeth Seton
- St. George Greek Cathedral
- St. John The Baptist (Suncook)
- St. Joseph Cathedral
- St. Jude Church
- St. Matthew Episcopal Church
- St. Peter Church
- St. Pius X Church
- St. Raphael Church

For more information, call the Parish Nurse Program at 663.8004.

Exercise and Fitness

For additional classes, see pages 8-11.

Introduction To Yoga

Tues., Nov. 13 to Jan. 15 ■ 5:45 to 7 PM
Location: Parish of the Transfiguration
Experience deep relaxation, stretch out stress and develop a new sense of overall well-being.
Fee: \$60. Registration required.

Helping You Live With Cancer

Ongoing
Location: The Wellness Center, 195 McGregor St., Lower Level
While you receive or recover from your cancer treatment, we will assist you in developing an exercise program that's right for you. For more information, call 663.8000.

The Wellness Center...Improving Your Health One Step At A Time

Ongoing
Location: The Wellness Center, 195 McGregor St., Lower Level
Whether you need to lose weight, control your blood glucose (sugar) levels, cholesterol or blood pressure, our team of health professionals are ready to help coordinate a personal program that works for you. Call 663.8000.



Postnatal Yoga For New Moms And Babies

Practicing yoga postures with an emphasis on core conditioning will assist the mother's body in recovery from pregnancy and childbirth. Moms bond with their babies while developing strength and flexibility. For more information, contact Doreen Weiser at 624.9300, ext. 202, or e-mail dweiser@executivehealthclub.com.

Masters Swim

Join this diverse group of adult swimmers while you train your heart and muscles. This is not a learn to swim program; however, all levels are welcome. Training sessions will be managed by one of our certified coaches in order to help you to improve stroke technique and overall cardiovascular condition. For more information, contact Brian Crawford at 624.9300, ext. 253, or e-mail bcrawford@executivehealthclub.com.

Childbirth Education

Most programs include a tour of The Mom's Place. Registration required. For the current schedule, please call ASK-A-NURSE at 626.2626.

Baby Talk

Share the joys and challenges of motherhood with other mothers and babies (0-9 months). Due to limited space, it is not possible to accommodate older siblings. **No charge.**

The Art & Gift Of Feeding Your Baby

Tips, tools and techniques to help you learn about breastfeeding your baby and ways to get breastfeeding off to a great start! **Fee: \$25.**

Hopes, Fears & Fantasies

For expectant mothers and their labor partners who have already experienced birth. **Fee: \$35** (per couple).

Preparing To Birth – Evening Class

We'll help expectant mothers and their partners breathe a sigh of relief about their baby's upcoming birth. **Fee: \$125** (5 weeks).

Preparing To Birth – Weekend Class

See description above. **Fee: \$125.**

Make Room For Baby

An opportunity for big sisters and brothers to learn about newborns and their care. **Fee: \$10** (per family).

Birth Choices After A Cesarean

You have choices and birthing options even if your last birth was Cesarean. **Fee: \$10** (per couple).

Birth Made Easier With Hypnosis

Experience labor in a deep state of relaxation. It is recommended that you take this class or Preparing To Birth, but not both. **Fee: \$150** (5 weeks).





Prime

PRIME TIME

of Catholic Medical Center

Myths Of Aging

Pat Davenport, Prime Time's Geriatric Nurse Practitioner, will continue to help you understand the normal and abnormal changes that can occur in our bodies as we age.

What? Another Shot?

Date: Wednesday, October 24

Time: 10 AM

You will learn the importance of getting recommended vaccines to help keep you healthy. Pat will teach you about the basics of your immune system and about the changes that take place as we get older. Call Prime Time to register.

Winterize Yourself!

Date: Wednesday, November 7

Time: 10 AM

When the cold weather approaches, we automatically take our vehicle in for its winter check up. We do everything that our mechanic recommends to assure that it will run smoothly during the winter months. Do we do the same for ourselves? Pat will teach you what you need to do to help your body "run smoothly" through the winter months. Call Prime Time to register.

CMC Flu Shot Hotline

The flu shot hotline will be activated on Monday, October 1. Call **663.8750** for the most current information on upcoming flu shot clinics. ■

Ask Pat

My physician said, "Make healthy changes." I'm overwhelmed! Where do I begin?

Has your primary care provider ever told you to change some aspect of your life? Most of us have. It could be 'lose weight' or 'stop smoking' or 'exercise more.' These changes may seem insurmountable. However, by making small changes to just one area of your life, you can improve several other conditions and diseases. Sounds like a win-win situation!

Let's look at weight loss. By losing just 5 to 10 pounds, many other conditions or diseases can be affected for the better. For example, the heart has less fluid to pump into circulation, as well as less body mass to pump to. Therefore, many people see an improvement in their blood pressure and cardiac function. If people with breathing problems lose weight, often there is less resistance to lung expansion resulting in easier breathing. Arthritis will benefit because joints will be carrying less weight and therefore have less pressure exerted with each step. Cholesterol and triglyceride levels can also improve, especially if by watching your diet you cut down on fats and sugars. Diabetes is a disease that has now become almost epidemic in this country. Even if it is controlled by medication, diabetes is also a risk factor for worsening cardiovascular problems. It, too, can improve by weight loss and better nutrition.



So, by understanding exactly why the change needs to be made and how even small changes will benefit us, we may gain the motivation to begin to make the change. No one is saying that it will be easy – you need to work at this. You will feel proud and happy that you have made this improvement, your primary care provider will be happy, and most importantly, you will enjoy better health and well-being.

We can help with your decision to make a change in your lifestyle by providing you with individual sessions of education and information and/or with referrals to other hospital programs in order to help you achieve your goals. Please call **663.6535** for more information.

Pat Davenport is a Geriatric Nurse Practitioner. She received her BSN from St. Anselm College and her Gerontologic/Geriatric Nurse Practitioner degree from Boston University. She continued her education at Plymouth State University, where she earned a Master of Education in Community Health Education. She has been with Catholic Medical Center for 29 years. ■

Time



Your Health

For additional offerings, see pages 6 & 7



Osteoporosis: Can It Happen To You?

Date: Wednesday, October 10

Time: 1 PM

Osteoporosis is known as “the silent thief” because it progresses without symptoms of pain until bones begin to break. In this session you will learn more about this bone-thinning disease that causes serious fractures of the hip, spine and wrist. You will also learn steps you can take to reduce the risk of developing osteoporosis so you may take action to prevent it NOW! Call Prime Time to register.

Depression Screening

Date: Thursday, October 11

Time: 10 AM to Noon

Location: Prime Time

Time: 2 to 5 PM

Location: Parish of the Transfiguration

Time: 6 to 8 PM

Location: Bedford Counseling Center

Come in for a confidential, one-on-one talk with a mental health professional. Call ASK-A-NURSE at 626.2626 to register for any of the three locations. WALK-INS WELCOME.

Acupuncture For The Working Class

Date: Tuesday, October 23

Time: 10 AM

Curious about acupuncture? Join us for a lively and honest discussion, with a focus on affordability and access to care. You will gain insight into the shortcomings of how acupuncture has been provided in our country and the new national movement that honors the more traditional ways. Presenter: Andrew Wegman is a licensed acupuncturist in NH and MA. He is also a certified diplomat of the National Certification Commission for Acupuncture and Oriental Medicine. Call Prime Time to register.

Cholesterol Screening

Date: Thursday, October 25

Time: 9 to 11 AM
(by appointment only)

Cost: \$20

Full cholesterol/lipid profile with one-on-one education. You must fast for 12 hours before this test (nothing to eat or drink except water). Call ASK-A-NURSE at 626.2626 to register.

Oral Cancer Screening

Date: Monday, November 5

Time: 1 to 3 PM
(by appointment only)

Each year, approximately 30,000 people are diagnosed with oral cancer. Knowing the signs and symptoms, and early detection, are key to increasing survival rates for this disease. If you think you may be at risk, please join us for this screening. Call ASK-A-NURSE at 626.2626 to register.

The New Thinking About Aging

Dartmouth Community Medical School, in association with Dartmouth-Hitchcock Medical Center, is offering a series focused on successful aging.

Time: 6:30 to 9 PM

Location: Derryfield School
2108 River Road
Manchester

To register or for more information, call 653.1532 or e-mail DCMSRegistration@Dartmouth.edu.

Boning Up For The Long Haul

Date: Tuesday, October 2

Helping our joints and skeleton cope with decades of wear and tear.

Working Together

Date: Tuesday, October 9

The fine art of making complex decisions about your health care options.

Is There Light On The Horizon?

Date: Tuesday, October 16

Making progress in preventing and treating stroke and macular degeneration.

Grey Matter Matters

Date: Tuesday, October 23

The biology and challenges of Alzheimer's and Parkinson's diseases.

Seniors Count: Imagine A Senior-Friendly Community

Date: Wednesday, November 7

A community forum and panel discussion about making Manchester a more senior-friendly community. Guest Speaker: Elinor Ginzler.

Outdoor Ventures

These opportunities are brought to you by a unique partnership of Prime Time, the Audubon Society of NH (www.nh.audubon.org), and Experiential Adventures.

Beginner Hike And Raptor Migration Observation

Date: Thursday, October 4

Time: 11 AM to 1 PM

Location: Pack Monadnock, Miller State Park

Cost: \$20

Meet in the parking lot at the top of the Pack Monadnock auto road where we will hike the summit loop trail to the raptor observatory, watch the birds, and hear their stories. An option exists for those interested in an intermediate hike from the lower parking lot of Miller State Park to the top of Pack Monadnock. Call **668.2045** to register.

Map And Compass Workshop

Date: Thursday, November 15

Time: 1 to 3 PM

Cost: \$20

Location: Massabesic Audubon Center

Learn the basics of using a map and compass and practice your land navigation skills on a simple orienteering course. Fun prizes will be awarded for skill and creativity! Call **668.2045** to register.

Beginner Hike

Date: Thursday, December 6

Time: Noon to 3 PM

Cost: \$20

Location: Joe English Reservation, Amherst

Early December will give you the opportunity to hike before the snow and cold descend. In the spirit of the season, we will visit the Peabody Mill Environmental Center after the hike to complete a small service project to give back to the environment. Call **668.2045** to register.

Memory Screening

Date: Thursday, November 15

Screening: 9 AM to 1 PM

Lecture: 10:30 AM

Location: The Meetinghouse, Goffstown

If you or a loved one are experiencing signs of persistent forgetfulness, difficulty remembering routine tasks or loss of judgment, join us for a free, confidential memory screening and lecture on memory loss. Presented by a partnership of Catholic Medical Center, The Mental Health Center of Greater Manchester and Easter Seals NH. Call ASK-A-NURSE at **626.2626** to register.



Does A White Christmas Make You Blue?

Dates: Wednesday, December 5

Time: 10 AM

Are you one of the MANY people whose stress level skyrockets at the mere mention of the word "holidays"? Come join us for some suggestions for avoiding stress, as well as its unwanted companion, depression, in order to truly enjoy this festive time of year.

Presenter: Barbara Dupont, Senior Services, The Mental Health Center of Greater Manchester. Call Prime Time to register.

Exercise & Fitness

For additional offerings, see pages 6 & 7



Senior Fitness

Dates: Ongoing,

Mondays and Fridays

Time: 3:30 PM

Cost: \$15 per month

Location: William B. Cashin Senior Center

This class incorporates all the necessary pieces for a fit body – working on strength, flexibility and balance. No need to register.

Beginning T'ai Chi

Dates: Thursdays, October 25 to November 15

Time: 1 PM

Cost: \$25

T'ai Chi exercise enhances flexibility, reduces stress and tones muscles. Call ASK-A-NURSE at **626.2626** to register.

Yoga

Dates: Mondays, November 12 to January 14

Time: 1 PM

Cost: \$60

Yoga is a gentle form of exercise that relaxes and balances the mind and body to achieve a greater sense of well-being. Call Prime Time to register.

Life Enrichment

For additional offerings, see pages 6 & 7

Gifts From The Heart – Spreading Joy

CMC’s Holiday Project

Please join us in bringing the holiday spirit to the hearts of those in need. Just pick up a gift tag at Prime Time and return the unwrapped gift by Monday, December 17. Gift tags will be available beginning November 15.

Retired Men’s Association

Dates: Third Tuesday of each month

Time: 10:30 AM

For men who enjoy friendly association and seek an opportunity for socialization, information and participation in small group activities. Refreshments and speakers each month. No need to pre-register.

55 Alive Safe Driving Course

Dates: October 23 and 26

Time: 5 to 9 PM

Dates: November 13 and 15

Time: 9 AM to 1 PM

Dates: December 5 and 7

Time: 1 to 5 PM

Cost: \$10 payable to AARP

AARP’s “55 Alive” two-session course is considered to be the most effective safe driving course in the country. Call Prime Time to register.

Computer Tutors

Volunteers are available at Prime Time to help you one-on-one to answer your questions, teach or get you past a computer glitch. Call Prime Time for an appointment. This service is free.

Knitting And Crafts Group

Dates: Ongoing, Tuesdays

Time: 1:30 PM

This informal group is for everyone from beginner to expert. No need to register.



Monday is Art Day!

Painting With Acrylics Mornings

Dates: October 8 to November 12
November 19 to January 7

Time: 10 AM to Noon

Cost: \$90 for 6 weeks (supplies included)

Evenings

Dates: November 12 to January 14

Time: 6 to 8 PM

Cost: \$90 for 6 weeks (supplies included)

A six-week course in acrylics, for all levels, from “I haven’t touched a paintbrush since 3rd grade” to professional. Instructor: Kim Roth. Call Prime Time to register.

Fun With Watercolors

Dates: October 8 to November 12
November 19 to January 7

Time: 1 to 2:30 PM

Cost: \$90 for 6 weeks (supplies included)

Whether you consider yourself a watercolorist or have always wanted to try your hand at it, here is your chance. Beginners welcome. Instructor: Kim Roth. Call Prime Time to register.

What is Prime Time?

A comprehensive education and resource center for healthy living, designed specifically for people 50 years old and over.

Located in the Mill West Building at 195 McGregor Street, Manchester, right across from Catholic Medical Center – with plenty of free parking. Use the “Center” entrance, take the elevator to the lower level and follow the signs. Come and visit us!

Office Hours

Monday – Friday, 8:30 AM to 4:30 PM

Nurse Is In Open Clinics

Tuesdays, 9 to 11 AM

Wednesdays, 2 to 4 PM

Closed for the Holidays

Thursday and Friday,
November 22 and 23 – Thanksgiving

Monday and Tuesday,
December 24 and 25 – Christmas

Monday and Tuesday,
December 31 and January 1 – New Year’s

Services you can use

Prime Time hosts community services that are vital to older adults:

Meds for Manchester: Free medications for low-income people of all ages.

ServiceLink Resource Center – 1.866.634.9412: The first call to make when you need information, referrals and connections to assistance.

SHIP – Answers to your Medicare and Medicare supplement questions. Call ServiceLink for an appointment at Prime Time: **1.866.634.9412.**

Advance Directives - For assistance with completion of the Living Will and Durable Power of Attorney for Healthcare (Healthcare Advance Directives), call Prime Time for an appointment.

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
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
Brain Injury
Insulin Pump
Living With Breast Cancer
Stroke
Weight Loss Surgery

Catholic Medical Center is a fully accredited hospital of the Joint Commission on Accreditation of Healthcare Organizations. Requests for a public information interview can be made by contacting JCAHO at www.jcaho.org.

SERVICES & resources

ASK-A-NURSE®

Breast Care Center

Cancer Care

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
Mobile Community Health Team
Fertility Health Education
Parish Nurse Program
Poisson Dental Facility
Prime Time
Refugee Health Clinic

Critical and Intensive Care

Diabetes Resource Institute

Diagnostic Imaging and Radiology:

Ultrasound
CT Scan
MRI/MRA
X-ray

Emergency Services

Endoscopy/Gastroenterology

Eye Institute

Laboratory Services

Maternity Services:

The Mom's Place
Pregnancy Care Center
Childbirth Education
The Family Care Center for Pediatric and Adolescent Care

Medical Specialties:

Endocrinology
Gastroenterology
Medical Neurology

Medical Specialties continued:

Nephrology
Pulmonary

New England Sleep Center

Nutrition Services:

OPTIFAST®
Individual Nutrition Counseling

Obesity Treatment Center:

LAP-BAND® System
Gastric Bypass

Orthopedics

Pastoral Care

Psychiatric Institute:

Geropsychiatry
Inpatient and Outpatient
Hospitalization Program
Partial Hospitalization Program

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

Wound Care:

Comprehensive Wound Healing Center

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 Catholic Medical Center 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. Find us fast in the Verizon Yellow Pages.

For more information about these or other CMC services call **ASK-A-NURSE at 626.2626**

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