



## Get in, Get Checked

### Schedule important screenings and stay healthy

The COVID-19 pandemic derailed many plans, but regular health screenings shouldn't be one of them. Even with variants in the community, your Catholic Medical Center primary and specialty care providers are safe and ready to care for you. In addition to your annual physical with your primary care provider, you may also benefit from cancer screenings. Early detection is vital to ensuring better treatment options and better outcomes. If you meet any of the following criteria, be sure to talk to your primary care provider about scheduling your screening appointment.



Jessica Ryan, MD, FACS, leads a skilled and compassionate team at the CMC Breast Care Center.

### COLONOSCOPY

Colorectal cancer has very few symptoms, making screening extremely important. Furthermore, pre-cancerous polyps can be removed if detected during a colonoscopy, preventing cancer from developing.

Criteria:

- Over 50
- Under 50 with above average risk (a personal history of inflammatory bowel disease or a personal/family history of colorectal cancer or certain types of polyps)

### MAMMOGRAM

At CMC, we have a number of advanced technologies to screen for breast cancer. Our state-of-the-art digital mammography equipment shows tumors before you can feel a lump. Automated breast ultrasound (ABUS), breast MRI, and contrast-

enhanced mammography all provide more detailed screening for women at higher-risk for cancer or those who have a suspicious finding during their mammogram.

Criteria:

- Women over 40
- Women under 40 with family history should consult with their PCP about screening earlier

### LOW-DOSE LUNG CT

A low-dose CT (LDCT) screening is a CT scan of your chest to look for lung cancer. More than a quarter of all cancer deaths in the U.S. are attributed to lung cancer. Early detection can be lifesaving. If caught early enough, lung cancer can be successfully treated and cured.

Criteria:

- Ages 55-77, and
- Have a history of heavy smoking (30 pack years), and
- Smoke now or have quit within the past 15 years

Most insurance plans, including those under the Affordable Care Act, cover cancer screenings. Ask your insurance company about what you should expect. 🇺🇸

### INSIDE THIS ISSUE

CARDIAC SURGERY WITHOUT OPIOIDS .....2

A GUIDELINE ON CHILDHOOD VACCINES.....5

NEWMI WELCOMES NEW BARIATRIC SURGEON ..7

# Medical News

## CMC Pioneers “Almost Painless” Approach

### Cardiac Surgery without Opioids

Imagine your surgeon offering you the option of open-heart surgery with little to no pain and possibly no opioids. Would you take it? Sixty-six year old Woullard Lett had to make that decision when planning for his surgery with Dr. David Caparrelli, a cardiac surgeon at CMC’s New England Heart & Vascular Institute. He would be the first patient in the Northeast to have this new technique and one of the first few in the world. “I’m an adventurous person but not necessarily a big risk taker,” Lett said.

“He decided to do it.”

Dr. Caparrelli is among a growing number of surgeons seeking an alternative to opioids to reduce the potential for patients to become addicted. He performs a nerve block that essentially freezes the nerve endings on the breastbone—or sternum—prior to surgery. It’s called cryo-analgesia and Dr. Caparrelli uses a device known as a CryoSPHERE probe from AtriCure to pinpoint the nerves that run from the sternum, under the ribs, to the spinal cord. Cryotherapy has been used for other types of surgical-associated pain for some time, but open-heart surgery is a new and ambitious application.

“Pain does not have to be part of surgical recovery,” Dr. Caparrelli explained. “Minimizing pain will enhance recovery.”

Lett received one dose of narcotic pain medication immediately following surgery and another pill the next morning. After that, he used nothing but Tylenol. He went home in four days, compared to the typical five-to-seven day hospital stay for open-heart surgery.

When Lett first got out of surgery, “My chest basically just felt numb, which was a strange feeling. I could tap my hand on my chest and feel nothing. Now that I’m approaching three months after the surgery and the nerves are growing back, I can feel my chest again.”

Dr. Caparrelli looks forward to more and more patients having the same experience. “We’ve now used this approach in 25 patients with the same results. In an era where there is so much focus on the opioid epidemic, pain control using this type of cryo-nerve block is an exceptional tool for preventing potential addiction. It is our belief that this represents the future of pain management for patients undergoing open-heart surgery.”



Woullard Lett & Dr. David Caparrelli



# Where heart meets health.

## “Game Changer”

Treatment Available for Coronary Artery Disease



CMC's Interventional Cardiology team (left to right): Stephen Heo, MD, FACC; Fahad Gilani, MD, FACC, FSCAI; Xiaoyu Yang-Giulano, MD, FACC; Michelle Ouellette, MD, FACC, FSCAI; James Flynn, MD, FACC, FSCAI; (not pictured, Jeffrey Bleakley, MD, FACC).

A new technology offered at Catholic Medical Center's New England Heart & Vascular Institute (NEHVI) is being described as a “game changer” for treating patients with coronary artery disease.

The Shockwave IVL (meaning intravascular lithotripsy) is a new approach to treating severe atherosclerosis—the buildup of calcified plaque in the arteries that causes CAD. Symptoms of CAD can include chest pain, weakness, shortness of breath, and heart attack.

Nearly a million patients a year undergo a stent procedure to open up the artery and restore blood flow to the heart. “You would usually use a balloon to push the calcium out of the way and place the stent,” says Stephen Heo, MD, FACC, an interventional cardiologist at NEHVI.

Sometimes, however, the buildup is too severe for the balloon to expand the artery.

Historically, those difficult cases were treated with a procedure called atherectomy, where a small drill is placed through a catheter into the artery to break up the calcified plaque. “It’s a higher risk procedure,” says Dr. Heo, “because of the possibility of perforation or the calcium breaking off and causing an obstruction further down the artery.”

The Shockwave IVL uses sound wave technology (lithotripsy) to fracture calcium at very low pressures, minimizing the risk of perforation. This allows the cardiologist to place the stent much more easily. “Think of it as a windshield,” says Dr. Heo. “Instead of shattering, the calcium cracks and stays together, but it can

be moved more easily,” which allows for stent placement.

The idea of using sonic pressure isn’t new. In fact, lithotripsy has been used for decades to treat kidney stones. Applying it to CAD, however, “is an absolute game changer,” says Dr. Heo, “not only because of the increased safety but also the ability to get patients home.” In the past, patients who have atherectomy need to stay overnight in the hospital. Out of the dozens of Shockwave cases Dr. Heo has performed so far, almost everyone has gone home the same day.

Catholic Medical Center was one of the three hospitals in the country—and the first in New Hampshire—to start using the Shockwave IVL system, which has since been adopted at facilities across the country. Dr. Heo has been presenting about it to physicians nationally who, he says, are excited about it. “This is breakthrough technology.”



# Medical News

## Healthier than Ever

*Following the recommended vaccination schedule prevents illness and death*

Children these days are, statistically speaking, healthier than ever. Accidents are the most common cause of injury and mortality in children, according to the Centers for Disease Control and Prevention (CDC). 100 years ago, however, it was disease. In fact, in 1920, more than 18-percent of children born in the United States died before their 5th birthday. Child mortality rates these days are at an all-time low—less than one-percent—thanks to antibiotics, nutrition, sanitary living conditions, and vaccines.

“When I talk with families,” says Dr. Carolyn Claussen, Willowbend Family Practice, “I start with the reasons why we have the immunizations. It’s to prevent death.”

In fact, the current birth-to-18 immunization schedule (see graphic, back page) prevents 15 once-fatal diseases like measles, diphtheria, and polio, as well as six types of cancer.

“Some vaccines also have the added benefit of preventing other common childhood ailments,” says Dr. Claussen. “The childhood vaccines, for instance, protect against pneumonia, meningitis, and ear infections, among other illnesses, in babies.”

In addition to the early childhood vaccines, your family’s provider will talk to you about recommended vaccines in early adolescence and again when your child gets ready to go to college.



“Meningitis is a devastating disease that is very deadly and can have some significant neurologic consequences if a patient recovers. It really spreads in group settings, like on school campuses,” says Dr. Claussen. “The vaccine recommended for pre-teens prevents four different strains of bacterial meningitis—A, C, W, and Y. A second vaccine guards against meningitis B, and that is available for 17-18 year olds.”

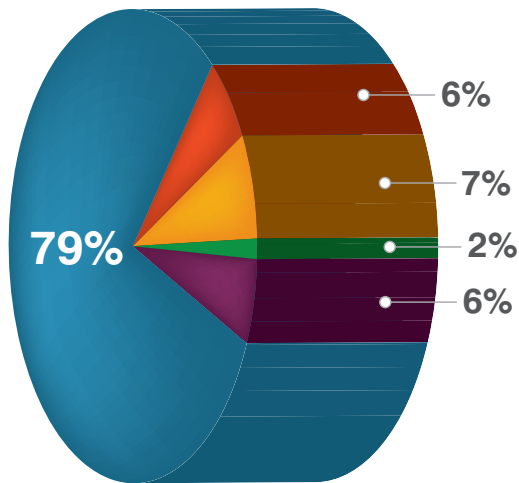
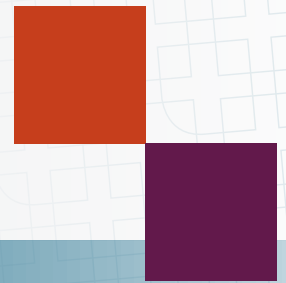
One of the greatest strides in vaccine development is the HPV vaccine. If given on schedule, the HPV vaccine is about 80-percent effective in preventing the human papillomavirus. “It’s hugely important and can prevent 90-percent of six different types of cancer like oral pharyngeal cancer

and cervical cancer. HPV is extremely common, so we have to think about this vaccine as a cancer prevention immunization.”

The COVID-19 vaccine is currently not on the CDC’s immunization schedule, but it is recommended for children ages 12 and older (at the time of this printing). “Not to scare parents,” says Dr. Claussen, “but it is the younger and the unimmunized who are getting sicker with the Delta variant. Eligible children who are vaccinated protect themselves, as well as their younger siblings and other family members who can’t get immunized or are immunocompromised.”

Please see the recommended schedule on page 12

# Where **heart** meets health.



- Medicaid/Medicare shortfall – \$80.1 M
- Charity care – \$6.4 M
- Subsidized health services – \$7.1 M
- Community health improvements – \$1.5 M
- Other community benefits – \$5.7 M

## FY 2020 CMC Community Benefits

*More than \$100 million in benefits*

CMC's Mission is to carry out Christ's healing ministry by offering health, healing and hope to every individual who seeks our care. We do that not only inside the walls of our facilities, but in our community as well. CMC is proud to be a leader in caring for our community, with more than \$100 million in community benefits in fiscal year 2020 (Oct 1, 2019–Sep 30, 2020). This amount accounts for—but is not limited to—CMC's work with the under- and uninsured, our significant response to the COVID-19 pandemic, our care for those seeking treatment for substance misuse, and our outreach to those experiencing homelessness. For more about the services CMC provides the greater Manchester community, visit the Community Health page of our website, [CatholicMedicalCenter.org/ community](https://CatholicMedicalCenter.org/community).

## Video Spotlight:

### *Breast Health*

Are you due for your first mammogram and have some apprehension? Do you wonder about genetic risk factors for breast cancer? Have you been exploring breast cancer surgery techniques for you or a loved one? CMC'S Breast Care Center is proud to present a series of educational videos featuring our expert providers and patient stories to help you make informed decisions about your breast health. Just visit [youtube.com/CMChealthsystem](https://youtube.com/CMChealthsystem) and select the CMC Breast Care Center playlist.



## Tea Talks

*CMC's Breast Care Center offers comfortable cancer support*

Patients experiencing or surviving breast cancer can take part in these once-monthly sessions, held via Zoom. Each month features a topic relevant to breast cancer patients and survivors. Participants receive a package before each session that contains herbal tea and a moisturizing facemask. Upcoming topics include yoga, nutrition, lymphedema, and questions and concerns related to COVID-19.

RSVP by calling **603.665.2535** or emailing [Dawn.Wrobel@cmc-nh.org](mailto:Dawn.Wrobel@cmc-nh.org).





## A Few Visits End 20 Years of Pain

*CMC Pain Center works with patients to target and treat causes*

It was a beautiful summer day in August, 1993. Floyd Dicey was camping with his wife and young daughter. They decided the best way to spend time in the sun was to enjoy the waterpark near their campsite. One trip down the slide changed Floyd's life forever.

"The pool at the bottom of the slide didn't have enough water in it, so when my daughter and I came off the slide and into the water, I went straight to the bottom and slammed my back against the cement, suffering a slipped disc," recalls Dicey. "I got up and knew immediately something was very wrong."

Floyd had surgery to repair the disc, which led to more surgeries, complications, and even infections that required treatment and pain management.

"I took oxycontin pills for 20 years, but it just never really helped," says Floyd. "When they once recommended a higher dosage, I decided it was time to try something else."

Dicey didn't want to take more painkillers, but he wasn't able to fully function at his job as a general contractor. "The pain was becoming unbearable," says Dicey. "On a scale of one to ten, I was right at the top and

I couldn't do anything for any period of time. I was miserable."

So he began to research his options. That's when he found Dr. Mohamed El-Ansary and Ally LeGacy, APRN at the CMC Pain Center. "They talked to me about my options, and what I recall about them both is that they were so nice and compassionate about my pain and discomfort."

"His quality of life was impacted," recalls Dr. El-Ansary whose goal is to treat the root cause of pain, not cover it with medications. "Many patients come to us with pain and a lack of function and they are dependent on narcotics. To have good treatment, you need a good diagnosis. That means a thorough examination, listening to the patient, and doing diagnostic images and tests, if necessary."

The solution for Dicey was a combination of injections and ablations—both of which are minimally invasive, outpatient procedures. The treatment essentially numbed and deadened the nerves in his back that were causing the worst of the pain.

Life is totally different for Dicey and his family, which now includes three-year-old Sophia, his granddaughter. "I can't move as quickly as she can, but at least I can move with her and play and enjoy my time with her every



day," says Dicey, who also works part time with a local ride-share company and occasionally does some general contracting work.

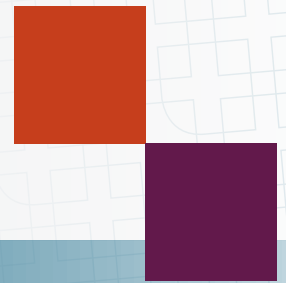
"I can do a lot more than I could when the pain was off the charts," says Floyd. "I am careful not to go overboard, but I am active again and the pain is nothing like what it was before."

His advice to those who suffer from chronic and debilitating pain? Make an appointment with the CMC Pain Center.

"They made a huge difference to my quality of life," says Dicey. "I have tried a lot of different pain management over the course of 20 years of discomfort. Nothing really worked for very long and I just couldn't keep taking more and more pills. The Pain Center helped me and I am so grateful to Doctor El-Ansary and LeGacy. They are simply wonderful."

Consult your primary care provider for a referral to the CMC Pain Center. 

# Where **heart** meets health.



## Welcoming Dr. Brett Baker to CMC's New England Weight Management Institute



When it comes to his specialty—minimally invasive bariatric surgery—Brett Baker, MD, MBA, MS, most enjoys the long-term relationship he forms with patients.

“Bariatric surgery gives you the chance to add decades to their life and it’s cool to see that. You see people come in happier, no longer in joint pain, no longer

on insulin, fewer medications the day after surgery. It’s a big surgery, a big change, and people do really well. It’s a long-term relationship from pre-surgery and years after.”

Dr. Baker is joining CMC’s New England Weight Management Institute (NEWMI) after extensive training in minimally invasive bariatric surgery and hernia repair. In addition to his medical training, he holds an MBA with a focus on health care. He also worked in research prior to going to medical school. His well-rounded approach is a good fit for a practice like NEWMI.

“The NEWMI program is really comprehensive. There’s a full set of services to offer people from helping them with what they’re eating, why they’re eating—the emotional component—to how to exercise within the limitations of their body. Surgery is not right for everybody and optimizing all of the approaches before talking about surgery is very important.”

Just the same, surgery is vastly untapped, in Dr. Baker’s opinion. “Forty percent of the U.S. population qualifies for bariatric surgery but only one percent goes for it. There’s a huge need and I’m looking forward to making my dent, making an impact for my patients.” 🍷

## CMC Outpatient Rehabilitation Services welcomes Tammy Stieper

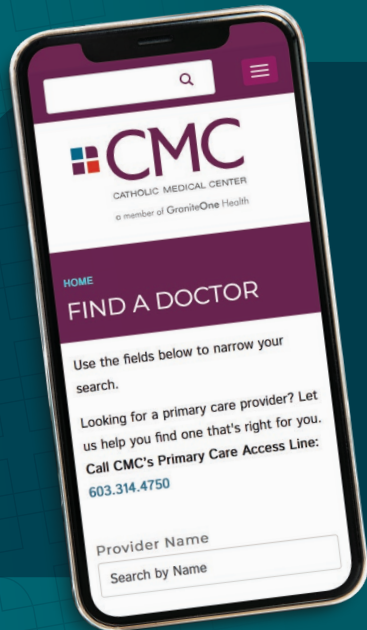
Catholic Medical Center (“CMC”) Outpatient Rehabilitation Services is excited to welcome Tammy Stieper, PT, DPT to the Dartmouth Commons location. Tammy had been co-owner of Focus Physical Therapy in Hooksett for the last 13 years until her partner’s retirement earlier this year.

Tammy joined CMC Outpatient Rehab in order to continue practicing physical therapy in line with her philosophy of one-to-one personalized care with individualized treatment plans that focus on a holistic, patient centered approach. She specializes in manual orthopedic and vestibular rehabilitation using evidence-based treatment plans. 🍷



# Medical News

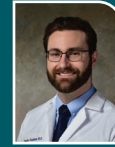
WELCOMING...



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



**Mark Ferlan, DO**  
Queen City Medical Associates



**Timothy Ouellette, MD, MS**  
Hospital Medicine



**David Lowell, MD**  
Comprehensive Neurological Care



**Ali Emami, MD, MPH**  
Comprehensive Neurological Care



**Christopher Kenny, DO**  
Pain Center



**Erin Cacciola, PA-C**  
New England Heart & Vascular Institute



**Melissa Gauthier, APRN**  
New England Weight Management Institute (NEWMI)



**Sabrina Yong-Yow, MD**  
Urgent Care



**Jennifer Sherburne, MSN, APRN**  
Behavioral Health



**Eryn Plata, PA-C**  
New England Heart & Vascular Institute



**Magdi Zordok, MD**  
Hospital Medicine



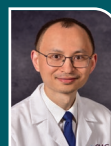
**Julie Kreger, PA-C**  
New England Heart & Vascular Institute



**Munder Abuaisha, MD**  
Hospital Medicine



**Kim-ly Mobley, APRN, FNP-BC**  
Optimization Clinic



**Dingxin Qin, MD**  
New England Heart & Vascular Institute



**Griffin Boll, MD**  
Vein & Vascular Specialists



**Brett Baker, MD, MBA, MS**  
New England Weight Management Institute (NEWMI)



# Philanthropy

## Building with Heart Campaign



*Former CMC president & CEO Dr. Joseph Pepe, Grace Solinsky, Ken Solinsky, and CMC President & CEO Alex Walker. The future Solinsky Center will transform care in Southern New Hampshire*

CMC is excited about the upcoming expansion of our campus and grateful to the many donors who have already contributed to the CMC Building with Heart Capital Campaign. To date, nearly **\$19 million** has been raised to support the construction of private patient rooms and the renovation and expansion of the emergency department, the New England Heart & Vascular Institute and Surgical Services. 🇺🇸

## Education Fund Established Honoring Dr. Pepe



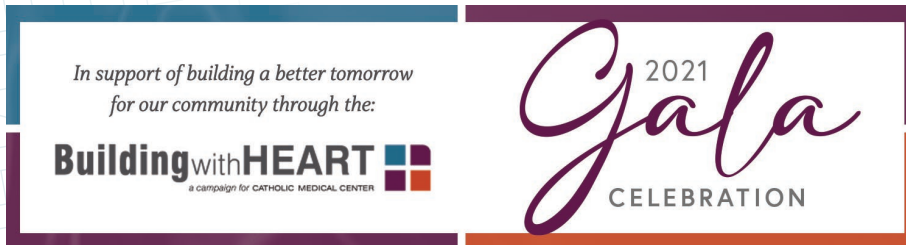
*Dr. Pepe greets employees at his retirement cookout, held in June*

For 31 years, Dr. Joseph Pepe faithfully served CMC and the greater Manchester community. Dr. Pepe often spoke about how impressed and proud he was of the dedication and hard work of the staff. In honor of his dedication to our team, CMC created the **Dr. Joseph Pepe Fund for CMC Staff Support & Professional Development** which will benefit staff now and in the future. Thanks to generous individual and corporate donors, over \$100,000 has been raised for this fund.

To learn more or to donate, visit [CatholicMedicalCenter.org/giving](https://CatholicMedicalCenter.org/giving) 🇺🇸

# Philanthropy

## Annual Gala Event Rescheduled



Because the health and well-being of our guests is our highest priority, we have rescheduled the 2021 Catholic Medical Center Gala Event. Thank you for your understanding and support. We look forward to seeing you in the spring!

*Save the Date*

**Friday, April 29, 2022**

For additional information, please contact Keri Degen, Director of Philanthropy at 603-663-6056 or [keri.degen@cmc-nh.org](mailto:keri.degen@cmc-nh.org).

## Donor Spotlight



Catholic Medical Center, like many healthcare organizations around the United States, is facing workforce challenges. Hearing of our challenge and wanting to make a difference for the community, Citizens Bank made a generous gift to CMC to create a LNA training program for individuals who are interested in pursuing a career as a LNA at CMC. Their generous gift covered the cost of tuition, books, and licensing for participating students. The first class to benefit from their gift graduated in May, 2021. The students were honored to be joined by the President of Citizens Bank, New Hampshire, Joe Carelli at their graduation. During his comments to the graduating class, he expressed his pride in the program and congratulated the new LNAs on their accomplishments.

## Your Support Touches Lives

Name:

Address:

Phone:  Email:

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

### 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](https://CatholicMedicalCenter.org/donate)

### 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](mailto:Jennifer.Pitre@cmc-nh.org).

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



# Health & Wellness

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 adhere to the highest-level of COVID-19 precautions. Please remember that anyone entering a CMC facility is required to wear a facemask and be feeling well. 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; Thursday, 9 AM-12N  
Parish of the Transfiguration  
Free  
Call 603.663.8004 to book an appointment

### *Senior Fitness*

Facilitated by Angie Cande, Physical Therapist  
Tue, 8:45-9:30 AM beginning Sep 14  
Parish of the Transfiguration  
Space is limited, call 603.663.8004 to register  
Free

### *Indoor Walking, 1 or 2 miles*

Wed, 9:30-10:30 AM beginning Sep 15  
Parish of the Transfiguration  
Space is limited, call 603.663.8004 to register  
Free

### *Knitting*

Thu, 9:30-11 AM beginning Sep 14  
Parish of the Transfiguration  
Space is limited, call 603.663.8004 to register  
Free

## Childbirth Education

Our Mom's Place nurses offer a **free** series of online, or virtual, **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/classes-and-events](https://CatholicMedicalCenter.org/classes-and-events)

or contact:

Christine McKenney, RN, BSN, IBCLC, CCBE  
Perinatal Education Coordinator & Lactation Counselor  
[christine.mckenney@cmc-nh.org](mailto:christine.mckenney@cmc-nh.org)

## Fitness Classes

A variety of **virtual fitness classes**, including Strong Core & More, Barre Class and Gentle Yoga, are now available.

Visit: [CatholicMedicalCenter.org/classes](https://CatholicMedicalCenter.org/classes)  
or call: 603.626.2626  
Class fees vary

## Nutrition & Weight Loss

### *Surgical Weight Loss Options at NEWMI*

You're invited to attend our free information weight loss session. If you've had difficulty achieving your weight loss goals, weight loss surgery at CMC's New England Weight Management Institute may be right for you. Our experienced surgical team has performed more than 3,000 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding.

Wed, Oct 6; Nov 10; Dec 8; 4:30-5:30 PM  
Virtual session, call 603.663.7377 to register  
Free

## Patient Assistance Services

### *Breast and Cervical Cancer Screening*

FREE, breast and cervical cancer screenings save lives.  
Breast Care Center, CMC  
Registration required. To see if you qualify, call 603.626.2626

## 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.

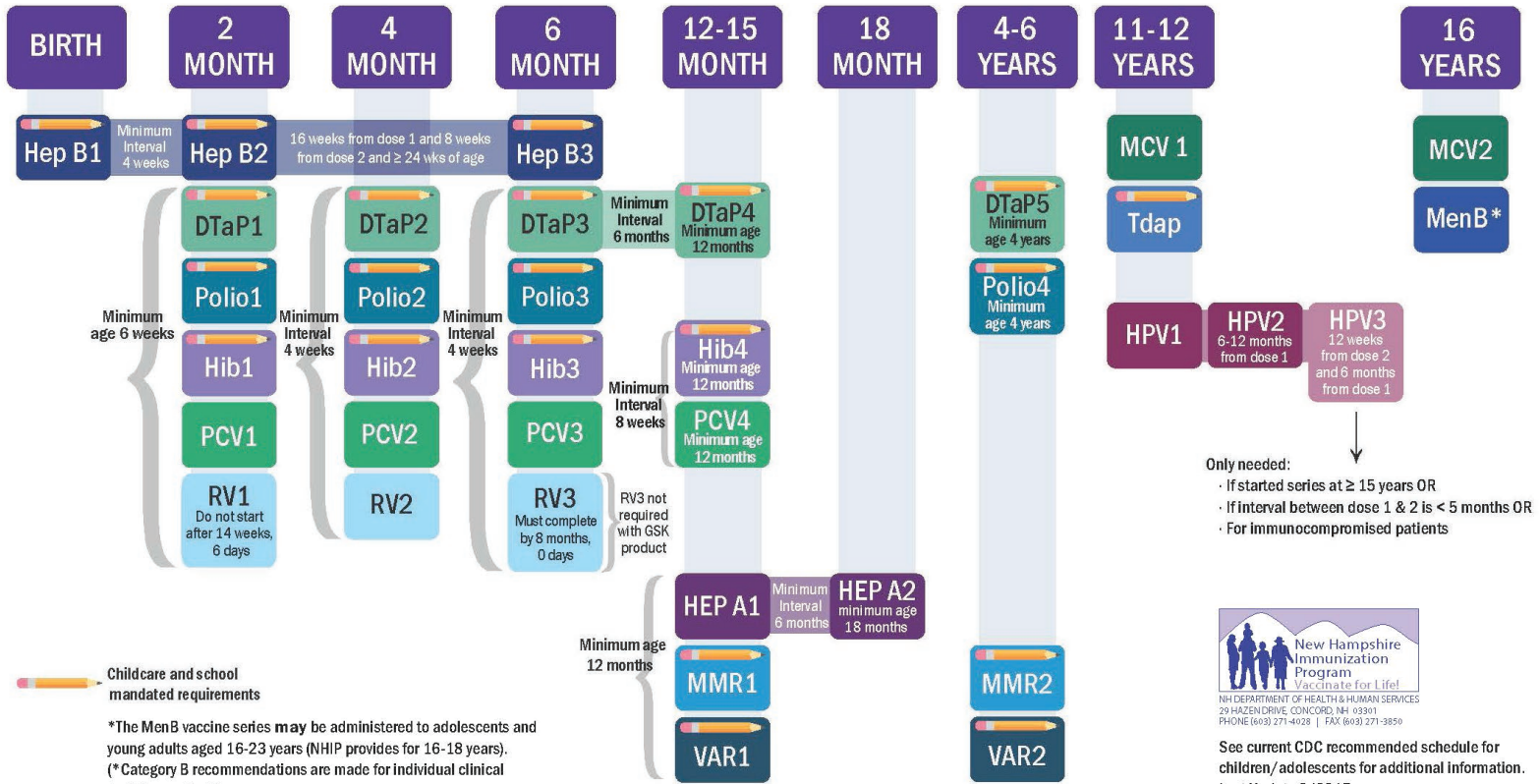
For full details and qualifications and an application, please visit our website:

[CatholicMedicalCenter.org / financialassistance](https://CatholicMedicalCenter.org/financialassistance)  
or call 603.663.8772



# NH SIMPLIFIED IMMUNIZATION SCHEDULE (BIRTH - 18 YEARS)

## ANNUAL FLU VACCINE FOR EVERYONE 6 MONTHS AND OLDER



## your thoughts

We welcome your comments and encourage your ideas about future stories in Healthy Living News. Please contact us at [CatholicMedicalCenter.org](http://CatholicMedicalCenter.org) or e-mail [info@cmc-nh.org](mailto:info@cmc-nh.org).

 CatholicMedicalCenter

 CMChealthsystem

 @catholicmedicalcenter

 @CatholicMedicalCenter

Catholic Medical Center is a fully accredited hospital of the Joint Commission. Requests for a public information interview can be made by contacting the Joint Commission at [jointcommission.org](http://jointcommission.org). ©2021 CMC. All rights reserved.