



Speak Up for Your Health

Don't be afraid to ask – know the symptoms of ovarian cancer



Ovarian cancer is the fifth leading cause of cancer deaths in women, largely because the majority of cases aren't diagnosed until advanced stages. The symptoms of ovarian cancer can be vague and commonly associated with another ailment. They include: bloating, trouble eating or feeling full quickly, pelvic or abdominal pain, and urgent or frequent need to urinate.

While all women are at risk for ovarian cancer, certain factors increase that risk, including certain genetic markers and a history of breast, ovarian, or colon cancer. Women over the age of 50 are at a higher risk, especially those who have never had children.

"Women know their own bodies best," says Anne Molloy, APRN of CMC's Amoskeag Family Practice. "It's important to recognize when something doesn't feel right, especially if it persists over the course of a few weeks. Speaking to

your provider is an important step to improving your outcomes if you are indeed sick."

According to the American Cancer Society, the 5-year survival rate for ovarian cancer is 92 percent if it's caught and treated before the cancer has spread beyond the ovary. "But that's a big 'if,'" says Molloy. "There is no early detection test for ovarian cancer and it's not caught on a Pap." If cancer is suspected, your doctor may order a CA-125 blood test or transvaginal ultrasound. These screenings can also be performed for women at high risk.

September is National Ovarian Cancer Awareness Month and the awareness color is teal. You'll notice the lights on the CMC sky bridge over McGregor Street lit in teal all month long, reminding you

to pay attention to the signs and talk to your doctor. As the National Ovarian Cancer Coalition reminds us, **TEAL: Take Early Action & Live!**

Learn more at CMC's free class "Ovarian Cancer: Get the Facts", presented by Joseph Pepe, MD, CMC President & CEO, September 18 at 6 PM. Call 603.626.2626 to register.

continued on page 2



CATHOLIC MEDICAL CENTER

a member of GraniteOne Health

Medical News

Speak Up for Your Health, continued from page 1

Make the Most of Your Doctor's Visit

By William Goodman, MD, MPH, FCCP, Chief Medical Officer

Your appointment may only last 20 minutes, but it's valuable time to take care of yourself.



*William Goodman, MD, MPH,
FCCP Vice President of Medical
Affairs/Chief Medical Officer*

We've all been there – sitting on the exam table, staring at the charts on the wall and drawing a complete blank when your doctor (or nurse practitioner or physician's assistant) asks, "How are you?"

Whether you're going for your annual physical, or seeing your doctor because of an illness or chronic condition, it's helpful to consider each visit an opportunity to share your concerns, actively exchange information, and improve

your understanding of your health. If relevant, this should also be the time you fully explore your diagnosis, tests and treatments. These tips can help you make the most out of your visit and help get the most out of life:

- **Prepare for each visit.** Arrive at least a few minutes before your appointment time. It is good practice to bring a list of topics you wish to address to the office with you. If helpful, another adult family member or close friend can join you and help you address certain issues.
- **Be upfront about how you're feeling and changes in your health.** Report if you have any symptoms that are interfering with your ability to sleep, do routine chores, function at work, enjoy your hobbies, or lead the life you desire. Point out triggers and relievers of your symptoms. What might seem to be incidental and unrelated symptoms could be important information to your doctor. Mention any emergency room visit or hospitalization since your last visit. A new medication, test result or diagnosis received from another provider should also be reviewed.
- **Talk about medications.** Be certain to update your doctor on all over-the-counter medications or remedies you are using. Report on your medications, if they seem to be bothering you or if your medication program is prohibitively

expensive. Do you still need all of your medications? Are similar but less costly medications an option for you?

- **Speak up and ask questions.** "Just one moment, I have more to say on this" is a reasonable response if you are interrupted as you are explaining a symptom or concern. Remember, you are your greatest advocate and it's important to fully understand what your doctor is saying. Don't hesitate to let your provider know if they haven't been clear enough by asking, "I don't fully understand what you are saying. Could you explain that again?" Most doctors welcome this type of dialogue as they know that actively engaged patients will have better health outcomes than those who are passive.
- **Get your takeaways.** As you wrap up your visit it is important to review it. More and more providers, especially those who use an electronic health record, give their patients a printed "Clinical Summary" at the end of each visit. This printed summary clarifies your current active medication list, shows the next appointment and should include new instructions. If you don't receive this, write down this information for yourself prior to leaving the exam room. It is good practice to confirm your understanding of the most important changes, conclusions and new instructions from the visit. By clarifying, "Let me see if I have this right..." the doctor knows that what you heard during the visit was the intended message.

It takes work to maximize your health and this includes trying to get the most out of each and every visit to the doctor. ■■



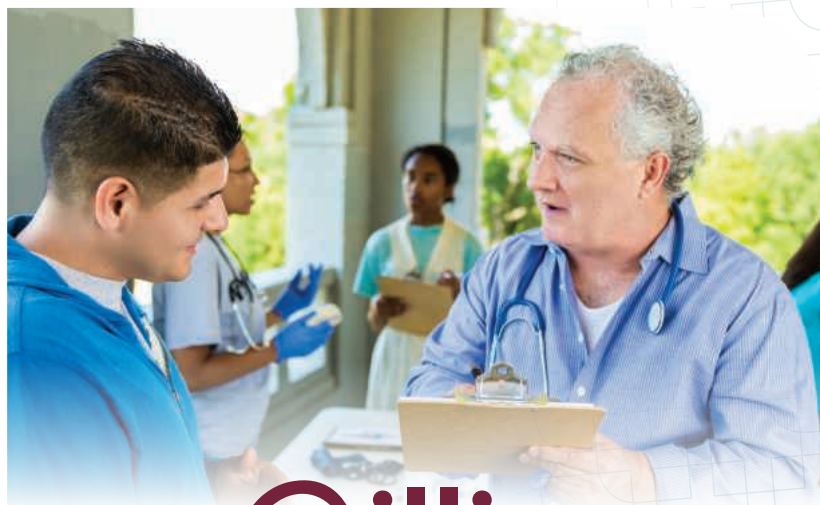
Caring for you.

With heart.



Million Hearts Campaign

How can health providers across the country avoid a million heart attacks? That was the challenge issued last year by the Centers for Disease Control and Prevention (CDC) with the Million Hearts® Campaign. Thanks to a grant from the Community Health Access Network (CHAN), CMC's Health Care for the Homeless (HCH) accepted and rose to the challenge (CHAN supports and administers HCH's electronic medical records).



Hypertension is a leading cause of heart attacks, so the team at HCH used the grant to improve the way they measure blood pressure and help patients with hypertension keep it under control. Their success was so dramatic, the CDC requested a write up on how they did it.

"When we started, 57% of our patients had a blood pressure below 140/90," recalls Tracy Tinker, MSN, RN, CNL, CDE, a nurse care coordinator at HCH. "Our goal was to get that up to 62%. At the end of six months we were at 70%."

The nurses at HCH started by taking a look at both how they measure blood pressure and what barriers their patients face in maintaining a healthy level. "We educated the RNs and they observed each other to make sure there's consistency and accuracy in the blood pressure readings," says Tinker.

The biggest changes came in patient education and communication. "Some factors, like access to healthy foods, were out of our control," says Tinker, "but we saw that there were many common themes we could tackle."

Providers and RNs realized that patients generally had low health literacy. Now, they reinforce the importance of taking medications and the risks of stopping and restarting. "Hearing the same message multiple times from providers in various roles has proven very helpful," she notes. They schedule patients with high blood pressure readings for more frequent follow up appointments. The HCH outreach team also meets patients outside the facility



to remind them of their appointments, the importance of taking medications, and to return the clinic before their prescriptions run out.

Health Care for the Homeless, which is based in the same building that houses New Horizons for New Hampshire, an adult homeless shelter, soup kitchen and food pantry, functions as a primary care provider. This allows the team to build relationships with patients and manage chronic conditions, contributing to the success of the Million Hearts® Campaign. "To see someone who has so many barriers and reasons why they can't manage their disease, yet they're actually doing it, is amazing." ■■

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PCSK9 Inhibitors—A Novel Lipid Lowering Therapy

By Jonathan Eddinger, MD, FACC, FASE

Board-certified cardiologist, CMC New England Heart & Vascular Institute



Jonathan Eddinger MD,
FACC, FASE

Coronary artery disease (CAD) is the number one cause of death in the United States. Risk factors for developing CAD include tobacco use, diabetes, high blood pressure, obesity, high cholesterol and age.

Whether there's an exact "recipe" for developing CAD is unclear; however, we do know that there are certain factors that play a greater role. One of these factors is low density lipoprotein (LDL) or "bad cholesterol". As LDL increases,

the risk for heart attacks, stroke and death from CAD also increases.

Our current therapy for lowering LDL, and thereby lowering CAD risk, is a class of medications called statins. Statins interrupt the creation of cholesterol in the liver and thereby lower LDL. By doing so, statins have revolutionized the world of cardiovascular disease, reducing the risk of first and recurrent heart attacks, stroke and death from cardiovascular disease.

Statins, however, do not always produce their intended results. While statins can lower LDL by 60%, some patients need a greater reduction and others struggle to realize that benefit. In

addition, people can have side effects to the statins, the most notable being muscle aches. The aching can be debilitating and lead to reducing or discontinuing the statin.

PCSK9 inhibitors are a new class of therapy designed to lower LDL in individuals who are not getting the most out of statins. They were FDA approved in the fall of 2015 after publication of several studies demonstrating safety and effectiveness in more than 50,000 patients. They are indicated for genetic lipid disorders or for people with established coronary or vascular disease who are not at their LDL goal. PCSK9 inhibitors are medications that patients inject themselves with one to two times per month. They are safe and can lower LDL by 70%.

Outcomes data released in 2017 indicate that this class of medications can lower your risk of heart attack, stroke or need for coronary stents. The data was notable as all of the patients were on statin therapy as well, indicating PCSK9 can provide results beyond the already substantial benefit of statin therapy.

Currently, CMC's Cholesterol Management Center is prescribing these therapies to qualified individuals. If you would like to be seen to discuss your options, please call CMC's Cholesterol Management Center at 603.663.6549. We have a dedicated, experienced team of physicians, nurse practitioners and dieticians interested in your health and well-being. ■■

CMC's Pain Center Offers Comprehensive Relief

Chronic pain affects every aspect of a person's life and requires a comprehensive approach. CMC's Pain Center offers a range of effective treatments for chronic pain conditions, from arthritis and back injuries to headaches and side effects of cancer.

At CMC's Pain Center, we offer the individualized pain management that's right for you. Depending on your needs, you may be prescribed medications and/or referred for treatment like acupuncture, biofeedback, exercise,

occupational and physical therapy, yoga and more. With the resources of Catholic Medical Center, we have the expertise to help you find relief.

Stop the pain and get back to your life with the Pain Center. For more information, call 603.314.PAIN (7246). ■■



Finding the Right Words

CMC aphasia support group helps those struggling with communication impairment

We may take for granted our ability to communicate – to say what’s on our minds, to express our needs, to read and understand instructions. For people with aphasia, the simplest of tasks can become frustratingly difficult.



Peter Andrews

Peter Andrews knows that frustration all too well. The former Bedford, New Hampshire resident suffered a severe stroke nearly nine years ago, impacting both his speech and his mobility. “I couldn’t talk for a year,” he recalls. “The first thing my wife taught me was my glasses. She made me say it every day until I was finally able to say glasses.”

Aphasia is a language impairment caused by damage to the brain that impacts a person’s ability to produce or comprehend speech, either spoken or written. Someone with aphasia may recognize the object they’re looking at, but be unable to say what it is. They may hear and understand what another is telling them, but not be able to come up with the words to respond. Aphasia can affect a person’s ability to comprehend, read, speak, write, or any combination of effects.

“Any type of brain injury can cause this,” says speech language pathologist Jean Manning, CCC-SLP, of CMC’s Rehabilitation Medicine Unit (RMU). The most common cause is stroke. “Recovery is different for everyone. Sometimes there is spontaneous recovery and sometimes people will progress very slowly. We find people who are engaged in life will continue to make progress.”

In an effort to help people with aphasia stay engaged, CMC holds a monthly Aphasia Community Group. Patients in different stages of their recovery gather to work on skills by exercising the neuroplasticity of their brains – challenging their brains to form new connections around the damaged area by continued attempts at communication.


Andrews went to his first meeting at CMC about nine months after his stroke. “I didn’t know anybody, I didn’t know myself really. There was probably 15 people or so and I didn’t know who was who or what was what or what was going on but I enjoyed it. After the meeting I felt I wanted to do it again.”

“It’s a great place for people to practice their skills without fear of social judgment,” says Manning. “This is a very positive group, not doom and gloom. People explore what works for each other while providing positive feedback and encouragement. Patients in the group setting will challenge themselves differently here than they would anywhere else.”

“When I met all of these people, they’re just the most amazing people that I’ve ever met,” says Andrews. “Nobody’s mad about anything. They’re always thinking about good things, which is so good for people who have had strokes.”

While Andrews still can’t read or write, he has regained much of his verbal communication abilities and hopes to be able to walk normally again. He still faithfully attends an aphasia group closer to his new home in Massachusetts.

The Aphasia Community Group is free of charge and open to anyone with aphasia and their caregivers, regardless of whether they’ve been a CMC patient. Meetings happen on the fourth Tuesday of the month (excluding July, August, and December) on the RMU, Level F of CMC. (4:30-5:30 PM)

Please contact Jean Manning, CCC-SLP at 603.663.6694 or Larissa Hebert, CCC-SLP, 603.641.6700 for further information. 



This Summer, Safety First

5 tips to stay safe this summer

After a long winter, it's natural to be eager to take full advantage of everything the warmer temperatures offer. But be sure to heed some of these basic summer safety tips to ensure you will make the most out of your summer and stay safe and healthy.



- 1. Stay hydrated.** Drink a lot of fluids and keep drinks with caffeine or alcohol to a minimum. Caffeine and alcohol can make the heat's effects on your body even worse. Drink at least eight glasses of water per day or more if working strenuously or exercising.
- 2. Beat the heat and sun.** The warmer weather is a nice break from a long winter but avoid extended periods of sun exposure between 10 AM to 2 PM. This is when the sun's rays are the strongest. Apply a sunscreen with a sun protection factor (SPF) of 30 or higher. SPF 30 blocks out about 97 percent of UV rays, whereas SPF 15 blocks only 93 percent. The higher the SPF, the more coverage you'll get. Apply 15 to 30 minutes before sun exposure and reapply at least every 2 hours.
- 3. Water safety.** Whether you're staying cool at the beach or by the pool, always use caution while swimming. Don't swim alone and pay extra attention to children in and around water. Wear swim shoes to reduce the risk of athlete's foot and prevent injuries from hidden sharp objects and hot sand at the beach.
- 4. Take a hike.** Take advantage of the outdoors and go for a hike in the White Mountains. But don't forget to protect yourself from harmful critters. Wear light colored clothing to be able to spot ticks easily. Use an insect repellent with DEET on exposed skin and clothes. Stay in the middle of trails and avoid underbrush, fallen trees, and tall grass. After being outdoors for an extended period of time, perform a tick check and shower immediately. CMC is again distributing free "tick watches" at our Urgent Care and Primary Care offices. These colorful snap bracelets help kids and families identify ticks. Be sure to grab a tick spoon as well to safely remove ticks from your skin and clothing.
- 5. Summer Food Safety Tips.** Cookouts are a summer staple, but did you know that more people become ill from food borne bacteria in the summer than at any other time? Bacteria grow and multiply rapidly between 40 degrees F and 140 degrees F. Food transported without an ice source or left out in the sun at a cookout/picnic won't stay safe for long.

Of course, accidents still happen no matter how prepared you may be. That's why we're here for you, 7 days a week, 365 days a year. CMC Urgent Care provides quick, convenient, and quality care for everyday illnesses and injuries. Check in online at cmc-urgentcare.org and avoid the line or just walk in at 9 Washington Place, Bedford. 🇺🇸



New Physician SPOTLIGHT

Adding new first-class physicians to our medical staff is a direct reflection of our investment in you.

The Surgical Care Group welcomes Dr. David Lewis



David Lewis MD

David Lewis, MD, is American Board certified in general surgery and specializes in laparoscopic surgery, trauma/acute care surgery, colon and rectal surgery, and anti-reflux surgery. He also performs a wide variety of other surgical procedures. He received his medical degree from Washington University School of Medicine in St. Louis, Missouri and completed his residency at the University of South Florida in Tampa. Prior to joining the Surgical Care Group at CMC, he practiced at King's Daughters Medical Center in Ashland, Kentucky and had been a general surgeon in the United States Air Force as well as a trauma surgeon at Tampa General Hospital. Dr. Lewis is a New Hampshire native. He grew up in Durham, New Hampshire and is happy to finally be returning to his home state.

Dr. Lewis is practicing at both Catholic Medical Center and Monadnock Community Hospital. He can be reached at either location. CMC Surgical Care Group: 603.627.1887 or Monadnock Surgical Associates: 603.924.4668. 🇺🇸

Catholic Medical Center receives Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award with Target: Stroke Honor Roll

American Heart Association Award recognizes CMC's commitment to quality stroke care

CMC has received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award with Target: StrokeSM Honor Roll again. CMC has been recognized at the Gold Plus level for the past three years. The award recognizes the hospital's commitment to providing the most appropriate stroke treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence. 🇺🇸



The American Heart Association/American Stroke Association recognizes this hospital for achieving 85% or higher compliance with all Get With The Guidelines®-Stroke Achievement Measures and 75% or higher compliance with five or more Get With The Guidelines®-Stroke Quality Measures for two or more consecutive years and achieving Time to Thrombolytic Therapy ≤ 60 minutes 50% or more of applicable acute ischemic stroke patients to improve quality of patient care and outcomes.




Philanthropy



Adele Baker to be awarded the Charles F. Whittemore Award at CMC's annual Gala Event October 20, 2017

Adele Boufford Baker to Receive Whittemore Award


The Charles F. Whittemore Award is awarded by CMC to honor an individual who has played a major role in carrying out the hospital's mission of health, healing, and hope to all. On October 20, 2017 CMC will present the 13th Annual Charles F. Whittemore Award to Adele Boufford Baker at its annual Gala Event to benefit CMC Maternal Health Services. According to Joseph Pepe, MD, President and CEO, "Adele has been dedicated to supporting Catholic healthcare in Manchester since 1974. We are grateful for the time she has given through her work on our Board, as well as the insights she has provided as CMC has evolved through the years." Adele will be presented this award in recognition of her dedication and leadership to organizations like CMC, Make A Wish, Manchester Community Music School, CASA, The Gilbert French Language Foundation, and the Manchester City Library, to name a few.

For sponsorship or ticket information, please contact Keri Degen at 603.663.6056 or keri.degen@cmc-nh.org. 

Honoring Donors

Thanks to donor support, CMC is able to invest in life saving technology, research and community healthcare programs to help patients attain their maximum wellness.

On March 30th, Eleanor Wm. Dahar, Esq. sponsored a CMC Donor Recognition Reception as a way to say thank you to CMC donors for their generous support in calendar year 2016. At the event, Dr. Joseph Pepe, President and CEO, and Ms. Dahar, long-time board member and CMC supporter, discussed some of the programs and initiatives donors contributed to in 2016. In addition, Dr. Louis Fink, Executive Director of CMC's New England Heart & Vascular Institute, spoke about some exciting new cardiac research programs happening at CMC.

We hope to see you next year at the CMC Donor Recognition Reception honoring donors who gave \$100 or more in calendar year 2017. 




Eleanor Wm. Dahar, Esq., Bill Stevens of Harvey Construction Corp, and Matt Kfoury of Central Paper Products at the reception honoring 2016 donors.



CMC's Wine and Beer Tasting at the Bedford Village Inn

Sipping and Celebrating Smiles

On May 11, more than 225 attendees enjoyed CMC's Wine and Beer Tasting at the Bedford Village Inn. The event celebrated smiles by raising \$50,000 for CMC Community Health Services and the Poisson Dental Facility, which provides dental care for underinsured children and adults. 

Health & Wellness

Health Enrichment

Payment is due at time of registration.

Ovarian Cancer: Get the Facts



CMC President and CEO,
Dr. Joseph Pepe

Ovarian cancer is the 5th leading cause of cancer death among women, accounting for more deaths than any other cancer of the female reproductive system. According to the American Cancer Society, approximately 22,000 women in the United States will receive a diagnosis of ovarian cancer this year. Join board-certified internist, Joseph Pepe, MD, President & CEO of Catholic Medical Center who will discuss the incidence and

seriousness of the disease and why it is sometimes difficult to diagnose; how to recognize symptoms and why prompt attention to the symptoms may improve the likelihood of an early diagnosis and successful treatment; risk factors and prognosis; and what you can do to help spread the word about ovarian cancer, reducing the number of women who die from this disease every year.

Mon, Sep 18, 6-7:30 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

Healthy, Wealthy and Wise: Getting a Handle on Your Finances

Planning and budgeting are the keys to a successful spending and savings plan. No matter what you are planning and saving for, learning how to evaluate your habits and take action will increase your success rate. In this workshop we will discuss strategies to monitor spending and expenses and plan for future goals. You will leave with practical, hands-on worksheets to help you succeed.

Wed, Aug 9, 6-7:30 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

AARP Smart Driver Program

AARP's program teaches drivers how to boost safety awareness, increase confidence and minimize crash risk. Persons of any age may attend.

Mon, Jul 10, Aug 14, or Sep 11, 9 AM-4 PM

195 McGregor St, Lower Level, Suite LL22

\$20 (\$5 discount to AARP members)

Registration required, call 603.626.2626

Mental Health First Aid

Most of us are familiar with CPR and calling 911 in an emergency, but do we know how to administer first aid in a mental health crisis? Mental Health First Aid is an 8 hour training course that teaches how to help someone who is developing a mental health problem or is experiencing a mental health crisis. In the two four-hour sessions of this nationally recognized program, you will learn how to identify, understand and respond to signs of mental illness and addiction. Space is limited. Attendance at both sessions is required to enroll in this program.

Thurs, Sept 21 and Sept 28 12:30-4:30 PM

195 McGregor St., Lower Level, Suite LL22

FREE, registration required, call 603.626.2626

Freedom From Smoking®

The American Lung Association's Freedom From Smoking® (FFS) program is for adults who are ready to quit smoking. The program focuses almost exclusively on how to quit, not why to quit. The 8-session group program is based on proven addiction and behavior change models and offers a structured, systematic approach to quitting. Because no single cessation technique is effective for all smokers, the program includes a comprehensive variety of evidence-based cessation techniques.

Tue, Sep 12-Oct 31, 6-7:30 PM

G5, Level G, CMC

\$49 (discount for couples available), registration required, call 603.626.2626



Health & Wellness

Oh My Aching Back!



David Hou, MD



Ally LeGacy, APRN,
NP-C, RRT

Back pain is one of the most common reasons people go to their provider or miss work, and a leading cause of disability worldwide. David Hou, MD and Ally LeGacy, APRN, NP-C, RRT will discuss the various causes and treatment of back pain including nerve injections and nerve blocks, radio frequency nerve ablation, and more. Find out if one of these treatments can help you put an end to that aching back.

Mon, Sep 25, 6-7:30 PM
Roy Auditorium Level C, CMC
FREE, registration required, call 603.626.2626

Advance Care Planning

Ann Berthiaume, LICSW and Marc Guillemette, MS., M.Div. will discuss the importance of advance care planning for end of life care. The session includes a review of Catholic Church teaching regarding care and medical treatment at the end of life. Copies of New Hampshire's Advanced Care Directives forms and copies of the Three Beliefs: A Guide for NH Catholics on End-of-Life Decisions will be available. A notary will be present for those interested in completing their advance directive forms.

Tue, Sep 26, 6:30-8 PM
Roy Auditorium Level C, CMC
FREE, registration required, call 603.626.2626

Helping You Manage Your Cholesterol

The Cholesterol Management Center can help you manage your cholesterol and reduce your risk for cardiovascular disease. Our team works to provide a lifestyle plan of diet and exercise that is tailored to you rather than a "one size fits all" plan. If needed, we work with you on a medication treatment plan to meet your individual needs, tolerances, and cholesterol goals. To schedule an appointment or obtain a physician referral, please call our office at 603.663.6549, option two.



Diabetes Education

If you have pre-diabetes or diabetes, education is the key to successful self-management. At the Diabetes Resource Institute at CMC, our Certified Diabetes Educators provide group and individual appointments, with extended early morning and late day appointments available. A referral from a primary care physician is required. To receive a copy of our monthly e-newsletter, email diabetesconnection@cmc-nh.org

To schedule an appointment, call 603.663.6431

Massage

Research supports the benefits of massage as an effective treatment for reducing stress, pain and muscle tension. For information, or to schedule an appointment, call 603.641.6700

Greater Manchester Brain Injury & Stroke Support Group

This support group is for brain injury and stroke survivors, their family members, and their care givers. The program provides a constructive, creative and safe opportunity for participants to share their experiences, exchange resources, and develop strategies for coping.

2nd Tue of month, 6-7:30 PM
RMU Level F, CMC
FREE, for more information, call 603.626.2626

Caring for you.

With heart.



Hearing Loss Peer Mentoring Group

Do you or someone close to you have a hearing loss? According to the National Center for Health Statistics, 48 million American adults (20%) have some degree of hearing loss. The Hearing Loss Support Group provides support, and education about available resources to help you learn how to maintain your independence and thrive!

2nd Tue of month, 2-3 PM

195 McGregor St. Lower Level, Suite LL22

FREE, for more information, call 603.626.2626

NH Retired Men's Association

For men who enjoy friendly association and seek an opportunity for socialization, information, and participation in small group activities. Refreshments and speakers each month.

3rd Tuesday of month, 1 PM

Jutras American Legion Post

FREE, for more information, www.nhretiredmen.org

Holistic Health Series

Write Away...

Journaling is more than writing in a diary. For many it is a powerful tool for stress management that can clarify thoughts that lie beneath the surface of our conscious mind. While very helpful as an exercise to manage daily stress, it may be particularly helpful in coping with the stress of a new or chronic illness. Participants will be guided with a choice of topics and specific directions to help navigate their thoughts. Participants are not required to share their journal writing experience unless they choose to.

Tue, Aug 15, 1:30-3:15 PM

195 McGregor St., Lower Level, Suite LL22

FREE, registration required Call 603.626.2626



Competing Life Obligations: Finding the Balance

Balancing work, volunteering commitments, or returning to school with family obligations and attention to personal health can be a particular challenge in our fast paced world. Join Jill Leppanen-Lerner, MA, LCMHC who will offer practical ideas on determining realistic expectations, setting priorities, managing stress and keeping your body healthy.

Wed, Sept 13, 6-7:30 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

Pure and Natural- Fertility Care!

Discover a highly effective system to understand and manage your fertility without chemicals or devices! A woman's body signals when she is entering and leaving her time of fertility. Knowing how to track these signs empowers a woman with the information to manage fertility and to identify possible underlying reproductive disorders.

2nd Wednesday of the month, 6:30-8 PM

ACR Conference Room, Level G, CMC

FREE, registration required, call 603.626.2626

Hypnosis for Smoking Cessation

Hypnosis is a powerful technique that fine tunes your attention and advances your goal to be smoke free. An individual session with a certified hypnotist is provided.

For reinforcement, a 40-minute CD is given for daily at home use.

Thursdays, 1 PM

Level D, CMC

\$115, registration required, call 603.626.2626



CATHOLIC MEDICAL CENTER

a member of GraniteOne Health

Health & Wellness

Fitness

Yoga Core

This yoga class targets the midsection and those muscles that support and assist the core including the lower back, pelvis and hips. By incorporating more repetition and longer holds, you will build strength, stability and endurance.

Thu, Sep 14-Dec 7, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626



ZUMBA®

This energetic, dance-based program combines a mixture of Latin, hip hop, salsa, and much more for a great aerobic workout.

Thu, Sep 14-Dec 7, 5:30-6:30 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

Yoga 101

Have you been curious about what yoga is all about? Here is your chance to learn the basic yoga postures and how to modify them to your own level of fitness. Take time out of your busy day to refresh and learn the benefits of practicing yoga to improve strength, agility and the ability to manage stress.

Tue, Sep 19-Dec 5, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

Gentle Yoga

Yoga can help you increase flexibility, gain physical and mental strength, and improve overall feelings of health, vitality and peace. This gentle yoga series is designed for various fitness levels looking for a slower-paced class with a focus on stretching postures and gentle flows. All levels are welcome.

Tue, Sep 19-Dec 5, 3:45-4:45 PM or

Tue, Sep 19-Dec 5, 6:30-7:30 PM or

Wed, Sep 13-Dec 6, 5:45-7:00 PM or

Thu, Sep 14-Dec 7, 10:15-11:30 AM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

Yoga Flow

In this class based on the Vinyasa flow style of yoga, we will build strength, stamina, and flexibility by using gentle, flowing sequences. We will end with stretching postures and relaxation exercises to reduce tension and calm our minds. All levels are welcome.

Mon, Sep 18-Dec 4, 6:45-7:45 PM

Wed, Sep 20-Dec 13, 4:00-5:00 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626



A Strong Core and More

Maintaining core muscle strength helps to stabilize, protect, and move the spine.

This class will focus on improving overall body strength with a strong focus on the core, including abdominal and back muscles.

Tue, Sep 19-Dec 5, 5:30-6:30 PM or

Thu, Sep 14-Dec 7, 3:45-4:45 PM

195 McGregor St., Lower Level, Suite LL22

\$90 (12 weeks), registration required, call 603.626.2626

Caring for you.

With heart.



The Wellness Center

Whether you are a healthy individual interested in exercise or wanting to control your risk factors, The Wellness Center has something for you. The Center offers a variety of programs to help you achieve your goals including classes that are medically supervised by healthcare professionals. Our staff, through their expertise and support, can help you play a major role in your own health and wellness!

Come by for a tour, Mon, Wed or Fri

8:30 AM-12 PM or 3:30-5:30 PM

195 McGregor St., Lower Level, Suite LL23

Fee varies. For more information, call 603.663.8000

Nutrition and Weight Loss



Nutrition Solutions

The Outpatient Nutrition Center can help you cope with the unique nutritional needs of a multitude of health issues within the scope of one's lifestyle, financial situation, cooking abilities, etc. Our services include but are not limited to: general nutrition, weight management, cholesterol and hypertension management, pre-diabetes and gastrointestinal health. We provide recommendations for cancer prevention, nutrition guidance during and after a cancer diagnosis, COPD, dysphagia (swallowing difficulty), kidney disease, wound healing, nutrition in pregnancy, and more.

195 McGregor Street, Suite 312

To schedule an appointment or obtain a physician referral, call 603.663.8739

Surgical Weight Loss Options at the New England Weight Management Institute

If you've had difficulty achieving your weight loss goals, weight loss surgery through CMC's New England Weight Management Institute (formerly the Obesity Treatment Center) may be right for you. Our experienced surgical team has performed more than 2,200 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session.

Wed, Jul 19, Thu, Aug 10 or Sep 7

Roy Auditorium Level C, CMC

Registration required, call 603.663.7377



CATHOLIC MEDICAL CENTER

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Health & Wellness

OPTIFAST®-CMC'S Medically Supervised Rapid Weight Loss Program

Achieve rapid weight loss with OPTIFAST®, a comprehensive, medically supervised, low calorie fasting program. On average participants lose 50 pounds in 12 to 22 weeks. Weekly support group and medical clinic occurs every Tuesday from 4:30-6:30 PM. For those who may need alternate scheduling, daytime appointments can be arranged. Fee varies per individual. Medical monitoring is required. See below for FREE info session schedule. Call 603.663.6297 for more information.



“Opti-Mistic” Lifestyle - OPTIFAST® Partial Fast Program

This flexible program involves a combination of OPTIFAST® meal replacement products and self-prepared meals and snacks. Learn and implement proper meal structure from day one. Get consistent results with easy to follow meal plans. Pay only for the cost of food*. Free optional monthly support group offered. See below for free info session schedule. For more information, call 603.663.6297.

**Cost is based on BMI & number of products required per week, call to get your personal quote.*

FREE OPTIFAST® Information Sessions

Learn about both the OPTIFAST® low calorie Full Fast plan for rapid weight loss and the “Opti-Mistic” Lifestyle Partial Fasting plan. Bring your questions, sample OPTIFAST® products, and complete the first step to getting started on either plan. Registration not required.

Wed, Jul 5, 19; Wed, Aug 2, 16, 30 or Sep 20
5:30-6:30 PM

New England Weight Management Institute, 769 South Main St., 3rd Fl., Manchester NH

Parish Nurse Program

CMC Parish Nurse Programs are closed if schools are closed due to weather conditions.

The CMC Parish Nurse Program is present in 19 local faith communities in the greater Manchester area, providing spiritual, physical, psychological and social care to their members and neighbors of varied ethnic and religious affiliations. Parish nurses provide a variety of health screenings, wellness education programs and patient advocacy. Find our monthly calendar on the CMC website.

Please find our services at the following locations:

Parish of Transfiguration (CMC Parish Nurse Main Office, 603.663.8004)

Mon, 9 AM-1 PM, Tue-Thu, 9 AM-3 PM, Closed Fri

Bedford Presbyterian Church, 3rd Mon, 5:30-7:30 PM

Brookside Congregational Church, Thu, 10-11:30 AM

Congregational Church, Goffstown, Wed, 10 AM-12 PM (Closed on 8/2)

Divine Mercy, Peterborough, resumes 9/10 from 5-6 PM during community supper

First United Methodist Church, Tue, 8:30-10:30 AM

Litchfield Community Church, 2nd Wed, 10 AM-12 PM & 2nd Sat 8:30-11:30 AM

Sacred Heart Church, TBD

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With heart.



St. Andrew's Episcopal Church, 1st and 3rd Tue, 8-9 AM
St. Anne- St. Augustine Parish, closed Jul & Aug. Sep, 2nd or 3rd Tue, 10:30-11:30 AM
St. Anthony Church, Thu, 9-11 AM
St. Catherine of Sienna, Wed, 11 AM-12 PM
St. Elizabeth Seton, Bedford, closed Jul & Aug. Sep, 1st and 3rd Tue, 8:30-10:30 AM
St. John the Baptist, Suncook, Mon, 9-11 AM
St. Joseph Cathedral, 1st Tue, Senior Group, 10-11:30 AM
St. Lawrence, Goffstown, by appointment
St. Matthew's Episcopal Church, Goffstown, Wed, 10 AM-12 PM
St. Pius X Church, closed Jul & Aug. Sep, Fri, 8:30-11 AM
St. Philip Greek Orthodox Church, Nashua, Wed, 10 AM-12 PM; last Sun, 11:30 AM-1 PM
St. Raphael's, Tue, 12:30-1:30 PM & Burns High Rise, 1:30-2:30 PM
Immaculate Conception Parish, Nashua, TBD

Three Beliefs

Catholic Teaching on End of Life Care for Advanced Directives
Wed, Jul 26, 6 PM
St Catherine's of Sienna
To register, call 603.663.8004

Flu Shots

CMC's Parish Nurse Program, in partnership with Walgreens pharmacists, is proud to offer free flu shots for the under/un-insured. Walk-in convenience with no appointment needed at the following locations:
Bedford Presbyterian Church, Fri, Sep 18, 5:30-7 PM
Food for Children, JFK Coliseum Parking Lot, Sat, Sep 23, 9-11 AM
Litchfield Community Church, Sat, Sep 9, 9-11 AM
Parish of Transfiguration, Sat, Sep 23, 3-3:45 PM, Sun, Sep 24, 9:30-10:30 AM

Alzheimer's Support Group

Alzheimer support group for patients and caregivers.
4th Wed, 10:30-12 PM
Parish of Transfiguration
FREE

S.H.I.N.E.

This supportive service for older adults provides a weekly experience of social interaction, information sharing, and health guidance.
Wed, 10:30-11:45 AM
St Matthew's Episcopal Church, Goffstown
FREE



Prayer Shawl Program

Parish of Transfiguration, closed Jul & Aug. Sep, 1st Wed, 10:30 AM-12 PM
St. Joseph Cathedral Rectory, 2nd Tue, 1-2 PM
St. Pius X, 1st Fri, 9 AM
St. Elizabeth Seton, closed Jul & Aug. Sep, 1st Mon, 6-7:30 PM
St. Raphael's - no formal meeting
St Lawrence, 3rd Thu, 10AM
FREE

Chair Exercises

Wed, 10 AM, Congregational Church, Goffstown
Tue, 9:00 AM, closed Jul & Aug. Resumes in Sep, St. Elizabeth Seton, Bedford, NH
Thu, 9:30 AM, Parish of the Transfiguration
FREE

Indoor Walking, 1-2 miles

Tue, 9:30 AM
Parish of Transfiguration
FREE

For more information about any of the above Parish Nurse Programs, please call 603.663.8004



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Health & Wellness

BeWell Cancer Survivorship Program

Caring for You During Your Cancer Journey-Body, Mind and Spirit

BeWell Cancer Survivorship Newsletter

At Catholic Medical Center, we understand that a cancer diagnosis and treatment for you or a loved one can be a challenging time. In an effort to support you and your family, we offer patients and their families a quarterly educational and supportive e-newsletter. To receive a copy email us at bewellsurvivorship@cmc-nh.org. FREE.

Free Wig Bank

For cancer patients coping with hair loss from cancer treatment (all wigs are new and have been donated by the American Cancer Society).

Norris Cotton Cancer Center

FREE, appointment required, call 603.629.1828

Look Good, Feel Better

This program focuses on teaching women how to cope with skin changes and hair loss during cancer treatment using cosmetic and skin care products donated by the cosmetic industry.

Last Tuesday of the month, 6-8 PM

FREE, for more information, contact the Norris Cotton Cancer Center at 603.629.1828



Living with Cancer Support Group

This support group provides education and support for patients who are undergoing treatment for cancer or their loved ones and caregivers.

2nd Wednesday of the month, 3-4 PM

FREE, registration required, call 603.629.8683

Oncology Exercise Program

This program is for patients who are undergoing cancer treatment or are in the recovery phase following treatment. Our staff will develop a personal exercise program for you to maintain your strength through and beyond your journey with cancer.

Mon, Wed, Fri, ongoing, various class times

The Wellness Center, 195 McGregor St., Lower Level, Suite LL23
FREE 90 day membership, registration required, call 603.663.8000



YogaCaps

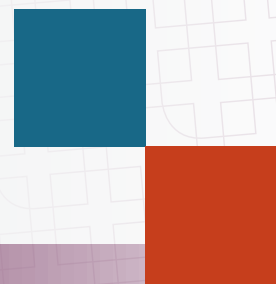
A gentle, therapeutic, seated yoga class for individuals and their caregivers who have had or have cancer. No previous yoga experience needed.

Thursdays, 6:30-8 PM

The Wellness Center, 195 McGregor St., Lower Level, Suite LL23
FREE, registration required, call 603.674.3770

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With heart.



Lymphedema Support Group

This group empowers, inspires, and assists in the needs of patients, caregivers, and healthcare providers faced with all forms of lymphatic issues.

Tue, Sep 5, 5:30-6:30 PM

Breast Care Center, 9 Washington Place, Suite 203, Bedford

For more information or to schedule an appointment, call Becky at 603.641.6700

To learn more about the BeWell Cancer Survivorship Program and to see a complete listing of our services and classes go to CatholicMedicalCenter.org/BeWell or call 603.663.6535.

Screenings

Functional Movement Screening

CMC is now offering a screening and consultation with specially trained physical therapists using the Functional Movement Screening. This 30 minute screening will use seven movement tests to assess mobility and stability, along with observation of muscle imbalances. Also included in this 30-minute session will be a review of the findings, and individualized corrective exercises to assist in restoring maximal function.

\$25. For more information or to schedule an appointment, call 603.641.6700

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

Pregnancy, Birth and Beyond

The Mom's Place childbirth and parenting programs are offered by nurses specially trained to work with families on their birth and parenting journey. Join us to learn, grow and connect with others. For more information on any of our classes or services please call 603.626.2626 or email Farrah at Farrah.Deselle@cmc-nh.org.

Welcome Visits at The Mom's Place

Do you want to learn more about having your baby at CMC and what to expect during your stay? Are you unsure where to go for your prenatal care? Expectant moms and partners or support persons are encouraged to join us, ask questions, meet staff, explore our birthing suites and learn the essentials about your stay. We look forward to welcoming you!

Level E, CMC

FREE, registration required, call 603.626.2626



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Health & Wellness

Preparation for Breastfeeding

Prepare for your breastfeeding experience at our *officially designated Baby-Friendly™ hospital*. Learn basics for getting started, to meet both the infant's and mother's needs.

Wed, Jul 5, Tue, Aug 1, or Sep 7, 6:30 to 8:30 PM

Level E, CMC

FREE, registration required, call 603.626.2626

Cesarean Birth Awareness

This program is designed for couples looking to deepen their knowledge about cesarean birth. Discussion will include practical strategies that may help prevent the need for a cesarean birth. We also discuss preparation for a cesarean birth should it become necessary, expectations, risks, common fears associated with cesarean birth, and how you can actively participate in the process of birth. Postpartum expectations and recovery are included. Parents are encouraged to bring questions and concerns and are given the opportunity to develop decision making tools. Call for dates.

Level E, CMC

FREE, registration required, call 603.626.2626



Preparation for Birth

In this series, parents-to-be prepare their body, mind, heart and changing relationship for labor, birth and early postpartum. This class helps parents learn practical information about labor and birth and fosters awareness, flexibility, determination and resourcefulness. It builds coping practices and facilitates a deeper connection between the birthing mom and her partner or support person. This class offers you what you can't get from a book or online. Refreshments are provided. A tour of The Mom's Place and birth suites is included in this in depth series.

Sat & Sun, July 8 & 9, Sept 9 & 10

9 AM-2:30 PM (2 sessions)

Wed, Aug 2 - 23, or Tues, Sept 5 - 26

6-8:30 PM (4 sessions)

Level E, CMC

\$130, registration required, call 603.626.2626

Birthing Again

This class offers parents the opportunity to give special attention to a pregnancy and birth following other births. Topics include preparing yourself, relationships and siblings for the new baby and changes to come as well as pain coping practices and partner support. Time is provided for processing past birth experiences and their impact on the upcoming birth.

Call for dates.

Level E, CMC

\$40, registration required, call 603.626.2626

CPR and Safety Class for Caregivers of Infants and Children

Learn how to prepare and care for infants and children in emergencies including life threatening situations. Learn about injury prevention, basic life-saving skills, and CPR with a Special Care Nursery registered nurse in a comfortable, relaxed environment. This program is appropriate for expectant parents or parents and caregivers of infants and children up to the age of 8. This is a non-certification class.

Sun, Jul 23, 9:30 AM - 12:30 PM

Sun, Sep 17, 9:00 AM-12:00 PM

\$20 per person, registration required, call 603.626.2626

Caring for you.

With heart.



Parenting Your Newborn

This program helps prepare parents-to-be and new parents for the physical and emotional needs of their baby and their own experience as parents. Topics include normal newborn appearance and behavior, crying and soothing, sleep, feeding, recognizing illness, common concerns and building coping practices. This class offers you an opportunity to explore the expected joys and challenges of parenting, to have open, lively discussions about today's parenting topics and build confidence in parenting your newborn.

Thu, Jul 20, Wed, Aug 30 or Thu, Sep 21, 6-8:30 PM

Level E, CMC

Couples fee: \$40 or \$20 if taken in addition to Preparation for Birth Series.

Registration required, call 603.626.2626

Prenatal Yoga

Join other expecting moms and enjoy the wonderful benefits of yoga during this very special time! This gentle class helps ease the stresses and discomforts of the changing pregnant body while also teaching to quiet your mind and connect with your baby. Prenatal yoga helps keep your core toned, encourages correct posture and balance, releases tension and enhances circulation. Classes help prepare your mind and body for labor and birth.

What to bring/wear: yoga mat, water, comfortable clothing

All stages of pregnancy welcome. No prior yoga experience needed.

Mon, 6:15-7:15 PM

Level E, CMC

\$50 for 6 week session or drop in \$10 per class, ongoing.

Registration required, call 603.626.2626

Becoming A Big Sister Or Big Brother

This class prepares children, ages 2 to 6 to become new big siblings. They will receive a warm welcome to The Mom's Place including a tour especially for them. Siblings-to-be will learn what to expect at the hospital and at home, make a hand print and take home a keepsake certificate. Children are welcome to bring a doll or stuffed animal to join them.

Sat, Jul 22, 2-3 PM, Sun, Aug 6, 2-3 PM or Sun, Sep 17, 2-3 PM

Level E, CMC

Family fee: \$10. Registration required, call 603.626.2626

Lactation Services

Officially designated Baby-Friendly™ hospital, CMC offers one-on-one education and encouragement for new moms before the birth, during the hospital stay and after going home.

FREE. Lactation Line is 603.663.6686. For after hours or weekends, call the Mom's Place at 603.663.6667

A Mother's Journey: A Group for Growing Moms and Babies

This weekly program provides support for new moms as they begin or continue on their parenting journey. Each week focuses on a different topic that is important to moms in our community and culture, including postpartum emotions. Join us to talk, listen and be in a nurturing environment. Light refreshments will be served. Infants up to crawling are encouraged to join their moms.

Special Care Nursery Classroom, Level E.

Mondays, 1- 2:30 PM

FREE, registration required, call 603.626.2626



CATHOLIC MEDICAL CENTER

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Women's Health Forum 2017

Saturday, October 21

8:45 AM - 3:15 PM

Puritan Conference Center

Join us for a rejuvenating and informative day in a joint effort by Catholic Medical Center and Dartmouth-Hitchcock Manchester.



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be inspired

Taking Care of #1

Women's Health Forum
10-21-17

Begin With Yes

Paul Boynton, President & CEO

The Moore Center (9:45 AM)

Learn how to be positive and optimistic while grounded in reality. As the author of several books, Paul is a source of inspiration for millions who are taking steps toward a more meaningful life.

Maintaining the Flow

Patricia Furey, MD, FACS

CMC (11 AM)

This session will discuss prevention and treatment of vascular disease in women and why good blood flow is an important part of your body's overall function and health.

Evolution of the American Diet: How to make it healthy again

**Laura Wolfer-Dunwoody, BA, MS, MA,
Certified Health Coach**

(1 PM)

Learn about the major historical events that shaped today's Western diet, what our bodies are and are not adapted to eat, and how eating the right foods can work with our biology to make us leaner and healthier.

Coping with the Ups and Downs: How hormones influence our moods

Claire Fisher, CNM, APRN

Dartmouth-Hitchcock (2 PM)

From PMS to perimenopause and menopause, fluctuating hormones can greatly affect our moods. This session will give you insight and direction on how to navigate this process.

Fee \$59. Registration required (Space is limited). Call 603.626.2626.

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.



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. ©2017 CMC. All rights reserved.