

Living news

Weight loss options can deliver sizeable success

After losing nearly 100 pounds, "Jim" looked forward to surprising his family on Thanksgiving with his new look. Even some co-workers didn't recognize the "new guy."

The 35-year-old Merrimack resident had weighed 300 pounds six months earlier, before starting the OPTIFAST® Weight Loss Program at CMC. Jim decided to try OPTIFAST after being diagnosed with serious health issues caused by his extra weight.

In the medically supervised program, which includes a weekly weigh-in and support group meeting, he had five high quality meal replacement shakes or soups each day. With the 800-calorie daily diet, and plenty of exercise, he lost an average of five pounds a week and dramatically improved his health.

"This program saved my life by changing my life," claims Jim. "The best thing I took away is the education and awareness of what I was eating and what it was doing to me. And the weight loss has been great too!"

Now in the transition phase, he is gradually reintroducing foods and is not concerned about regaining his lost weight because his new lifestyle has become a habit.

"This program and others, all which are supervised by our medical staff, can really help people lose weight and live healthier lives," says Jacquie Cuddihy, RD, LD, CDE, director of Obesity Treatment and Nutrition.

Other weight loss programs at CMC include one-on-one counseling, *A Healthy Weigh*, *A Healthy Weigh* with Exercise, *A Healthy Weigh* Boot Camp, *Shaping Your Healthy Weigh*, the *Thin Commandments*, gastric bypass and adjustable LAP-BAND® surgical procedures.

For more information, contact ASK-A-NURSE at 626.2626. ■



A taste of the Mediterranean!

A Taste of the Mediterranean

Jacquie Cuddihy, RD, LD, CDE

Wed., Feb. 14 ■ 6-8 PM

Register at
626.2626.

No charge.



CMC is putting new life into Valentine's Day by celebrating it as a holiday with heart. We invite you to spend the evening dining with new and old friends and learn about how the Mediterranean Diet can help you become more heart healthy.

Discover the importance of olive oil, grains, fruits and vegetables and putting physical movement into your day.

This year, do something different for Valentine's Day and enjoy a family-style Mediterranean dinner and an informational program with Jacquie Cuddihy, RD, LD, CDE on the Mediterranean lifestyle. Space is limited and registration is required. To register, please call ASK-A-NURSE® at 626.2626. ■

Feel Better, Live Longer Surgical Weight Loss Options

Wed., January 24 ■ 7 to 8:30 PM

The Wellness Center

195 McGregor Street, Lower Level

Register at 626.2626. No charge.



**PRIME
TIME**
of Catholic Medical Center



From the desk of
Alyson Pitman Giles,
President and CEO

In 1948, in the town of Framingham, Massachusetts, the Framingham Heart Study

was initiated by the U.S. Public Health Service. What began as an “investigation of coronary heart disease,” evolved to be a cornerstone in the identification of risk factors, and management and treatment options for cardiovascular disease. It was through the Framingham Heart Study that the term “risk factor” was created.

Today, people with cardiovascular disease benefit from changing their diet, increasing exercise, tracking their cholesterol, smoking cessation and knowing their family history. When you visit a cardiologist for a complete medical history and evaluation, the Framingham Risk Assessment guidelines recommended by the American Heart Association are used. To this day, the Framingham Heart Study continues and study participants include family members three generations deep.

At Catholic Medical Center and the New England Heart Institute, we’re doing our part as well. Fifteen years ago, we introduced the Cholesterol Management Center to our patients. Under the direction of Peter Klementowicz, MD, FACC, the only board-certified lipidologist cardiologist in New Hampshire, the team provides the most up-to-date expertise in the area of cholesterol management. During February, many of our cardiology physicians and providers lead community lectures promoting cardiac awareness and knowledge. I invite you to come see for yourself how we’re creating positive healthy changes for your heart health! ■

Alyson Pitman Giles, FACHE, President and CEO

ASK-A-NURSE® about snoring...facts behind the nighttime nuisance



Sleep isn't just a “time out” from daily life. It's an active physiological state required for renewing our mental and physical health each day. There are at least 84 disorders of sleeping and waking that lead to a lower quality of life and declining personal health.



The more common sleep disorders:

Snoring: As you sleep, the muscles in the roof of your mouth, tongue and throat relax and vibrate, partially obstructing the airway. Snoring by itself may not pose a health risk, but loud snoring can do more than disrupt a household and strain relationships. This nighttime annoyance can be a sign of a more serious problem and should be evaluated to rule out sleep apnea or other sleep-related breathing problems.

Sleep Apnea: This condition is characterized by a number of involuntary pauses in breathing or “apneic events.” During a single night’s sleep, as many as 20-30 or more events per hour can occur. During an apneic event, the person is unable to breathe in oxygen (O₂) or to exhale carbon dioxide (CO₂). This alerts the brain to resume breathing, causing an arousal. Breathing is then generally resumed with a snort or a gasp. This repeated cycle prevents a person from getting restorative sleep and can lead to difficulty waking in the morning, a feeling of insufficient sleep, irritability, forgetfulness, depression, lack of concentration and headaches.

Early recognition and treatment of sleep disorders is vital, as these can be associated with serious health consequences. Numerous studies have demonstrated the link between obstructive sleep apnea and health concerns such as hypertension, irregular heartbeat, increased risk of stroke due to a significant decline in oxygen to the brain, increased risk of heart attack due to drastic reduction in arterial oxygenation, Cor Pulmonale – right heart enlargement due to the strain of pumping against increased resistance in the lungs, and pulmonary hypertension – constriction of the arteries of the lungs due to low O₂ levels and high CO₂ levels.

For more information on sleep disorders or to evaluate your risk, call ASK-A-NURSE at 626.2626. ■

New treatment for Barrett's esophagus

Chronic heartburn can cause more serious problems than occasional chest discomfort. The condition can put people at risk for gastroesophageal reflux disease, the regurgitation of stomach acid into the lower esophagus.

Repeated, long-term exposure to stomach acid can lead to Barrett's esophagus, a precancerous condition. The danger is that the condition causes no symptoms, making screening with a scope critical to its detection.

While the standard treatment for patients with Barrett's esophagus with dysplasia has been surgical resection of the lower portion of the esophagus, a new ablation therapy is proving successful and much less invasive, says Mark Silversmith, MD, of New Hampshire Gastroenterology. He has been performing the procedure at Catholic Medical Center since June and is the only physician in the region using ablation therapy to treat Barrett's esophagus.

During the outpatient procedure, the patient is sedated before a small balloon catheter is inserted into the patient's esophagus. Ablative energy is delivered into the affected tissue and destroys a thin layer of the diseased esophagus. Most patients require two treatment sessions.

"After burning off the diseased area of Barrett's esophagus, we want to maximally suppress stomach acid to prevent that tissue from regrowing and let healthy esophageal tissue regrow," explains Dr. Silversmith. An increased dose of an antacid is prescribed to allow the ablated area to heal.

People who have Barrett's esophagus or who have frequent heartburn and might be at risk for the condition should contact their primary care physician. ■

Understanding Barrett's Esophagus

Wed., March 21 ■ 7 to 8:30 PM

Register at 626.2626.

The Heart of the Matter: a community lecture series

Currently, coronary heart disease and stroke are the No. 1 and No. 3 killers of Americans. All of the modifiable risk factors for heart disease can be reduced by following three simple ABC steps. Avoid tobacco, Be more active and Choose good nutrition.* The New England Heart Institute of Catholic Medical Center is hosting a series of free lectures in celebration of February's Heart Month and the Go Red for Women® campaign. Unless otherwise noted, lectures will be held at CMC. Registration is required. Call ASK-A-NURSE at 626.2626 or register online at catholicmedicalcenter.org. Space is limited.

Current Trends In Cardiovascular Surgery

Yvon Baribeau, MD, FACS, Cardiothoracic Surgeon
Wed., Feb 7 ■ 7 PM

Discussion of the recent minimally invasive techniques available in cardiovascular and thoracic surgery.

A Taste Of The Mediterranean

Jacquie Cuddihy, RD, LD, CDE
Wed., Feb. 14 ■ 6-8 PM

Discover the importance of olive oil, grains, fruits and vegetables and putting physical movement into your day. Mediterranean lifestyles and diet are a proven winner for remarkable health benefits.

Choosing The Right Exercise For YOU

Denise Houseman, MS
Fri., Feb. 16 ■ 1 to 2 PM ■ Prime Time, 195 McGregor Street, Lower Level

Find out what you need to stay healthy and what you want to do for fun. Choose the right types of exercise that fit your lifestyle and personality.

Arrhythmias

Daniel Philbin, MD, FACC, Cardiologist
Wed., Feb. 21 ■ 7 PM

Arrhythmias are disorders of the regular rhythmic beating of the heart. Learn about their cause, diagnosis and treatment options.

Brain Attack

Carmen J. Petrin, MS, APRN, BC ■ Jennifer Russell, OTR-L ■ Liane St. John, PT ■
Jean Manning, MS, CCC-SLP
Thurs., Feb. 22 ■ 1 to 2:30 PM ■ Prime Time, 195 McGregor Street, Lower Level

Stroke is a brain attack, which can result in multiple neurological impairments affecting people's ability to fully function in their day-to-day activities. Learn the warning signs, causes and treatment of stroke.

The Heart Of A Woman

Kristine Ziemba, MSN, ARNP
Wed., Feb. 28 ■ 7 PM

Are you so busy taking care of your family's needs that you're missing important signs of heart disease in yourself? Discover unique lifestyle steps to reduce your risk of heart disease. ■

New England Heart Institute



OF CATHOLIC MEDICAL CENTER



*Source: American Heart Association

Hyperbaric treatment saves foot

As 30-year-old Tom Day tried to remove the bucket on a piece of heavy equipment at a construction site, the bucket fell, crushing his right foot. He was rushed to a nearby emergency room and underwent reconstructive surgery on his toes.

To improve his chances of recovery, Day was sent to Catholic Medical Center's Wound Center, the only center in New Hampshire that provides emergency hyperbaric treatment 24 hours a day. He underwent a two-hour treatment in the hyperbaric chamber every eight hours for the first 72 hours, as 100 percent oxygen was delivered to his system. Room air contains 32 percent oxygen.

"Hyperbaric treatment can actually push oxygen into the area that is hypoxic," says Powen Hsu, MD, Wound Center medical director, who treated Day. Dr. Hsu is one of only two physicians in the state who is board certified in undersea and hyperbaric medicine. "Tom's injury caused a lot of soft tissue swelling, which stopped blood flow. By bringing oxygen in, the tissue started healing and the swelling went down."

As Tom healed, his hyperbaric treatments were cut back to twice a week and then once a week. While the treatment saved his foot from almost certain amputation, he did eventually lose his big toe, second toe and the tip of his third toe.

"The hyperbaric chamber saved a lot of what they were going to take originally," says Day. "They were able to save the ball of my foot. My doctor showed me, in an x-ray, how much they were able to save." While he may not be able to run, he looks forward to hiking with his dog.

The Wound Center also uses hyperbaric treatment to treat diabetic foot wounds, carbon monoxide poisoning, smoke inhalation and gangrene infection. Staff includes podiatrists, a plastic surgeon, vascular surgeons, nutritionists and social workers.

For more information on hyperbaric treatment, contact the Wound Center at 663.6000. ■

physician news

Why you need a PCP

Even if you are completely healthy, now may be the time to find yourself a primary care physician (PCP) with whom you can build a lasting medical relationship. Too often patients neglect to establish such a relationship and are forced to seek care in an emergency department or urgent care center when they are ill. This can be a burden



By Alan Stricoff, DO
Medical Group
of Manchester

on our emergency care system, resulting in long wait times, and can be expensive. It is not always possible to make a complex medical diagnosis in an emergency setting. Follow-up visits with a PCP are essential in making sure dangerous conditions such as cancer are not overlooked.

Why go see a doctor when nothing is wrong? As PCPs, we want to get to know you when you are well, so we can better assess the differences when you are ill. A complete history, physical examination and baseline labs help us to figure out what's wrong when there is a change in your health status. Additionally, we sometimes uncover problems that you were unaware of. At your first physical, your PCP will discuss preventive health measures and screening tests designed to keep you healthy. These

include prostate, breast, skin and colon cancer screenings; immunizations; osteoporosis and fall prevention; cholesterol measurement and other potentially lifesaving tests. Your PCP will let you know what tests are recommended for you at this point in your life. And if you ever need hospitalization, your PCP will be able to communicate a great deal of information about you to specialists, hospitalists and emergency providers.

PCPs are usually trained in internal medicine, family practice or pediatrics. Pediatricians see children and young adults up until the age of 18. Family practitioners care for the entire family from "cradle to grave." Internal medicine specialists (internists) specialize in adult medicine, caring for those age 16 and up. More important than deciding between specialties is finding a physician with whom you connect personally and professionally.

So, how do you go about finding a new PCP? Ask trusted friends or family whom they use. Even if their doctor isn't taking new patients, perhaps there is a new doctor in the practice who is. Look at your health insurer's online or printed directory and call a few of the practices to find out information such as office hours, languages spoken, etc. Check for board certification, a sign that the physician is well qualified in his or her specialty. Another excellent resource is CMC's ASK-A-NURSE at 626.2626. An experienced nurse or referral specialist can help direct you to a CMC affiliated physician who is taking new patients.

As a physician, I offer some advice to help get your relationship with your existing or new doctor off on the right foot. First, be honest with him or her. We can help you best if you "give it to us straight." Try to be on time for your visit. In fact, come early. There is always paperwork or insurance verification work to be completed. Bring a list of your medications and doses along with any old records you can find. Write down issues that you want to discuss.

I urge all of you to find a PCP and schedule a complete physical before you need medical attention. You will be glad you did. ■

CMC Gala Event benefits Pregnancy Care Center

On Friday, November 3, 2006, Catholic Medical Center held a Gala Event to benefit the Pregnancy Care Center at CMC. In addition, the second Charles F. Whittemore Award was presented to Dr. Christopher T. Maloney. The event raised



\$160,000 from community businesses and individuals in support of health care for uninsured and underinsured pregnant women in the community. This year, the Pregnancy Care Center will care for 250 women in need. The mission of the Pregnancy Care Center is to provide comprehensive and supportive care to all women at any stage of their pregnancy.

Ovide and Elizabeth Lamontagne chaired this year's event and led committee of dedicated business leaders. ■



Top Photo
Ovide and Elizabeth Lamontagne, Event Chairs; Alyson Pitman Giles, FACHE, President and CEO; Barbara Leafe, Director of Maternity Services at CMC



Middle Photo
Physicians and staff of Bedford Women's Care

Bottom Photo
(l-r) Ovide and Elizabeth Lamontagne, Event Chairs; Christopher T. Maloney, MD, FACS, 2006 Whittemore Award Recipient; Alyson Pitman Giles, FACHE, President and CEO

Gala Event sponsors

- A.G. Edwards & Sons, Inc.
- BAE Systems
- Bank of America
- Bedford Ambulatory Surgical Center
- Bedford Pediatrics, PA
- Bedford Womens Care Associates, P.A.
- Cardiothoracic Surgical Associates
- Catholic Medical Center Associates
- Centrix Bank
- Dartmouth-Hitchcock Manchester
- Devine, Millimet & Branch, P.A.
- Diocese of Manchester
- Eclipsys Corporation
- Fisher Scientific International, Inc.
- Griffin Bodi & Krause
- Harvey Construction Corporation
- ITS, Inc.
- Longchamps Electric, Inc.
- Manchester Monarchs Hockey Club
- Northeast Delta Dental
- Ocean National Bank
- One Communications
- Prime, Buchholz & Associates, Inc.
- Spectrum Monthly & Printing, Inc.
- St. Mary's Bank
- Stephen Camann
- Victor W. Dahar, P.A.



Keeping Healthy Staying fit

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

Community Education

Feel Better, Live Longer

Wed., Jan. 24 ■ 7 to 8:30 PM

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

Making the decision to have weight loss surgery is a life-altering one. Understand the health risks associated with obesity, the evaluation process required before surgery, surgical options and the necessary lifestyle changes for success after weight loss surgery. **No charge.** Registration required.

Cholesterol Education Program

Thurs., Jan. 25, April 26
and July 26 ■ 8 to 9 AM

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

Learn what your cholesterol level is, what the numbers mean, other risk factors you may have for coronary heart disease and, most importantly, steps you can take to improve your cholesterol and heart disease risk

profile. Included in this six month program are a series of three cholesterol screenings to monitor your progress.

Additionally, the program consists of four educational presentations about cholesterol and the role it plays in heart disease:

Wed., Feb. 7, 21, May 2 and June 13 ■ 1 to 3 PM

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

It is important to attend all the educational presentations, as well as the screenings, so together we may track your progress. **Fee: \$75** (6 months). Registration required.

Osteoporosis: Can It Happen To You?

Wed., Jan. 31 ■ 1 to 2 PM

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

Known as the "silent thief," osteoporosis progresses without symptoms of pain until bones start to break. Learn steps you can take to prevent it now! **No charge.** Registration required.

What You Should Know About Colon Cancer

Wed., March 7 ■ 1 to 2 PM

Colorectal cancer is the second leading cause of cancer-related deaths in the U.S. Learn about its risk factors, signs, symptoms and the screening test that could save your life. **No charge.** Registration required.

Understanding Barrett's Esophagus

Wed., March 21 ■ 7 to 8:30 PM

See page 3 for more information.
Registration required.

Understanding And Disciplining Toddlers (Birth To 5 Years Old)

Wed., March 28 ■ 7 to 8:30 PM

Dr. Ron Schneebaum, a pediatrician with over 20 years of experience, will provide a common sense, practical and loving approach to toddlers and discipline. **No charge.** Registration required.

Screenings

Space is limited for all screenings.
Early registration recommended.

Breast And Cervical Cancer Screening

Sat., Jan. 13 ■ 7:30 to 10:45 AM *or*

Wed., Feb. 7 ■ 4:15 to 6:45 PM

Breast cancer is the leading cause of death among women 35 to 54 years of age. Breast and cervical cancer screenings for women with limited income, no insurance or a high deductible. **No charge.** Registration required.

Osteoporosis Bone Density Screening

Thurs., Jan. 29 ■ 1 to 4 PM

Location: Prime Time, 195 McGregor Street,
Lower Level

See page 11 for more information.
Registration required.

Memory Loss Screening

Thurs., Apr. 19 ■ 9 AM to 1 PM

Location: Prime Time, 195 McGregor Street,
Lower Level

See page 11 for more information.
Registration required.

Health and Wellness

Discover The 'Body Language' Of Fertility

Wed., Jan. 10, Feb. 14 *or* March 14 ■ 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., Jan. 17, Feb. 21 *or* March 21 ■ 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.

When Pregnancy Isn't Happening

Mon., Jan. 22 ■ 7 to 9 PM

Location: 195 McGregor St., 3rd Floor

If you've been trying to get pregnant without success, maybe we can help. Learn how to recognize the signs of fertility for the best timing. **No charge.** Registration required.



Freedom From Smoking®

Thurs., Feb. 15 to March 29 and Tues., March 6 ■ 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 for you to accomplish in life. You CAN do it and we will help you. **Fee: \$75** (8 sessions). Registration required.

The 'Thin Commandments Diet'

Mon., March 5 to May 7 ■ 6:30 to 7:30 PM

Location: 195 McGregor St., 3rd Floor

Bring an abrupt end to years of unsuccessful dieting and frustration. Learn about Dr. Stephen Gullo's successful and groundbreaking approach to weight control. **Fee: \$150** (10 weeks). Registration required.

All programs are held at Catholic Medical Center unless otherwise noted

Fit & Healthy, KID STYLE! – Keeping Families Fit

Tues., March 6 to May 15 ■ 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.

Weighing In On Your Weight Loss Options at Catholic Medical Center

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

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® At CMC

Wed., Jan. 17 to Mar. 21 ■ 4:30 to 5:30 PM

Location: 195 McGregor St., 3rd Floor

This year you CAN finally achieve your weight loss and lifestyle change goals. Fee: \$149. Add exercise to your program (the preferred option) and improve your weight loss results. Fee: \$256.

Shaping Your Healthy Weigh

Ongoing, Wed. ■ 5:45 to 6:45 PM

Location: 195 McGregor St., 3rd Floor

Motivation for anyone looking to lose weight, get back on track or gain a healthy lifestyle. Fee: \$59 (4 weeks), \$149 (12 weeks). Registration required.

Complementary Medicine

For fees, information or to schedule an appointment call CMC 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.

Exercise and Fitness

Faithfully Fit Forever®

Wed., March 7 to June 20, 9:30 to 10:30 AM

Location: Parish of the Transfiguration

This unique Christian-inspired workout will strengthen your mind, body and spirit.

Fee: \$20. Registration required.

Introduction To Yoga

Tues., Feb. 13 to Apr. 3 ■ 5:45 to 7 PM

Location: Parish of the Transfiguration

Embrace a new sense of overall well-being, improve your sense of physical confidence and improve your flexibility. Fee: \$60.

Registration required.

Helping You Live With Cancer – One Step At A Time

Location: The Wellness Center,

195 McGregor St., Lower Level

We will assist you in developing an individual exercise program through our Oncology Exercise Program while you receive or recover from your 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.

Turbo Kick...The Evolution Of Kickboxing

An all new and addictive workout, combining the power of kickboxing with simple-to-follow hip-hop moves. This phenomenal workout will get your heart pumping and your adrenaline flowing.

Women In Training

Mon., Jan. 15 to Feb. 19 ■ 6 to 7 PM

We'll guide you through basic and intermediate exercise routines using a variety of equipment in the fitness rooms. Reach your health and fitness goals by following a proper, efficient routine. Fee: \$120.

Contact Tricia Benton at Ext. 252 or Eliana Dagher at Ext. 409.

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, 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 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).

Overview of CMC and its benefit to the community

Catholic Medical Center, a leader in health care in New England, is pleased to offer an overview of our benefit to the community. One unique aspect of CMC is our commitment to truly care for those in our community who lack access to health care. CMC is proud to be a provider of this care for our community through its programs and services offered directly by CMC or in collaboration with other community organizations.

Our mission speaks to the level of commitment we have in caring for those who are most in need. “The heart of CMC is to provide health, healing and hope to all.

We offer innovative, quality health care in a compassionate environment built on trust and respect.” It is what we do.

During this past year, CMC has provided more than \$24.8 million in community benefit programs and services. This represents a 23 percent increase over the previous year and has had a direct impact on over 365,000 persons in 18 communities. As an acute care organization with more than 100 years of caring,

we follow the traditions of community service as established by Notre Dame and Sacred Heart Hospitals.

Our benefit spans many arenas and ranges from offering health and wellness classes and workshops to subsidized health care programs including dental care to the homeless, refugees and many other underserved populations in our community.

The decisions on how best to prioritize our community benefits is based upon a formal assessment of the health care needs of our community, as well as ongoing input from the community, its leaders, health care providers and social service agencies.



The heart of CMC is to provide

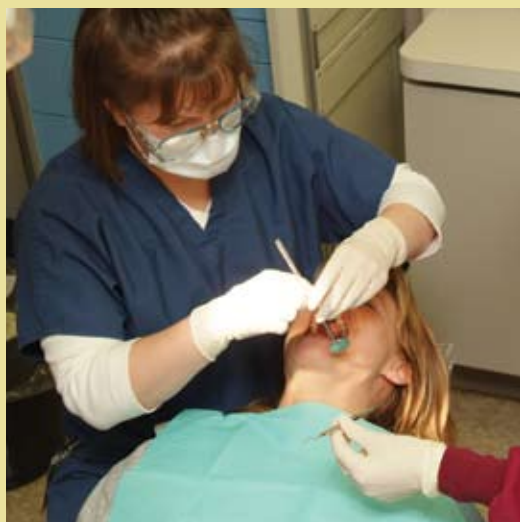
health, healing and hope to all.

We offer innovative, quality

health care in a compassionate

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and respect.



Community benefits report 2006 stats



From 7/1/2005 through 6/30/2006

Community Activity	Persons Served	Community Benefit
Traditional Charity Care		
Uncompensated Costs of Government Programs	51,746	\$20,294,786
Community Service	296,599	3,069,646
Subsidized Health Services	11,079	1,030,008
Community Support	6,146	477,893
Totals	365,570	\$24,872,333

CMC improves access to health care via:

- The Parish Nurse Program located in 14 faith communities in the greater Manchester community.
- Prime Time, Resources for Healthy Living, provides health education, resources and services to older adults to enhance their physical, emotional, social, financial and spiritual health.
- Meds for Manchester provides medication assistance totaling more than 11,000 visits and close to \$1,000,000 in medications.
- ASK-A-NURSE answers health-related inquires and provides information and referral services to callers 24 hours a day, 365 days per year.
- Health Care for the Homeless program provides primary medical care for over 1,000 homeless persons in Manchester at health care clinics throughout our community.

CMC provides health care services to those most in need

- Poisson Dental Facility provides a full complement of oral health services to those without access to dental care: the poor, the homeless, those with physical and mental disabilities, etc.
- The Pregnancy Care Center offers quality, comprehensive maternity services to families, with a focus on those with limited financial resources.
- The Health Care for the Homeless program is the primary medical home for more than 1,000 homeless persons in Manchester.
- Initial health assessment and care is provided to newly resettling refugees in collaboration with the International Institute of New Hampshire.





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 consults, 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 Street, 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

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

Quality vs. quantity: Do you want to live to 100?

Not too many years ago, a heart attack was most often a final health problem. Now, with the incredible medical advances, a heart attack is often just a "wake-up call" – time to pay attention to all those health messages you've let slide in one ear and out the other. The doctor fixes you up and on you go, good as new for another 20, 30, or 40 years.

Now the dreamers talk of extending life to 120. But what good is longevity without quality? Do I really want to live "forever" at all costs? If my day is spent isolated in my home, with only the TV for company, do I really care if I'm 99? I don't think so.

So how can I ensure a GOOD life? A careful watch on my cholesterol level...or my level of social life? The number of fruits and vegetables I eat... or the number of friends I talk with in a week? My BMI or my sense of purpose in life?

These are MY thoughts on the subject:

1. Physical activity. This is the ONE health message that I think has the biggest impact on a GOOD life. It may mean the difference between the wheelchair and dancing, between a nursing home and my own home. Consistent stretching, strengthening and aerobic exercise makes your body healthy, wealthy and wise – and seems to act as a magnet for other healthy behaviors. So if you pick one habit to work on – exercise is my choice.

2. Connections. Your quality of life is directly related to the number of people you connect with regularly. This is not easy because, with time, lifetime friends die or move away, and your circle gets smaller. But people who say their life is good, WORK at making that circle bigger.

3. Purpose. Once you retire, it's time to rethink your purpose, but a purpose you must have. If you wake up in the morning and there is no one you can help during that day, the day has lost meaning. Relax, enjoy, smell the roses – yes, do that. But find a mission.

I'm a firm believer in the **50 Things to Do Before I Die** list. Take a piece of paper, list 50 things, both small and big, to do before you die. Put it up on your refrigerator. Pick one and do it. Then when you cross it off...add another one to the bottom of the list.

That's quality of life. Yes, I'd be willing to live to age 103 if my list was still unfinished, if I could move my body well enough to fulfill it, and if some of my **50 Things to Do** included helping someone else.

To a GOOD long life! ■

Time



Health Screenings

Cholesterol Screening

Date: Thursday, January 25
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 ASK-A-NURSE at 626.2626 to register.

Osteoporosis Bone Density Screening

Date: Monday, January 29
Time: 1 to 4 PM
(by appointment only)
Cost: \$20

This bone density screening provides immediate results, using ultrasound of the wrist or finger. Call ASK-A-NURSE at 626.2626 to register.

Memory Screening

Date: Thursday, April 19
Screening: 9 AM to 1 PM
Lecture: 10:30 AM
Location: Prime Time

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.

Health Education

Osteoporosis: Can It Happen To You?

Date: Wednesday, January 31
Time: 1 PM

Learn more about osteoporosis, “the silent thief,” and the important things you can do to prevent it. Call Prime Time to register.

Chair Massage

Dates: Monday, February 12
Dates: Monday, March 19
Time: 9 AM to Noon
by appointment only
Cost: \$10

Try the health benefits of massage with a simple chair massage. A 10-minute session will ease the stress and tension in your upper body. Massage therapist Michelle Gendron of CMC Outpatient Rehab Department. Call Prime Time to register.

What You Should Know About Colon Cancer

Date: Wednesday, March 7
Time: 1 PM

Colorectal cancer is the 2nd leading cause of cancer-related deaths in the US, but it is also a cancer that can be prevented. Learn more about colon cancer, its risk factors, signs and symptoms and the screening tests that could save your life. Call Prime Time to register.

Brain Aerobics

Dates: Wednesdays, March 21 to April 11
Time: 1 to 3 PM

The mind, as well as the body, needs exercise to stay at the top of its game. This four-part class explores what you can do to keep your brain healthy, the dendrites growing and even strengthen your memory skills. Call Prime Time to register.

Challenge Your Brain Day

Dates: Ongoing,
2nd Friday of the month
Time: 10 AM

Once a month, Prime Time offers a new brain challenge. Keep your brain active and learning! Call Prime Time to register.

Caregiver Series

Education And Support For Caregivers Of Older Adults

Dates: Wednesdays, February 7 to March 14
Time: 5:30 to 7:30 PM

This series is for caregivers, about caregivers and by caregivers. Find help and support for the hardest job you never chose. You may register for as many sessions as you choose. Facilitator: Laurie Duff. Light refreshments. Call Prime Time to register.

February 7 Session #1 – Changing Family Dynamics: What Happened to Our Happy Family?

February 14 Session #2 – The Caregiver Role and Rallying Your Resources

February 21 Session #3 – Navigating the Health Care System

February 28 Session #4 – Making Choices about Living Arrangements

March 7 Session #5 – Legal and Financial Issues

March 14 Session #6 – Personal Care Skills

This series is sponsored by Hillsborough County ServiceLink.

Caregiver Support Group

Dates: Ongoing, 3rd Tuesday of each month
Time: 6 PM

If you are a caregiver, you need support. This group is about caregivers, for caregivers and by caregivers. Group facilitator: Virginia Scully, of the Mental Health Center of Greater Manchester. Call Prime Time for more information.

Announcing: Outdoor Ventures

A unique partnership of Prime Time, the NH Audubon Society, and Experiential Adventures brings you a brand new opportunity in our area. Combine the highly knowledgeable staff of the NH Audubon Society, the safety of a certified guide (Deb Sugerman, PhD of Experiential Concepts) and passion about exercise and learning for healthy aging from Prime Time – and you get an unbeatable opportunity to enjoy the outdoors in the company of other like-minded people. Outdoor Ventures will take you to new heights and depths all over the state of NH and beyond, with hiking boots, bikes, snowshoes, skis and kayaks. For everyone from beginner to expert, just look for your level. For more information call Prime Time at 663.6333.



Learn to Snowshoe Workshop

Date: Thursday, January 18

Time: 1 to 3 PM

Location: Massabesic Audubon Center, Manchester

Cost: Workshop - \$6
Snowshoe Rental - \$6

Learn the basics of snowshoeing with a short indoor workshop on snowshoeing equipment and clothing, then snowshoe on the Battery Point Trail (a 1.5 mile beginner trail). Warm up at the end with hot chocolate. Call Prime Time to register.

A Whole New Look At Cooking Lite For One Or Two

Dates: Wednesdays, January 24 to February 21

Time: 3 PM

Cost: \$25 (supplies)

Location: William B. Cashin Senior Center

If you want to cook simple, healthy foods but don't know where to start, or if you've lost the joy of cooking, we can help. This five-part class will include cooking and eating together. Curriculum developed by a registered dietitian. Instructor: Connie Jones. Class limited to 12. Call Prime Time to register.

Exercise & Fitness

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. Call Prime Time to register.

Strength Training

Dates: Mondays/Wednesdays, February 5 to April 23

Time: 2:15 PM

Cost: \$45

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

Beginning T'ai Chi

Dates: January 4 to February 22

Dates: March 8 to April 26

Time: 1:30 PM

Cost: \$40

T'ai Chi exercise enhances flexibility, reduces stress and tones muscles. Call Prime Time to register.

Yoga

Dates: March 12 to May 7

Time: 1 PM

Location: Prime Time

Cost: \$60

Dates: January 17 to March 14

Dates: March 28 to May 16

Time: 8:30 AM

Location: William B. Cashin Senior Center

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.

Legal, Financial & Insurance

Your Will: A Job Half Finished

Date: Tuesday, February 13

Time: 9:30 AM and 7 PM

You may be guaranteeing your family a trip to probate court if your only legal document is your will. Learn how to avoid probate using trusts, durable power of attorney and other asset repositioning techniques. Presenters: Marc Pinard, attorney, and Stephen Mathieu, CFP. Call Prime Time to register.



Advance Directives

Dates: Ongoing, by appointment

Assistance with completion of the Living Will and Durable Power of Attorney for Health Care (Health Care Advance Directives) available free of charge. Call Prime Time for more information.

It's Tax Time!

Dates: Thursdays,
February 1 to April 5
Time: 8:30 AM to 12:30 PM
by appointment only

Dates: Fridays,
February 2 to April 13
Time: 12:30 to 3:30 PM
by appointment only

Assistance to complete your simple IRS tax forms, free of charge. Counselors are trained by the IRS and AARP. Call Prime Time for an appointment.

Life Enrichment

A Women's Group

Dates: 4th Tuesday of each month
Time: 10:45 AM,
speaker at 11:15 AM

Come and socialize over coffee, followed by a speaker on a topic of interest to women. No need to pre-register.

Retired Men's Association

Dates: 3rd 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: January 24 and 26
Time: 9 AM to 1 PM

Dates: February 13 and 15
Time: 1 to 5 PM

Dates: March 13 and 16
Time: 5 to 9 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 Basics Class

Dates: Wednesdays,
February 14 to March 14

Dates: Fridays,
February 16 to March 16

Time: 9:30 AM

Cost: \$15

Learn the basics of the Windows® operating system. Each person will have a computer. This 5-week class is most helpful if you already own a computer. 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.

Monday is Art Day!

Painting With Acrylics

Mornings

Dates: January 15 to February 19

Dates: February 26 to April 2

Time: 10 AM to Noon

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

Evenings

Dates: February 12 to March 26

Time: 6 to 8 PM

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

A six-week course in acrylics for all levels. Instructor: Kim Roth. Call Prime Time to register.

Learn To Draw

Dates: January 15 to February 19

Dates: February 26 to April 2

Time: 1 to 2:30 PM

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

The fundamentals of drawing in an easy and fun class. Great foundation for those considering painting. Instructor: Kim Roth. Call Prime Time to register.

Outdoor Ventures cont.

Winter Tracking Snowshoe Walk

Date: Thursday, February 1

Time: 11 AM to 2 PM

Location: Massabesic Audubon Center,
Manchester

Cost: Trip - \$20
Snowshoe Rental - \$6

Snowshoe on a guided walk for 3 to 4 miles on the scenic trails around Lake Massabesic and learn about the animals that live nearby by identifying their tracks. Bring your lunch to eat on the trail. Call Prime Time to register.

Lincoln Woods Snowshoe Hike

Date: Thursday, March 15

Time: 10 AM to 2 PM

Cost: Trip - \$20
Snowshoe Rental - \$6

Snowshoe on the historic Lincoln Woods trail off the Kancamagus Highway. If conditions permit, we will hike to Franconia Falls, a 5-mile round trip. Meet at the Lincoln Woods parking lot (directions will be sent when you register), and bring your lunch to eat on the trail. 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 Resource Center – 1.866.634.9412: 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

Advanced 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
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
The Family Care Center for Pediatric and Adolescent Care

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, catholicmedicalcenter.org or send email to info@cmc-nh.org.

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