

Living news

Education series helps breast cancer patients

For women undergoing treatment for breast cancer, life quickly becomes a series of questions: What kind of cancer do I have? What is the best treatment? Will I need a mastectomy? What will my recovery be like?

To support women during treatment, the Breast Care Center at Catholic Medical Center is offering a Breast Cancer Education Series in October.

Week 1: Breast Cancer Treatment Overview

With there being more than 15 types of cancer, treatment therapies and medications are tailored to a woman's particular cancer type. The timing and combination of chemotherapy, radiation and potential surgery depends on the specifics of a woman's cancer.

Breast Cancer Education Series

Thursdays, October 5, 12, 19, 26
6 to 7:30 PM

Breast Care Center, CMC

Janet Maher, RN, Breast Health Specialist

Karen Gearey, MSW

No Charge

Week 2: Nutrition Counseling

Chemotherapy can affect a woman's tolerance for taste and certain smells. A nutritionist offers tips on the best foods to eat during treatment.

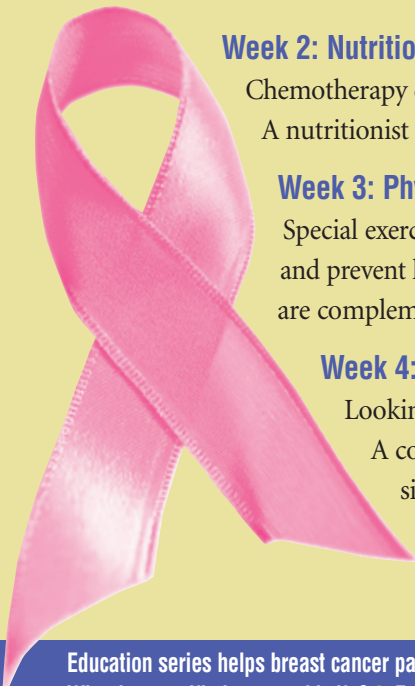
Week 3: Physical Therapy and Complementary Medicine

Special exercises can help women regain range of motion in their arms and prevent lymphedema. Reiki, therapeutic touch, yoga and acupuncture are complementary medicines that can enhance a woman's vitality.

Week 4: 'Look Good, Feel Better'

Looking and feeling good during treatment is important.

A cosmetologist demonstrates how to put on eyebrows, simulate eyelashes and take care of skin, using cosmetic kits supplied by the American Cancer Society. To register for this series, call ASK-A-NURSE® at 626.2626. ■



Two new primary care practices

Catholic Medical Center expanded its primary care practices, adding Family Physicians of Manchester (formerly Manchester Family Health Center) and Goffstown Primary Care. Paula Leonard-Schwartz, MD, FAAFP; Brian Claussen, MD and Kevin Costin, PA-C, will continue to provide care for Family Physicians of Manchester. Alexis-Ann Bundschuh, MD, will be joining Goffstown Primary Care.

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**PRIME
TIME**
of Catholic Medical Center

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A comprehensive education and resource center for healthy living, designed specifically for people 50 years old and over. See our special section starting on page 12.



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

Catholic Medical Center is delighted to announce the affiliation of St. Peter's Home with Catholic Medical

Center. St. Peter's Home was started by the Sisters of Charity of Saint-Hyacinthe in 1902 as an orphanage. In 1950, the home became a boarding school for nearly 250 area boys and girls. In 1967, St. Peter's Home School became a day care facility. Sister Florence Therrien, President, came to St. Peter's Home in 1969. Today, nearly 309 children from age 6 weeks to 6 years attend full time. St. Peter's Home has approximately 80 employees with 60 providing teaching and child care services. St. Peter's is the largest day care in the state and one of the most highly regarded in southern New Hampshire.

CMC is thrilled with this new affiliation. I have been working with Sister Florence Therrien over the past year going through all the civic and canon law approvals. The Bishops of the Diocese of Manchester and the Diocese of Saint-Hyacinthe, in addition to Pope Benedict XVI, approved this merger.

In 1974, Notre Dame Hospital and St. Peter's Home had the same corporate parent. It is exciting to bring these two organizations back together after over 30 years. The benefit of the affiliation will be realized through the stewardship of Catholic Medical Center to St. Peter's Home School to insure that they have the resources and the lay leadership available to honor their foundation. Catholic Medical Center will be able to realize their mission through outreach to children through the rich programs offered by St. Peter's Home.

Sister Florence and her staff will continue to provide leadership in the day-to-day management for the years to come. We look forward to working closely with them to learn more about day care and to look at opportunities for efficiencies in collaboration and in our operations. ■


Alyson Pitman Giles, FACHE,
President and CEO

ASK-A-NURSE® What is a certified nurse midwife?



For centuries, women have looked to midwives for advice and assistance in childbirth. Today's certified nurse midwives continue this tradition of personal, family-centered care as highly skilled health professionals with access to the vast resources of modern medicine.

Certified nurse midwives (CNMs) are trained in both nursing and midwifery. In the U.S., they are certified by the American College of Nurse Midwives (ACNM). To obtain certification, a CNM must be formally educated at an accredited program affiliated with an institution of higher learning, demonstrate clinical competence and pass a rigorous national certifying exam. All nurse midwives are required by state licensing to have a collaborative agreement with a physician for consultation and a system for managing complications in labor. This midwife-physician relationship provides a good combination of care – a midwife who excels in promoting and maintaining health and a physician to manage any medical complications that develop.

CNMs provide a full range of primary health care services to women of all ages and generations, including routine gynecological care, peri-menopausal through post-menopausal care, family planning, prenatal care, delivering babies and postpartum care.

During labor and delivery, hospital-based CNM practices have the ability to offer patient-focused care and support a woman with any option in her birthing plan, while having full access to the services that only a hospital can provide should problems or emergencies occur. Whatever style birth is chosen, a midwife supports you in your decision – from birthing through a non-medicated labor with waterbirth or hypnobirthing or utilizing an epidural. After delivery, the midwife monitors your recovery and prepares your return home as a new mother and family. Nurse midwives are also breastfeeding experts and provide needed support and education to establish a great start with your baby.

Nurse midwives are reimbursed by private insurance, HMOs, Medicaid and Medicare. For a choice of hospital-based certified nurse midwives, call ASK-A-NURSE at 626.2626. ■



Two new primary care practices

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Dr. Leonard-Schwartz is Board Certified in family medicine. She has been practicing in the community for nearly 25 years.



Paula Leonard-Schwartz, MD, FAFP

Dr. Claussen is Board Certified in family medicine. He has been practicing medicine in Manchester since 1999.



Brian Claussen, MD

Kevin Costin is a Board Certified Physician Assistant. He has been practicing in New Hampshire since 1974.

Family Physicians of Manchester is located at 57 Webster Street.

Dr. Bundschuh of Goffstown Primary Care is Board Certified in internal medicine. She earned her medical degree from Dartmouth Medical School in Hanover, NH and completed her residency in internal medicine at Genesee Hospital in Rochester, NY. Dr. Bundschuh has been practicing medicine in the greater Nashua area since 1984.



Kevin Costin, PA-C

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



Alexis-Ann Bundschuh, MD

The practices accept all major health insurance plans. ■

Exercise program strengthens oncology patients

After undergoing months of chemotherapy to treat his cancer, 40-year-old Robert Gaiser had lost his hair, was 60 pounds lighter and could barely walk up and down stairs. Weighing just 148 pounds, he knew he needed to get his strength back.

The Oncology Exercise Program at The Wellness Center at CMC provided the structure he was seeking, as well as a surprising dose of fun. He joined an early morning exercise class of oncology and heart patients and gratefully says that everyone made him feel “normal.”

“It was like walking into a family atmosphere,” he remembers. “That’s what kept me going. No matter how weak I was, it was still fun and something to look forward to. And if I didn’t go, people noticed that I wasn’t there.”

The program’s nurses and exercise physiologists design individualized exercise programs and monitor participants during each 50-minute session. Participants begin with a warm-up and then complete a customized workout on an exercise bicycle, rowing machine, treadmill, elliptical machine or stair climber, followed by a cool-down.

The Wellness Center staff checks each participant’s blood pressure before and after exercise for the first two weeks, followed by monthly checks. Participants’ symptoms are assessed during each workout and participants are shown how to monitor their heart rate. Following chemotherapy, oncology patients’ laboratory results are also monitored.

The Wellness Center’s Oncology Exercise Program was designed by Janet Troski, MSN, RN, and Michele Keenan, MS, under the guidance of Denis Hammond, MD, of New Hampshire Oncology and Hematology. Research has shown that exercise can increase a cancer patient’s energy and muscular strength, reduce fatigue and depression, and increase self-esteem.

Deb Hanson, a local real estate agent recovering from non-Hodgkins lymphoma, agrees with this research. “Within two weeks of participating in the program, I felt better about myself. You claim a sense of self back when you exercise. It builds up your self-esteem a lot quicker than hiding.”

After eight months in the Oncology Exercise Program, Robert Gaiser is back in shape, having regained most of his weight and former strength. When he began the program, he walked slowly on the treadmill. Now, he can run and also lifts weights. With mixed emotions, he says he has “graduated” to a traditional gym. “I didn’t want to leave the people. I hope somebody else goes to the program because of my experience. It really helped.”

For more information on the Oncology Exercise Program at The Wellness Center, call 663.8000. ■



Shots – not just for kids!

As children, our parents brought us to the doctor for our “shots,” as a requirement for admission to school, sports or summer camp. These simple requirements have made the sharp decline in preventable disease one of the most dramatic public health accomplishments in the 20th century.

Unfortunately, adults are not as diligent about keeping up with immunizations. As a result, according to the Centers for Disease Control, as many as 50,000 adults in the U.S. die each year from vaccine-preventable diseases.

The benefits of protecting yourself with vaccines are personal and community wide. You stay healthy, miss less time at work, spend less health-care dollars; you spread less illness to others in your family, your co-workers and your community. Yet, recently in NH, only 46% of adults over 50 received a flu vaccine.

As flu season approaches, now is the time to plan for your flu shot. While you're at it, it's also a good time to make sure all your immunizations are up-to-date. The most common vaccines are influenza, pneumococcal pneumonia, tetanus/diphtheria, Hepatitis A and B, measles, mumps and rubella, and chicken pox. Check with your physician or the Centers for Disease Control website (www.cdc.gov) to find out the age and health requirements for these vaccines.

A record of your shots and when they were given should become a part of your personal medical record, and you should become your own “keeper of the record.” Staying up-to-date with your adult immunizations is one more key to taking control of your own health.

Call ASK-A-NURSE at **626.2626** for more information on immunizations. ■

New England Heart Institute welcomes new cardiologists

The cardiologists and staff of the New England Heart Institute of Catholic Medical Center are pleased to announce the addition of three new cardiologists: Jeffrey F. Bleakley, MD, FACC; James M. Flynn, MD, FACC; and Jamie H. Kim, MD.

Dr. Bleakley earned his medical degree from Vanderbilt University, Nashville, TN. He joins the New England Heart Institute from Strong Memorial Hospital, University of Rochester Medical Center, Rochester, NY, where he was a fellow in interventional cardiology. For two years, he served as a cardiologist at David Grant USAF Medical Center, Travis Air Force Base in California. Dr. Bleakley is board certified in Internal Medicine and Cardiovascular Disease and is an associate member of the American College of Cardiology.

Dr. Flynn earned his medical degree from the University of Massachusetts Medical Center. He joins the New England Heart Institute from St. Vincent Hospital, Worcester, MA, where he was a fellow in interventional cardiology. Dr. Flynn was also a founding partner of the Nebraska Heart Hospital and a partner in the Nebraska Heart Institute, one of the largest cardiology groups in the country. Dr. Flynn is board certified in Nuclear Cardiology and Cardiovascular Disease and is a fellow of the American College of Cardiology.

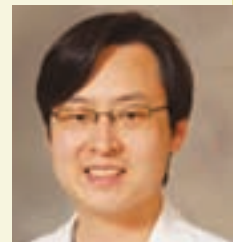
Dr. Kim earned his undergraduate degree from Yale University and his medical degree from Tufts University. He completed a fellowship in cardiology and a subspecialty fellowship in cardiac electrophysiology at Brown University's Rhode Island Hospital. Dr. Kim is board certified in Internal Medicine and Cardiovascular Diseases, and is board eligible in Cardiac Electrophysiology. ■



Jeffrey F. Bleakley, MD, FACC



James M. Flynn, MD, FACC



Jamie H. Kim, MD

CMC Hospitalist Program now provides 24/7 coverage

The Hospitalist Program at Catholic Medical Center has grown and now has full 24/7 coverage. This exciting new growth has been made possible by the addition of three new full time hospitalists:

Dr. Laura Saluja from Parkland Internal Medicine in Derry, NH, where she practiced for two years after completing her internal medicine residency training at Yale University School of Medicine in New Haven, CT.

Dr. Adeb Safia completed his internal medicine residency training program at Cook County Hospital in Chicago, IL.

Dr. Laura Kent completed her internal medicine residency training program at Columbia Presbyterian Medical Center in New York, NY. ■

Charles F. Whittemore Award 2006 recipient

Catholic Medical Center will present its Second Annual Charles F. Whittemore Award to Dr. Christopher T. Maloney on November 3, at C.R. Sparks Event Center in Bedford, NH. The award is presented in honor of Charlie Whittemore, past President and CEO and longtime CMC board member.

Dr. Maloney is a retired colonel of the United States Army who began his career as a cardiothoracic surgeon in 1972 in Tucson, Arizona. In 1986, after a national search, he was selected as the surgeon to begin the Cardiac Surgery Program at CMC. He moved east with his wife, Wesley, and family, and initiated the second cardiac surgery program in New Hampshire, which was twice named one of the top 100 programs in the United States. After retirement from CMC in 2003, Dr. Maloney returned to Arizona where he is now affiliated with the Cardiac Center and Surgery Consulting.



Christopher T. Maloney
MD, FACS

In recognition of his outstanding spirit and dedication to serve those in need, the Catholic Medical Center family is proud to recognize Dr. Christopher T. Maloney. His award will be presented at CMC's Annual Gala Event on Friday, November 3. Proceeds from this year's event will support the Pregnancy Care Center at CMC.

For ticket information, please call Keri Degen at the CMC Development Office at 663.6056. ■

What type of gift is right for you?

Each year, CMC spends close to six million dollars to ensure that programs are available to meet the medical needs of the underserved members of greater Manchester. The chart below outlines how you can make a gift in support of one of these programs and avoid paying costly capital gains tax at the same time.

Type of Gift	Description	How You Benefit	How Your Gift Benefits Our Mission
How You Benefit	Gift of real property now	Current income tax deduction based on fair market value	Immediately used to support our mission
Life income gift	Gift of real property in exchange for life income	Current income tax deduction based on a portion of the fair market value; receive lifetime income	Allows us to receive a generous gift at a future date
Retained life estate	Gift of ownership of real property now, but retain the right to live in the property for life	Current income tax deduction based on a portion of the fair market value	Allows us to receive a large gift now subject to your life estate
Gift by will	A charitable gift of your real property through your will or revocable living trust	Estate tax deduction for the full value of your property; flexibility to change your mind	Allows us to receive a generous gift at a future date

CMC Associates Golf Tournament

Catholic Medical Center Associates raised close to \$33,000 in support of the Poisson Dental Facility at CMC.

The money was raised through a golf tournament held at Passaconaway Country Club on August 23rd. The lead sponsor for the event was Boston Scientific. Other sponsors included Eclipsis, Logo LOC, The Segal Company, Work Place Benefit Solutions, Metlife, Guidant, and Office Max. ■



(l-r) Jamie Staton, Scott Pellerin, Jeff Eisenberg and Mike Holden



(l-r) Jim Deleo, Fran Smith, Eleanor Dahar and Sy Dahar

Keeping Healthy Staying fit

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

Community Education

Will Soup Cure What Ails You?

Wed., Oct. 18 ■ 7 to 8:30 PM

Soup can soothe the mind, body and soul. Explore the health benefits of soup and taste the simmering varieties. **No charge.** Registration required.

Treatment Options For Overactive Bladder And Urinary Incontinence

Thurs., Oct. 19 ■ 12 to 1 PM (Presentation by William A. Selleck, MD), 10:30 AM to 2:30 PM (Schedule an evaluation by a nurse).

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

Is your lifestyle being affected by a change in frequency or urge to "go"? You may be one of 13 million Americans who have a problem with urinary incontinence or an overactive bladder. **No charge.** Registration required.

Complements From Nature: What Is Safe, What Is Not

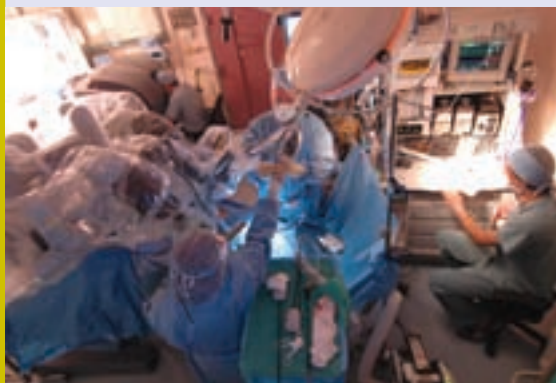
Wed., Nov. 8 ■ 7 to 8:30 PM

Not all supplements or herbs are advisable in the treatment of cancer, heart disease, diabetes and osteoporosis. Some can be extremely harmful. Find out which choices are best for you. **No charge.** Registration required.

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

Wed., Nov. 15 ■ 7 to 8:30 PM

Surgical options have expanded with the new technology of the da Vinci™ Surgical Robotics System. John Munoz, MD, will discuss treatment options and surgical outcomes. **No charge.** Registration required.



Married And Loving It!

Mon., Oct 23, 30, Nov. 6, 13 and 20 ■ 7 to 9 PM

Location: 195 McGregor St., 3rd Floor

Whether you're just starting your marriage or celebrating your 50th anniversary, you can learn new skills to strength your marriage relationship. Fee: **\$25 per couple** (5 weeks). Registration required.

You Think You're Going To Live Forever...

Wed., Nov. 8 ■ 1 to 2 PM

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

See Page 13 for more information.

'A Touch Of Sugar'

Tues., Dec. 5 ■ 7 to 8:30 PM

Diabetes is the fifth deadliest disease in the U.S. Do you know the signs and symptoms to look for? Joseph Savage, MD, will guide you through the latest information. **No charge.** Registration required.

Screenings

Space is limited. Early registration recommended.

Could It Be Depression? (Screening)

Thurs., Oct. 5 ■ 10 AM to Noon

See Page 13 for more information.

Breast And Cervical Cancer Screening

Sat., Oct. 14, Nov. 4, 18 *or* Dec. 9 ■ 7:30 to 10:45 AM

or Wed., Oct. 4 *or* 18 ■ 4:15 to 6:45 PM

Breast and cervical cancer screenings for women with limited income, no insurance, or a high deductible. **No charge.** Registration required.

Oral Cancer Screening

Mon., Nov. 13 ■ 1 to 3 PM

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

Each year, approximately 30,000 people are diagnosed with oral cancer. Half of those will not survive 5 years. About 75% of oral cancers are related to all forms of tobacco use. Are you at risk? **No charge.** Registration required.

Memory Loss Screening

Thurs., Nov. 16 ■ 9 AM to 1 PM

Location: St. Pius X Church

See Page 13 for more information.

Health and Wellness

Freedom From Smoking®

Thurs., Oct. 5 to Nov. 16 and Tues., Oct. 24 ■ 6 to 7:30 PM

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

Are you finally ready to quit? Quitting smoking and staying smoke-free may be one of the most difficult things to accomplish in life. You CAN do it and we will help you. Fee: **\$75** (8 sessions). Registration required.

Discover The 'Body Language' Of Fertility

Wed., Oct. 11, Nov. 8 *or* Dec. 13 ■ 7:30 to 9 PM

Location: 195 McGregor St., 3rd Floor

A woman's body communicates the best time to achieve or avoid pregnancy with a variety of biological signs. Learn to recognize these signs of fertility to achieve or avoid pregnancy naturally! **No charge.** Registration required.

Brain Injury And Stroke Family Education Series

Wed., Oct. 18, Nov. 15 *or* Dec. 20 ■ 6:30 to 8 PM

You or a loved one has had a brain injury or stroke. Which way do you turn? **No charge.** Registration required.

Adult Or Child First Aid

Sat., Oct. 28 ■ 8 AM to Noon (Child) *or*

Noon to 4 PM (Adult)

Location: 195 McGregor St., 3rd Floor
Covers a wide range of safety and injury prevention issues and how to respond. Certification card issued. Fee: **\$35** (per class). Registration required.

CPR

Sat., Nov. 18 ■ 8 AM to Noon

Location: 195 McGregor St., 3rd Floor

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

All programs are held at Catholic Medical Center unless otherwise noted

CMC-American Red Cross Blood Drive

Mon., Dec. 11 ■ 9 AM to 3 PM
Give blood and experience the true meaning of the holidays **No charge**. Registration required.

Weighing In On Your Weight Loss Options at Catholic Medical Center

Ongoing, Wed. ■ 7 to 8 PM
Learn about your medical and nutritional options for weight loss and long-term weight maintenance. **No charge**. Registration required.

OPTIFAST® – CMC's Medically Supervised Weight Loss Program

Ongoing, Tues. ■ 4:30 to 5:30 PM *or* 6 to 7 PM *or* Thurs. ■ 5:30 to 6:30 PM
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 is required.

A Healthy Weigh® 'Holiday Express'

Wed., Nov. 29 to Dec. 20 ■ 4:30 to 5:30 PM
Location: 195 McGregor St., 3rd Floor
Lose weight during the holidays. Celebrate a new leaner season. **Fee: \$59** (4 weeks). Registration required.

A Healthy Weigh® At CMC

Wed., Jan. 10 to Mar. 14 ■ 4:30 to 5:30 PM
Location: 195 McGregor St., 3rd Floor
Dynamic strategies to help you achieve long-term weight loss goals. **Fee: \$149**.
With Exercise Classes (the preferred option):
Add exercise to your program and improve your weight loss results. **Fee: \$256**.

Maintaining A Healthy Weigh®

Ongoing, Wed. ■ 5:45 to 6:45 PM
Location: 195 McGregor St., 3rd Floor
Get re-energized for success. Open to any person who has experienced ANY weight loss program. Choose a 4-week or 12-week option of intensive weight loss and lifestyle support. **Fee: \$59** (4 weeks), **\$149** (12 weeks). Registration required.

Flu Shot Program

The flu shot is the most effective way to decrease your risk for the flu. For additional information, call the Flu Shot Hotline at 663.8750.



Exercise and Fitness

Introduction To Yoga

Tues., Nov. 14 to Jan. 9 (no class Dec. 26) ■ 5:45 to 7 PM
Location: Parish of the Transfiguration
Improves your overall health, calms your mind and tones your muscles. **Fee: \$60**. Registration required.

Introduction To T'ai Chi

Thurs., Dec. 7 to Feb. 1 (no class Dec. 28) ■ 6:15 to 7:15 PM
Location: Brookside Church
Encourages every part of the body to be relaxed, revitalized and strengthens the "inner" you. **Fee: \$45**. Registration required.

Historic Church Walk

Tues., Oct. 17 ■ 10 AM to 2 PM
The twelfth in our series of walks that explore the impact each faith community played in the development of the tapestry of culture Manchester is known for. Bring your own brown bag lunch and a non-perishable food item. **No charge**. Registration required.

Helping You Live With Cancer – One Step At A Time

Location: The Wellness Center, 195 McGregor St., Lower Level.
Individualized Oncology Exercise Program to help you recover from cancer treatment. Call **663.8000**.

Lifestyle Management Programs At The Wellness Center

An individual can lose weight, reduce and manage stress, lower blood pressure, control blood sugar levels, decrease total cholesterol and increase HDL (good cholesterol) through cardiovascular exercise and strength conditioning. Call **663.8000**.



To register for classes or for more information, contact Doreen Weiser at **624.9300, Ext. 202**.

Pilates Group Reformer Classes

Increase core strength and flexibility. Achieve a total body workout utilizing one piece of equipment. Train in groups of 4 to 6 participants.

Spinning

An indoor cycling class set to music. Control the intensity by adjusting speed and resistance to meet your needs. These 45-minute classes can burn upwards of 600 calories.

Complementary Medicine

For fees, information or to schedule an appointment, call Outpatient Rehabilitation Services at **641.6700**.

Massage

A relaxing and therapeutic massage offers a range of benefits such as relief of muscle and joint soreness, stress and anxiety reduction, and improved range of motion and flexibility. CMC offers several massage options. Choose the one that is right for you.

■ Massage ■ Chair Massage ■ Hot Stone 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.

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 on breastfeeding your baby, storing breast milk 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: \$120** (5 weeks).

Preparing to Birth-Weekend Class

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

Make Room For Baby

We provide an opportunity for the big sisters and big brothers to learn about newborns and their care. **Fee: \$10** (Per family).

Birth Choices After A Cesarean

Your last baby was a Cesarean birth and you're hoping to avoid it this time around. You have choices and birthing options. **Fee: \$35** (Per couple).

Birth Made Easier With Hypnosis

Experience a deep state of relaxation that allows labor to be a more comfortable and peaceful experience. It is recommended that you take this class or Preparing to Birth, but not both. **Fee: \$150** (5 weeks).

Registration required. Call **ASK-A-NURSE** at **626.2626** to register or for more information

Let No Woman Be Overlooked – Breast and Cervical Cancer Program at CMC



Let No Woman Be Overlooked is a program that provides **free** breast and cervical cancer screenings to women who meet certain requirements. The program is for women, ages 18-64, who have no health insurance or have insurance that does not pay for screening tests. There are also income guidelines to qualify some women for this essential screening service.

Let No Woman Be Overlooked is a woman's health program from the New Hampshire Department of Health and Human Services, Division of Public Health Services. Catholic Medical Center is one site in New Hampshire which participates in this valuable program. Screenings are held at The Breast Care Center at Catholic Medical Center.

To learn more information about the program or to find out if you qualify, all ASK-A-NURSE at 626.2626. ■

Women's Health Forum '06 #1 Taking Care of 1

Are you so busy taking care of your family that you sometimes put your own health and needs second? If you're not taking care of #1, how can you continue to meet the needs of those you love? The Women's Health Forum, presented by Catholic Medical Center and Dartmouth-Hitchcock Manchester, is an opportunity for women of all ages to enjoy a fun, informative and rejuvenating day together. Whether it's nutrition and fitness advice you seek, health and beauty information, or ingredients to balance your life, you will spend the day nourishing your mind, body and soul.

Keynote speaker Mary Kerwin, RD, LD, M.Ed., Wellness Coach, will inspire you in her presentation, *Making Way for the Life You Want... Goodbye Desperate Housewives!* Susan Osborne, Certified Image Consultant and owner of Be Day Spa & Image Studio, will help you enhance your self-esteem by teaching you how to accentuate your positive features and camouflage areas of concern in her presentation, *Creating a Winning Image*.

Women's Health Forum '06

Saturday, November 4
8:30 AM – 3:15 PM
Hosted by Manchester
Department of Health
1528 Elm St., Manchester, NH
Fee: \$35

Other conference highlights include:

The Ingredient For Healthy And Beautiful Skin – There IS A Recipe

Presented by Stephen Del Guidice, MD, dermatologist at Dartmouth-Hitchcock Concord

Detours To Avoid On Your Journey To Weight Loss

Co-presented by Jacqueline Cuddihy, RD, and Amy Huelle, RD

Where Do You Fall In The Animal Kingdom?

Presented by Nancy Malo, health educator

Get It In Gear!

Presented by Denise Houseman, MS, exercise physiologist

For more information or to register for the Women's Health Forum, call ASK-A-NURSE® at 626.2626. ■



Digital mammography versus film mammography

The Breast Care Center at Catholic Medical Center utilizes digital mammography to screen women for breast cancer. Many may wonder, what are the advantages of digital mammography over traditional film mammography?

Digital mammography provides high-resolution digital breast images immediately and allows the technologist to take more detailed images without delay if an area requires further scrutiny. Digital images are easier to access, store and transmit, and can be acquired at a lower radiation dose without compromising quality.

The process is also more comfortable for women, as less time is spent with the breast compressed and the soft, Biolucent Mammo Pad is used for all patients. Once the images are acquired, the radiologist can then adjust the image brightness and contrast on the mammography review work station and magnify certain areas for more detailed evaluation of breast tissue.

Digital mammography is more accurate than film mammography in detecting cancer in women under the age of 50, women with dense breast tissue and women who are either pre-menopausal or perimenopausal.

To learn more about digital mammography and the services at the Breast Care Center, call **663.5270**. ■

CMC recognizes Breast Cancer Awareness Month

Be Pampered At The Breast Care Center At Catholic Medical Center

Thursday, October 19 ■ 6 PM

In special recognition of Breast Cancer Awareness Month, the Breast Care Center invites you to come and be pampered for the night. Representatives from Pink Sapphire, CMC's Outpatient Rehabilitation, Be Day Spa and CMC Nutrition Services will be on hand to inspire and educate women on good nutrition and to advise on inner and outer body pampering techniques. Additionally, a representative from Longaberger® baskets will be displaying the current fall line and 20 percent of all sales pledged that evening will benefit the Breast Care Center at Catholic Medical Center.



**BREAST
CARE
CENTER**

AT CATHOLIC MEDICAL CENTER

Pink Day at the Mall of NH

Saturday, October 14 ■ 10 AM - 2 PM

Come and learn about cancer and the education, resources and local screening programs available to you.

Outpatient Nutrition Clinic Offers Services for the Treatment and Prevention of Cancer

Proper nutrition is an important part of cancer treatment. Eating the right foods can help people living with cancer feel better, stay stronger and recover faster. For many people, side effects of cancer and cancer treatment include anorexia, nausea, vomiting, diarrhea, and mouth sores. These side effects can interfere with one's ability to consume adequate calories, protein, and nutrients which results in malnutrition.

Malnutrition can cause a person living with cancer to be weak, tired and unable to fight infection or withstand treatment.

The Outpatient Nutrition Clinic offers screenings and assessments for early detection of nutrition-related problems that may impact outcomes for cancer patients. The Outpatient Nutrition Clinic will coordinate and communicate directly with your primary care provider regarding your nutritional status.

For more information or questions regarding CMC's Outpatient Nutrition Clinic and the Oncology Nutrition program, please contact Kim Dorval, RD, LD at **663-8749**. ■



Medical office building and parking garage

On June 5, Catholic Medical Center launched its second phase of growth. Responding to the increased need for parking and medical office space, CMC broke ground on a four-story parking garage that will provide 750 spaces and a 50,000 square foot premier medical office building with a pedestrian bridge over McGregor Street. These additions to the CMC campus will change the landscape of the West Side of Manchester.

The anticipated completion date for the parking garage is late spring/early summer of 2007. The medical office building will be completed by late fall/early winter of 2007. Upon completion, patients and their family members will have improved access to both the hospital and physician practices located in the medical office building. Convenience for all involved was the constant theme during the planning stages of this project. The goal of these initiatives has always been focused on making CMC's campus as physician and patient friendly as possible. The addition of the medical office building and parking garage will position CMC for future growth in providing exceptional patient care. If you have any questions or are interested in learning more about these projects, please contact Allen Ericson, Vice President of Operations & Business Development at 663-2027. ■

Ten state-of-the-art operating suites

15,500 square-feet including a new pre- and post-surgical care area (on Level D of 2004 addition)

Pedestrian bridge

Walkway between medical office building/parking garage and hospital, protecting people from the weather elements

Medical office building

50,000 square feet, home to area primary and specialty care physicians conveniently located on campus

Parking garage

750 new parking spaces, providing quick, easy access for patients, families and visitors to the entire campus



Advance directives

It may seem odd to discuss advance directives in a newsletter called *Healthy Living News*. However, the best time to talk about advance directives is now, while you are healthy.

The purpose of this article is to discuss what is meant by advance directives. In New Hampshire and in most states in the United States, these are documents called a Living Will and a Health Care Proxy. The Living Will should not be confused with the Last Will and Testament. The Last Will and Testament is a legal document directing the division of property after one passes away.

A Living Will is a way to let your health care team, family and caregivers understand your desires regarding aggressive treatment in the event that you become too ill to participate in your own health care decisions. Many times, people who are admitted to the hospital are too ill to understand the benefits and burdens of proposed interventions. This is why it is important to discuss with your doctor, health care team, family and friends how you would wish to be treated should you become too sick to make decisions for yourself. If your desires are unknown, then by default, all interventions might be used whether you want them or not. That's why it's important to talk about and consider this advance directive now.



So You think You Are Going To Live Forever

Dr. Larkin talks about end of life issues
Wednesday, November 8

1 PM

Prime Time, 195 McGregor Street,
Lower Level

No charge

You can also assign a Health Care Proxy to speak on your behalf in the event you can't speak for yourself. In New Hampshire, this is called a Durable Power of Attorney for Healthcare (DPOA). When you decide who will be your DPOA, you should discuss, in detail, your desires so your DPOA will truly and accurately inform health care providers of your wishes.

Medicine has many potentially lifesaving interventions, each of which has potential benefits and potential burdens associated with their use. You have the right to refuse interventions you do not want. You should talk to your doctor, family members and friends regarding your attitudes, goals and values in the event that interventions are necessary for your care.

There have been some recent examples in the media regarding end-of-life controversies. These examples reinforce the need to have your affairs in order before a medical situation arises and the importance of informing family and medical providers of your wishes. The media coverage regarding end-of-life issues also illustrates that people are never too young to consider advanced directives.

Talk to your doctor about advance directives – the sooner the better. The Social Work Office at Catholic Medical Center and Prime Time have the documents necessary for filling out a Living Will and assigning a Durable Power of Attorney for Healthcare. The staff at CMC and Prime Time can also help you review and understand the forms. Fill out and implement a Living Will. Talk to your family about your decisions so they will not be surprised later on and everyone will be

on the same page. Assign a Durable Power of Attorney for Healthcare who knows your desires and attitudes towards the treatments that you might need but not want. And remember, regardless of the situation, your health care team will always take care of you up until the end. ■

**It's probably a good
idea to review
your Last Will and
Testament too.**

Robert J. Larkin, MD, FACP



Prime

PRIME TIME

of Catholic Medical Center

Resources for Healthy Living

What is Prime Time?

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

Comprehensive: We provide resources for total wellness – education, free nurse consultations, services, connections and socialization.

Current: We're on the forefront of adult issues – we know what's important to people 50 years old and older.

Convenient: Located in the Mill West Building at 195 McGregor St., Manchester, right across from Catholic Medical Center, with free parking. Use the "Center" entrance, take the elevator to the lower level and follow the signs. Come and visit us. The door is open and the coffee is on!

Prime Time...where age is considered a gift

Office Hours

Monday – Friday, 8:30 AM to 4:30 PM

Nurse Is In Open Clinics

Tuesdays, 9 AM to 11 AM

Wednesdays, 2 to 4 PM

Closed for the Holidays

November 23-24 – Thanksgiving

December 25 – Christmas

January 1 – New Year's Day

If you would like to be included on our mailing list for other Prime Time communications, simply call Prime Time at **663.6333**. ■

From the desk of Prime Time Director Connie Jones

No more excuses – get your affairs in order.

We all admit we're going to die "someday." We even admit that "someday" might possibly be today. We even admit we should take care of our affairs to be ready for "someday." It would logically follow that we all have wills, estate planning, and Power of Attorney documents completed and up-to-date.

But 70% of Americans do not even have a simple will.

We all know we should save a LOT for retirement. It would logically follow that we all have been saving for years. *But many Baby Boomers are going into retirement – in debt.* Not a penny saved, and heavily in debt.

How can this be? Why do we become like ostriches with our heads in the sand when it comes to getting our affairs in order?

Wills

Do you have one? Is it up-to-date? If you are in a second marriage – where do you want your assets to go? Your second spouse, your children? It needs to be in writing.

Estate Planning

When is a will not enough? Do you know how to avoid the lengthy probate process? Should your assets be in a trust? Do you think that because you're not rich, this doesn't apply to you? Think again.

Power of Attorney

If you were in a car accident tomorrow and in a coma – who would have the right to make financial and healthcare decisions for you?

Long-Term Care Planning

How would you pay for care if you had a chronic illness? Did you know that Medicare doesn't cover long-term stays in nursing homes? Did you know that if you buy long-term care insurance in your 50s, your premiums are about 75% less than if you are in your 70s?

Retirement Planning

Did you know that the average Social Security payment today is \$895 per month? Could you live on that amount? Now is the time to look at your retirement savings plan.

Prime Time is offering special programs to help you work through the decisions you need to make. These are not sales pitches. They will provide very important information you can't afford to miss, and best of all, they're free. Any more excuses? ■

Time



Get Your Affairs In Order

Calm Your Financial Fears Woman To Woman

Date: Tuesday, October 31
Time: 10 AM

You CAN be financially savvy! Understand the difference between trusts, wills and living wills. Learn about estate tax issues, long term care planning and protecting tax deferred retirement assets. Also learn about the basics of investing. Presenters: Attorney Mary Howie and Diane Maddox, Maddox Investment Services. Call Prime Time to register.

Retirement Planning Basics "Will I Have To Work Until I'm 97?"

Date: Monday, November 6
Time: 6 to 9 PM

This seminar will help you determine where you are now and where you should be in order to retire comfortably and enjoy your life. Estate tax issues, long-term care planning and protecting tax deferred retirement assets as you age will also be discussed. Presenters: Attorney Mary Howie and Diane Maddox, Maddox Investment Services. Call Prime Time to register.

Medicare Part D: Update!

Date: Wednesday, October 18
Time: 10 AM

The Medicare Part D open enrollment period to either sign up or change your plan is Nov. 15 to Dec. 31, 2006. Find out the most current information regarding Medicare Part D. We will also be offering one-on-one appointments for those who need additional

assistance. Presenter: George Pressley. Call Prime Time to register for the seminar or for an individual session.

Your Health

Could It Be Depression?

Date: Thursday, October 5

Time: 10 AM to Noon

Location: Prime Time

Time: 2 to 5 PM

Location: Catholic Medical Center

Time: 6 to 8 PM

Location: Bedford Counseling Center

Come in for a confidential, one-on-one talk with a medical professional. You may call to register with ASK-A-NURSE at 626.2626 for any of the 3 locations, or you may walk in without an appointment.

Memory Screening

Date: Thursday, November 16

Time: Screening: 9 AM to 1 PM

Lecture: 10:30 AM

Location: St. Pius Church

Join us for a free, confidential memory screening and lecture on memory loss. Presented by CMC, The Mental Health Center of Greater Manchester and Easter Seals NH. Call ASK-A-NURSE at 626.2626 to register.

Cholesterol Screening

Date: Thursday, October 26

Time: 9 to 11 AM

(by appointment only)

Cost: \$20

Full cholesterol/lipid profile with one-on-one education with a nurse. You must fast for 12 hours before this test. Call Prime Time to register.

So You Think You Are Going To Live Forever

Dr. Larkin talks about end of life issues

Date: Wednesday, November 8

Time: 1 PM

Dr. Larkin will help you feel confidently prepared for the end of life decisions you may need to make. These issues can be complex and confusing, therefore, the decisions difficult. Knowledge and complete understanding of the matters involved are the key to being able to make choices that are right for you. Presenter: Dr. Robert Larkin, FACP. Dr. Larkin was elected as a Fellow of the American College of Physicians in 2004. He joined Webster Street Internal Medicine in 2000. Call Prime Time to register.



Advance Directives

Date: Ongoing, by appointment

Assistance with completion of the Living Will and Durable Power of Attorney for Healthcare available free of charge. Call Prime Time for more information.

Do I Need Long-Term Care Insurance?

Date: Tuesday, November 14

Time: 6 PM

This primer in long-term care insurance will introduce you to the products, why you might need one, what it covers and what to look for when purchasing a policy. Presenter: Rhonda Paul, CLTC. Call Prime Time to register.

Immunizations: Not Just Flu Shots!

Date: Tuesday, November 14
Time: 2 PM

Flu shots ARE important, but there are immunizations available that can prevent other diseases. Come learn about these other vaccines and how they can help you stay healthier. Presenter: Pat Davenport, ARNP. Call Prime Time to register.

Overactive Bladder Screening

Date: Thursday, October 19
Time: 10:30 AM to 2:30 PM
(by appointment only)

Lecture: Noon

Are you one of 13 million American men and women who have a problem with urinary incontinence or an overactive bladder? Is your lifestyle being affected by a change in frequency or urge to urinate? Join us for a free, confidential consultation with an RN and a lecture about these conditions, as well as treatment options available. Presenter: William A. Selleck, MD, Manchester Urology Associates. Call ASK-A-NURSE at **626.2626** to register both for the presentation and for a consultation.

Oral Cancer Screening

Date: Monday, November 13
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 for this disease, please join us for this screening. Call ASK-A-NURSE at **626.2626** to register.

Challenge Your Brain Day

Dates: Ongoing, 2nd Friday
Time: 10 AM

Once a month Prime Time will be offering a new brain challenge. Keep your brain active and learning! Call Prime Time to register.

Caregiver Support Group

Dates: Ongoing, 3rd Tuesday
Time: 6 PM

This group is about caregivers, for caregivers and by caregivers. Call Prime Time for more information.

I've Fallen! Now How Do I Get Up?

Date: Wednesday, October 25
Time: 10:30 AM

1 in 3 older adults will fall this year. Learn how to prevent falls and if you should fall, how to recover. Presented by Frank Blefsky, Living at Home Senior-Care. Call Prime Time to register.

Exercise & Fitness

Strength Training

Dates: Mondays and
Wednesdays, October 11
to December 20

Time: 2:15 to 3:15 PM

Date: Tuesdays and Thursdays,
October 10 to December 19

Time: 6:30 to 7:30 PM

Cost: \$40

Increase muscle, improve energy and balance, and reverse bone loss. Call Prime Time to register.

Senior Fitness

Dates: Ongoing,
Mondays and Fridays

Time: 3:30 PM

Location: William B Cashin
Senior Center

Cost: \$15 per month

This class works on strength, flexibility and balance. Call Prime Time for more information.

Beginning T'ai Chi

Dates: Thursdays, January 4
to February 22

Time: 1:30 PM

Cost: \$40

Call Prime Time to register.

Yoga

Dates: Mondays, January 8
to February 26

Time: 1 PM

Location: Prime Time

Dates: Wednesdays, October 25
to December 20

Time: 8:30 AM

Location: William B. Cashin
Senior Center

Cost: \$60

Call Prime Time to register.

Life Enrichment

A Women's Group

Dates: Ongoing, 4th Tuesday
(There will be no group
in December)

Time: 10:30 AM

Come and socialize over coffee and... followed by a speaker on a topic of interest to women. Please call Prime Time to register or for more information.

Retired Men's Association

Dates: Ongoing, 3rd Tuesday
Time: 10:30 AM

Refreshments and speakers each month. No need to pre-register.

Computer Tutors

Volunteers are available at Prime Time to help you one-on-one. Call Prime Time for an appointment.

"55 Alive" Safe Driving Course

Dates: October 25 and 27

Time: 5 to 9 PM

Dates: November 14 and 16

Time: 9 AM to 1 PM

Dates: December 6 and 8

Time: 1 to 5 PM

Cost: \$10 payable to AARP

Call Prime Time to register.

Computer Basics Class

Mon. October 16 to November 13
November 20 to December 18
January 8 to February 5

Wed. October 25 to November 29
January 3 to January 31

Fri. October 27 to December 1
January 5 to February 2

Time: 9:30 AM

Cost: \$15

Learn the basics of the Windows® operating system. Call Prime Time to register.

The Basics Of E-Mail And Surfing The Internet

Dates: Thursdays, November 2 to November 16

Time: 9:30 AM

Cost: \$10

Learn to manage your e-mail and navigate the Internet in this 3-session workshop. You must know computer basics in order to attend. Call Prime Time to register.

Keyboarding

Dates: Wednesdays, October 25 to November 29

Time: 9 AM

Cost: \$60 plus \$20 refundable deposit for keyboard

Learn to play a keyboard musical instrument in only 6 weeks with a unique progressive method of teaching. Music is broken down into simple parts and skills are gained each session. Instructor: Paul Bordeleau. Call Prime Time to register.

Writing Your Life Story

Dates: Mondays, October 23 to November 27

Time: 3 to 4:30 PM

This 6-session class will get you started on writing your life story in a fun and easy way. Instructor: Connie Jones. Call Prime Time to register.

10th Annual Gifts From The Heart

Tree lighting: Friday, November 3

Gifts returned: Monday, December 4

Brighten the season for older adults in need! Pick an ornament from the tree, which provides specific gift information for a senior, and bring your unwrapped gift to Prime Time. Volunteers will wrap and deliver your gift. Share in the joy of spreading holiday cheer!

Painting With Acrylics

Dates: October 9 to November 13
November 20 to January 8

Time: 10 AM to Noon

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

Instructor: Kim Roth. Call Prime Time to register.

Fun With Watercolors

Dates: October 9 to November 13
November 20 to January 8

Time: 1 to 2:30 PM

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

Instructor: Kim Roth. Call Prime Time to register.

Learn To Draw

Dates: October 16 to November 27
December 11 to January 29

Time: 6 to 8 PM

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

Instructor: Kim Roth. Call Prime Time to register.

CMC Flu Shot Hotline

The Flu Shot Hotline will be activated on Monday, October 2. Call **663.8750** for the most current information on upcoming flu shot clinics.

Cooking Well After 50

Dates: Wednesdays, October 18 to November 15

Time: 3 PM

Location: William B. Cashin Senior Center

Cost: \$25 (covers all materials)

Eating well can be the key to increasing resistance to disease, staying mentally sharp, maintaining a positive outlook and increasing our energy level. However, as we get older, our relationship to food changes, presenting new challenges. This five-week series will include fun and easy techniques for good eating, covering such topics as:

- Grocery store techniques
- Kitchen and cupboard essentials
- Food preparation and tasting
- Food goal for the week
- Putting the joy back in eating

You will cook and eat together at each class. Call Prime Time to register.

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 – 1.886.934.6312: The first call to make when you need information, referrals and connections to assistance.

HICEAS: Answers to your Medicare questions.

For more information on any of these programs, please call Prime Time at **663.6333**. ■

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

Advance Directives
A Healthy Weigh[®]
Babysitting And Beyond
Blood Pressure Screenings
Childbirth Education
CPR Classes
Adult First Aid Classes
Infant/Child First Aid Classes
Maintaining A Healthy Weigh[®]
Meds For Manchester
Oncology Exercise Program
OPTIFAST[®] Weight Loss Program
Strength Training Maintenance Program
Weight Loss Options
Weight Loss Surgery Information Sessions

Support Groups

Aphasia
Baby Talk
Bereavement
Brain Injury
Caregivers
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
Natural Family Planning
Our Place
Parish Nurse Program
Poisson Dental Facility
Prime Time/GREAT Day
Refugee Health Clinic
ServiceLink of Hillsborough County*

Critical and Intensive Care

Diabetes Resource Institute

Diagnostic Imaging and Radiology:

*Ultrasound
CT Scan
MRI/MRA
X-ray*

Emergency Services

Endoscopy/Gastroenterology

Eye Institute

Maternity Services:

*The Mom's Place
Pregnancy Care Center
Childbirth Education*

Medical Specialties:

*Endocrinology
Gastroenterology
Medical Neurology
Nephrology
Pulmonary*

New England Sleep Center

Nutrition Services:

OPTIFAST[®]

Obesity Treatment Center

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, www.catholicmedicalcenter.org or send email 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: www.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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