



Healthy Living

News from Catholic Medical Center

100 McGregor Street Manchester NH 03102

Spring 2022

The Art of Caring

Explore a future in health care with Catholic Medical Center

There is one thing in common with everyone who works at CMC—we all want to help people. Health care is a purpose-driven career, whether you're working at the bedside or in the billing office. It's also a field that's never dull.

"In emergency medicine, each day is very different and that keeps me on my toes," says Emergency Department nurse Jessica Marchand, RN, BSN, CEN. "I honestly get a great feeling from doing a job well—seeing a good outcome because of my knowledge, skill and amazing team."

Ashley Emery is a billing supervisor in CMC's Finance Department and agrees that—even in the office setting—every day is different. "I enjoy the variety of my workday and learning something new every day," she says. "I'm motivated by being able to make a difference in a patient's or co-worker's day. I do this by seeing questions through until the end and doing everything with integrity and respect."

Integrity and respect are two of CMC's core values (see sidebar), which was a factor in Ashley's applying to CMC, "I like the environment that CMC provides it's employees and patients. It's important to me to work at a facility that shares my same values. There is room for growth within the organization, which is how I went from a temporary position to the billing supervisor."

The demand for healthcare workers is greater than ever and shows no signs of waning. There will continue to be

opportunities in every aspect of CMC's operations for a long time to come. If you are thinking about a career change or trying to figure out what career path to take after high school, CMC likely has an opening for you. We even collaborate with local colleges on apprenticeship programs and clinical internships that allow you to train while taking classes. In fact, once you start a career with CMC, you never stop growing.

"Our scope of practice is always expanding and that is amazing because it allows us to advance our knowledge and skill at the bedside, truly making a difference," says Jessica. "It is a demanding career, but if you can move and think quickly on your feet, you can succeed and have a fulfilling future in medicine."

Be admired.



Join our team today.



Ashley Emery, Medical Billing Supervisor, Finance (left) and Jessica Marchand, RN, BSN, CEN, Emergency Department, are valued members of the CMC team.

Visit CatholicMedicalCenter.org/careers to learn more about the opportunities CMC has to offer and our current sign-on bonuses.

CMC Values—At The Heart of Who We Are

CMC's values are four memorable, meaningful principles that serve as guideposts for our nearly 3,000 employees. They reflect what's important to our colleagues about CMC and the work they do here. Our four values help define our culture at CMC and reinforce our mission in the community.



Respect: We value all human life and treat everyone with dignity. We embrace all with kindness and understanding.



Integrity: We create a culture built upon trust, honesty, and accountability. We always strive to do the right thing and keep the patient at the center of all we do.



Compassion: We meet the needs of others by listening purposefully, responding with empathy, and caring whole-heartedly.



Commitment: We uphold our Catholic mission by serving our patients, our community, and all those in need. We are unwavering in our dedication to excellence.

“If I had waited, those polyps would be cancer”

New guidelines lower the recommended age for colonoscopy



Dr. Hatem Shoukeir and Becky Nordquist

Becky Nordquist lost her father in 2010 to colon cancer, a few months after he was diagnosed. Long dedicated to caring for his ailing wife, he delayed getting a colonoscopy until he was in extreme pain. “The doctors told me if he had come in even six months sooner, the outcome could have been much different.”

Because of her father’s cancer, Becky was considered high-risk so she made an appointment for her first colonoscopy at 40 years old. She’s glad she did. “Dr. (Hatem) Shoukeir actually removed six polyps and two of them were pre-cancerous.”

Colon cancer is one of the most treatable—and even preventable—cancers as long as potentially cancerous polyps are caught early. Historically, screening colonoscopy was recommended for most adults once every ten years, beginning at age 50, and earlier for those with certain risk factors. The guidelines have recently changed, and doctors

now advise everyone to begin screening at age 45.

“The data show more and more people in the 45-50 age group with polyps, and even colon cancer, when compared to the same age group just a few years ago,” says Dr. Shoukeir, a gastroenterologist at CMC’s New Hampshire Gastroenterology (NHGI). “More people who come in for the first time at age 50 are also presenting with cancer that could have been prevented if they had been screened earlier.”

Dr. Shoukeir says researchers will continue to study whether there is actually a higher prevalence of cancer, or whether it’s just being detected more because of better technology and a greater understanding of risk factors. “We still know that patients older than 50 are at a higher risk, but there is really no downside to being screened at an earlier age,” he says.

Becky is relieved that she was screened early and encourages others to take the recommendation seriously. “It’s always in the back of my mind that, if I had waited, those polyps would be cancer.”

“Nobody wants to live with cancer. Nobody wants to hear they have cancer,” says Dr. Shoukeir. “But if you have polyps, your family members are also at higher risk. They deserve to know. Plus, the prep work, the technology, and the sedation are all getting better so a colonoscopy is a much easier experience. In the end, it’s worth it. It saves lives.”

Patients younger than 50 should verify that their insurance company has adopted the new guidelines before scheduling their screening colonoscopy. Ask your primary care provider about a referral, or call NH Gastroenterology at 603.625.5744 for more information.

New Lung Cancer Screening Guidelines

The Centers for Medicare and Medicaid Services (CMS) recently adopted expanded criteria for those who are eligible for a low-dose CT (LDCT) screening for lung cancer. The new guidelines recommend screening for:

- Patients ages 50-77 (previously 55-77)
- Patients with a smoking history equal to or greater than 20 years (previously 30 years)
- Current smokers or smokers who quit within the past 15 years (unchanged)
- Be asymptomatic (no signs or symptoms of lung cancer; also unchanged)

Patients should talk with their healthcare provider before getting a LDCT screening. CMC is an American College of Radiology (ACR) designated lung cancer screening site.

Working together for better heart health

CMC’s new Center for Cardiometabolic Health & Preventive Cardiology crosses specialty lines

When physicians work together, amazing care happens. That’s the foundation of the newest offering from CMC’s New England Heart & Vascular Institute. The Center for Cardiometabolic Health & Preventive Cardiology looks to assess and address a patient’s risk for heart disease. To be successful, “I’m working in partnership with someone’s cardiology team, their endocrinologist, or their primary care physician,” says cardiologist Jonathan Eddinger, MD, FACC, FASE.

“To me, it’s a great approach to have doctors talking to each other instead of staying in their own specialties, and just considering what a medication

does for the problem they’re focused on,” says Stephen Gray of Rindge, one of Dr. Eddinger’s patients at the Center.

It seems intuitive, but it hasn’t always been the norm for doctors to collaborate closely across specialties on a patient’s care, especially when it comes to medication.

“We see a lot of drugs that can lower mortality,” says Dr. Eddinger, “but those drugs are researched and trialed in silos. There is a lot of data on individual drugs but how to layer and combine them requires communication with other specialists about the benefits and risk.”

Such is the approach Dr. Eddinger is looking to take with Stephen’s endocrinologist, “because he feels the heart needs some protection and there are some diabetic drugs that will do both—reduce my blood sugars and also protect my heart.”

The Center for Cardiometabolic Health & Preventive Cardiology goes well beyond medication management. Cardiometabolic Health is an emerging field that aims to reduce the risk for—and hopefully prevent—heart disease.

That includes addressing a patient’s other health issues that don’t necessarily fall under cardiology but may be further increasing cardiovascular risk. Diabetes is a prime example because, “heart disease is the primary cause of death for a diabetic patient,” says Dr. Eddinger.

Heart disease refers to several conditions, including coronary artery disease (a narrowing of the arteries),



Stephen Gray, of Rindge, NH.

which decreases blood flow to the heart. Factors that contribute to heart disease include high blood pressure, smoking, and high cholesterol.

“We spend a lot of resources and money on people when they’re having heart events and when they’re at the end of life,” notes Dr. Eddinger. “My hope would be that by improving preventive health, we can minimize the need for procedures and have people have longer, healthier lives without heart disease.”

A few years ago, Stephen and his friends would never talk about their health. These days, he chuckles, “it seems like we start our conversations with, ‘what’s wrong with you now.’” He is able to say, “I feel well.”

The Center for Cardiometabolic Health & Preventive Cardiology (formerly the Cholesterol Management Center) is open Mondays and Wednesdays from 8 AM–1 PM and Tuesdays and Thursdays from 8 AM–5 PM and can be reached at 603.663.6549.

Celebrating 5 years, 915 babies, and counting!

CMC's Women's Wellness & Fertility Center marks milestone anniversary

In February, the Women's Wellness & Fertility Center (WWFC) celebrated its 5th anniversary. Since opening in 2017 as the region's only practice solely dedicated to NaProTECHNOLOGY, WWFC has more than doubled its staff, cared for nearly 4,000 patients from more than 20 states, and delivered 915 babies. NaProTECHNOLOGY stands for natural procreative technology. This approach to women's reproductive health uses natural and surgical restorative methods to address the root cause of problems, not just treat symptoms. Learn more and become part of the growing WWFC family at CatholicMedicalCenter.org/WWFC.



The staff at WWFC serves families all over New England and beyond.

Injury prevention while gardening

Lorrie Coupal, DPT

CMC Outpatient Physical Therapy at Hooksett

Gardening is a popular activity for people of all ages. For some of us, it is a great stress reliever and a form of exercise. For others, it is an art. As enjoyable as gardening is, people often don't realize the stress and strain it can put on their muscles and joints from all of the digging, planting, weeding, pushing, pulling, lifting, bending, and more.

To decrease your risk of injury while gardening:

- Start by warming up your muscles and stretching. Take a walk around the yard to plan out your groundwork, then gently stretch your neck, back, arms, and legs.
- Wear protective clothing including gardening gloves, long sleeve shirts, pants, and proper footwear (no flips flops or slip on shoes) to guard against potentially hazardous bacteria, fungus, or insects (like Lyme-carrying ticks).
- Select the proper tools. Wide-handled tools with padded handles will protect your hands. A neutral wrist position will prevent injuries to the wrist and forearm. Long-handled tools with padded handles protect against overreaching, kneeling and excessive bending.
- Organize your gardening tools in a basket or wheelbarrow to bring them to your work area.
- Work in 10–20 minute sessions, switching activities frequently to prevent repetitive strains. Instead of going from raking to digging, move from raking to laying out flowers or seeding. Take frequent breaks to hydrate and stretch.
- Avoid pushing yourself and listen to your body. If necessary, spread the work out over an entire week or two.
- Avoid kneeling on both knees. Attempt a 1/2 kneeling position or sit on a chair or garden stool. If kneeling is unavoidable, use a soft foam pad or pillow.
- People with a total knee replacement or arthritis should sit in a chair and use long-handled garden tools.



- Be mindful of body mechanics. Bend at the knees, not from the waist, keep your back straight and hinge from the hips, keep your abdominal muscles tight to prevent strain on your back, and pivot on your feet to avoid twisting. When lifting, bend at your knees with a wide stance, keep

objects close to your body with your elbows bent and arms against your sides, tighten your abdominals then push up using your legs.

- Always put your garden tools away when you are done.

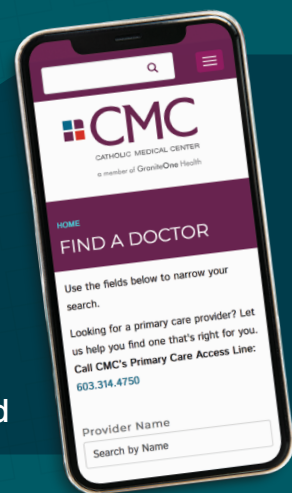
To alleviate pain after gardening:

- Take a hot shower to soothe sore muscles and joints.
- Apply ice to the painful area for 15–20 minutes, several times a day.

If, despite these best efforts to prevent injury you do get hurt, a physical or occupational therapist may be able to help you. If the pain does not go away within a week, contact your physician for assessment and ask if physical therapy could help you. The sooner you treat an injury, the sooner you can get back in the garden!

CMC's Outpatient Physical Therapy has offices in Bedford and Hooksett, as well as our main Outpatient Rehabilitation office at Dartmouth Commons in Manchester. Visit CatholicMedicalCenter.org for more information.

WELCOMING...



We're excited to add these talented providers to the CMC family! To learn more about them, please visit CatholicMedicalCenter.org and use the **Find A Doctor** tab!



Lindsey Gilday, PA-C
Intensive Care Unit



Susan Hilburn, MD
Palliative Care



Ameena Fauq, PA-C
New England Heart & Vascular Institute



Hannah Parent, RN,
BSN, FCP, FertilityCare Practitioner
Women's Wellness & Fertility Center



Megan Azadian, PA-C
Vein & Vascular Specialists

Meet our patient & family advisors

Your voice inside the hospital

The Patient & Family Advisory Council (PFAC) is a committee of volunteer patients and family members (known as Patient & Family Advisors, or PFAs). PFAs work with CMC staff, providing insight, opinions, and ideas to help CMC deliver a consistently exceptional patient experience and the highest level of clinical quality. Meet two of our nine Patient & Family Advisors:



Yvonne Gillen

Founding Member since 2014

After a career as a public health nurse in New Jersey, Yvonne served on the Dumont, New Jersey Board of Health, which led to her attending law school. She specialized in medical malpractice, defending hospitals in New York City.

After 9/11, she retired and moved with her husband to Manchester to be near their grandchildren. In 2011, Yvonne underwent successful heart surgery at CMC's New England Heart & Vascular Institute (NEHVI) and later became one of the founding members of CMC's PFAC, helping to initiate the award-winning rounding program.

Yvonne has also been a CASA guardian ad litem and volunteers as a Granite State Ambassador at the New Hampshire State House.



Grace Tung

Co-Chair Member since 2018

Grace is both the daughter of a former CMC surgeon and the wife and daughter of CMC patients. Her 20-year career in healthcare management brought her to both US coasts and several points in between, working in academic medical centers as well as healthcare internet and information systems. Grace has practiced yoga since 1998, and taught it since 2003. She founded a New Jersey yoga studio, which she sold in 2015 to return to her hometown of Manchester.

Grace is honored to bring her varied perspectives to the PFAC and grateful for the opportunity to contribute to the health, healing and well-being of the greater CMC family.

She continues to teach yoga in southern NH. 🇺🇸

If you are interested in serving on the Patient & Family Advisory Council, please contact the Office of Patient Experience at **603.663.6069**.

Study at CMC Breast Care Center aims to improve surgery results

The CMC Breast Care Center is one of 25 sites nationwide enrolling patients in a study on CairnSurgical's Breast Cancer Locator (BCL) System. According to Breast Care Center Medical Director Jessica Ryan, MD, FACS, the BCL System, "aims to make each breast cancer surgery the most precise and customized it can possibly be for each individual woman and

tumor." The goal of the BCL system is to help surgeons achieve clear margins—removing the tumor and enough tissue around to it to clear the breast completely of cancer, and without compromising the shape and aesthetic of the breast. Currently, about 20-25% of tumor removals nationwide require follow up surgery.

The trial, which is a part of the FDA approval process, is being led by Dartmouth-Hitchcock Medical Center. "It's exciting," says Dr. Ryan, "that this research is happening right here in New Hampshire and we're able to give CMC Breast Care Center patients access to the most advanced breast cancer technology." 🇺🇸

Calling all students who serve

Apply for the CMC Heart & Hands Scholarship

Applications are now open for the CMC Heart & Hands Scholarship. CMC, working with the Diocese of Manchester Catholic Schools Office, awards scholarships annually to two students—one in middle school and one in high school—enrolled in a New Hampshire diocesan Catholic School.

The Heart & Hands Scholarship recognizes students who, even at a young age, are committed to the needs of others through leadership and service. As part of the application, students must submit a resume of their service work and describe a community service project or program that they would like to implement.

Applications can be submitted online at catholicnh.org/schools/visitors/scholarships and must be completed by May 1, 2022. Awards will be announced by the end of the school year.

Philanthropy

Where **heart** meets health.

Gratitude Moment

The Bernstein Shur law firm made a generous donation of \$25,000 to St. Peter's Home. St. Peter's, part of the CMC family, is a child care center that provides a homelike environment for more than 300 children ranging in age from six weeks to six years. St Peter's Executive Director, Lisa Cormier shares, "We were so happy to have the chance to meet a few of the Bernstein Shur staff members and give a tour of our facility. Their wonderful donation will provide tuition assistance to 21 families and allow the center to provide meals or other basic needs for our students during a time of need." Thank you! 🇺🇸



The Bernstein Shur law firm presents a check to St. Peter's Home Executive Director Lisa Cormier and CMC President & CEO Alex Walker.

Save the Date — CMC Gala Event

Save the date for the Catholic Medical Center 2022 Gala Event on April 29th at the Manchester Country Club. For ticket or sponsorship information, please visit the CatholicMedicalCenter.org/Gala2022 or contact Keri Degen at keri.degen@cmc-nh.org or 603.663.6056. Sponsorships are available beginning at \$1,500 and a limited number of single-tickets are available at \$275 per person. 🇺🇸



Announcing the 2022 Charles F. Whittemore Award Recipients

The Catholic Medical Center Board of Trustees is pleased to recognize Ken and Grace Solinsky with the 2022 Charles F. Whittemore Award, to be presented at the CMC Gala Event on April 29th at the Manchester Country Club. Ken and Grace have been generous to CMC with their time, talent and resources since 2009, supporting programs and equipment needs for the CMC Emergency Department and the hospital overall.

CMC is grateful for the many ways Ken and Grace have supported CMC, including participating in the



Grace and Ken Solinsky with Kai, a trained therapy dog.

Pet Therapy Volunteer program and organizing a circle of friends to make and deliver hundreds of masks for

CMC staff during the pandemic. Their most recent transformative gift was made in support of our community through the Building with Heart Campaign. Upon making their gift they stated, "As long-time business owners, we understand the importance of having healthy and happy employees. We were inspired to give to the Building with Heart campaign in their honor and hope that other leaders in our community will realize the tremendous benefits of increasing access to high-quality, local healthcare." Construction of the Ken and Grace Solinsky Center is expected to begin later this year. 🇺🇸

Getting to know Pam Caetano

Newly hired CMC Manager of Volunteer Services and Community Engagement



- How long have you been working with volunteers?**
 I have been working with volunteers for 24 years, 14 years at Girls Incorporated of New Hampshire and 10 years at St. Joseph Hospital.
- What do like best about your work?**
 I love connecting with the volunteers and seeing the difference they make in the

lives of the patients and employees at CMC. I truly enjoy providing fulfilling opportunities for the volunteers and collaborating with departments in the hospital to provide support. I'm thankful for the opportunity to meet so many

inspiring volunteers and to work with them to help them find their purpose through volunteering.

- What do you hope to add to the CMC Volunteer Program?**
 I plan to increase the number of volunteers participating in the program, increase our social media presence and create new volunteer opportunities to reflect their interests as well as the needs of CMC staff and patients. I am excited to create a robust high school volunteer program and to restart some of the existing offerings that were suspended due to COVID.
- What do you like to do in your free time?**
 In my free time, I enjoy being with my family. I love being outdoors and enjoy walking, running, hiking, skiing, snowshoeing, and gardening. I also love to cook and host gatherings at my home for family and friends. 🇺🇸

Health & Wellness

Where **heart** meets health.

Thanks to technology, we're able to offer most of our classes, events, and support groups online so you can enjoy from the safety of your own home. All in-person classes maintain the highest-level of COVID-19 precautions. Please check with CMC on current mask requirements prior to coming to the facility. Thank you for your cooperation and for taking part in your wellness!

CMC Parish Nurse Program

CMC Parish Nurse Consults and Blood Pressure Checks

Tue & Wed 9 AM-2 PM, Thu 9-11 AM
Parish of the Transfiguration
Free
Call 603.663.8004 to book an appointment

Senior Fitness

Facilitated by Angie Cande, Physical Therapist
Tue 9:30-10:30 AM
Parish of the Transfiguration
Free
Space is limited, call 603.663.8004 to register

Indoor Walking, 1 or 2 miles

Wed 9:30-10:30 AM
Parish of the Transfiguration
Free
Space is limited, call 603.663.8004 to register

Knitting

Thu 9:30-11 AM
Parish of the Transfiguration
Free
Space is limited, call 603.663.8004 to register

Blood pressure checks

3rd Wed of the month 10 AM-12 PM
St Joseph's Cathedral, Bradley Hall

Tue after Mass
St. Raphael Parish

2nd & 4th Tue of the month 8:30-10:30 AM
St. Elizabeth Seton Parish, Parish Hall

1st & 3rd Tue 8:30-10 AM
St Andrew's Episcopal Church

1st & 3rd Tue 8:30-10 AM
First United Methodist Church

Divine Mercy, Peterborough
Call 603.663.8004 for more information

SHINE

A senior support group offering sociability, education, nutritious food and exercise
Wed 10:30-11:45 AM
Free
St Matthew's Episcopal Church
Space is limited, call 603.663.8004 to register

Childbirth Education



Our Mom's Place nurses offer a **free** series of online, **childbirth classes** and groups to help you prepare during pregnancy or care for your baby. Explore 11 class types for expecting moms, families, & siblings as well as support for new parents.

Visit: CatholicMedicalCenter.org/events or contact:
Christine McKenney, RN, BSN, IBCLC, CCBE
Perinatal Education Coordinator & Lactation Counselor
christine.mckenney@cmc-nh.org

Fitness Classes



A variety of **virtual fitness classes**, is now available.

Visit: CatholicMedicalCenter.org/events or call: 603.626.2626 for schedule information and to register for any of our classes. Class fees vary. Descriptions are below.

Strong Core & More

Maintaining core muscle strength helps to stabilize, protect and move the spine. Class focus will be improving body strength, balance & flexibility with standing and floor movements. Hand held weights recommended for this class. All levels welcomed.

Half-Hour Power

Test your balance, endurance and strength in this 30-minute low impact workout. Many options provided for all levels of fitness.

Half-Hour Low-Impact Cardio

Keep your heart strong and burn calories with this joint friendly workout.

Barre for Active Agers

The key focus of barre is stability, alignment, and form. Barre's low impact and functional training provides the tools to move your body, safely in everyday life.

Gentle Yoga

This gentle yoga series is a slower-paced class with focus on stretching postures and gentle flows.

Yoga & Mindfulness

If you are a cancer patient, survivor, or caretaker, be sure to inquire about this new offering. This free class requires no prior yoga experience and will teach you how to manage breath and mind, as well as restorative seated movements.

Visit: CatholicMedicalCenter.org/events or call: 603.626.2626 for schedule information and to register.

Patient Assistance Services

Breast and Cervical Cancer Screening

FREE, breast and cervical cancer screenings save lives.

Registration required, to see if you qualify, call: 603.626.8726.

Medication Assistance Program

The Medication Assistance Program helps uninsured and underinsured patients obtain long-term prescription medication from major pharmaceutical companies. Catholic Medical Center staff assists patients in determining eligibility and completing the necessary paperwork.

Patient eligibility criteria in general includes:

US residency, limited household income and must not be eligible for any other type of prescription coverage including Medicaid, VA and private insurance.

For an appointment, call: 603.663.8752.

CMC's Charitable Care Program

Need help paying your bill? We can help—if you have healthcare needs and are uninsured, underinsured, or ineligible for a government program, or are otherwise unable to pay, for medically necessary care or emergent medical conditions based on their individual financial situation.

Catholic Medical Center and all offices owned by CMC, including physician practices, can provide financial assistance. For full details and qualifications and an application, please visit: CatholicMedicalCenter.org/financialassistance or call: 603.663.8772.

Your Support Touches Lives

Name:

Address:

Phone: Email:

By Credit Card:

Visa Mastercard AmEx Discover

Card #:

Exp. Date: CVC:

Cardholder's Name:

By Check:

Check is enclosed

Make check payable to "**Catholic Medical Center.**" If your gift is for a particular purpose or department, please note it on the memo line of your check.

Give Online:

CatholicMedicalCenter.org/donate

Enclosed is my gift of: \$

Please direct my gift to CMC's:

- Greatest need
 New England Heart & Vascular Institute
 Program of my choice:

Please do not publish my name in print or online

Please return by mail to:

CMC Philanthropy Office
100 McGregor Street
Manchester, NH 03102
All gifts are tax deductible. For information about planned giving or leaving a legacy gift in your will or estate plan, please contact **Jennifer Pitre**, Vice President of Philanthropy, at **603.665.2569** or **Jennifer.Pitre@cmc-nh.org**.

I would like to make this gift in honor/memory of:

Congratulations to our Top Doctors!



Thank you for delivering health care with heart to our community!

Catholic Medical Center is proud to recognize the members of our medical staff chosen by their peers as **Top Doctors**.

These expert providers make it possible for CMC to live its mission of health, healing and hope.

Meet our Top Docs:



it's clear, you're
ex·traor·di·nar·y

your thoughts

We welcome your comments and encourage your ideas about future stories in Healthy Living News. Please contact us at CatholicMedicalCenter.org or e-mail info@cmc-nh.org.

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