



A New Kind of Endovascular Care

CMC opens convenient location for vein and vascular health



CMC is excited to introduce Vein & Vascular Specialists, a first of its kind practice in New Hampshire for advanced endovascular care in a comfortable, convenient setting. Whether you're seeking cosmetic treatment for spider veins or diagnosis and therapy for advanced vascular conditions, you'll get expert care from our board-certified physicians and vascular surgeons, who are supported by a team of highly trained nurses and technicians.

Accomplished surgeons Dr. Patricia Furey and Dr. Yvon Baribeau, pictured above, are launching CMC Vein & Vascular Specialists to offer patients the right care in the right place. "It's the best of both worlds," says Dr. Furey, "where patients can have their varicose veins treated by a medically-trained team with the expertise to look at overall health." "At the same time," adds Dr. Baribeau, "patients with complex vascular disease can get hospital-level care for their condition without having to go to the hospital."

CMC's Vein & Vascular Specialists draws together the resources of the world-renowned New England Heart & Vascular Institute (NEHVI) and the Surgical Care Group in a state-of-the-art location at 160 S. River Road in Bedford, opening this spring. The building also houses Bedford Women's Care and the new offices of Derry Medical Group. In addition, NEHVI, the Surgical Care Group, and Manchester Urology are all opening office space at the complex.

Services offered at CMC's Vein & Vascular Specialists include:

- Complimentary vein screenings
- Comprehensive vascular screenings
- Ultrasound and other imaging for the diagnosing diseases of the veins and arteries
- Endovenous laser treatment, radiofrequency ablation, and sclerotherapy for spider veins and varicose veins
- Phlebectomy for varicose veins
- Embolectomy/thrombectomy to remove blood clots
- Surgical and pharmacological treatment of deep vein thrombosis

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CATHOLIC MEDICAL CENTER


a member of GraniteOne Health

Medical News

A New Kind of Endovascular Care, continued from page 1

- Minimally invasive treatment of peripheral vascular disease
- Dialysis access evaluation and treatment
- PICC line and central line insertion for extended medication treatment

Both Dr. Furey and Dr. Baribeau agree that CMC's Vein & Vascular Specialists models the future of healthcare, "and that's why we wanted to open this practice," says Dr. Furey. "We're offering high-quality procedures and treatments at a greater value and in a more convenient setting for the patient," says Dr. Baribeau.

For more information on CMC's Vein & Vascular Specialists, call 603.665.5150, talk to your primary care provider, or visit CatholicMedicalCenter.org. 

Vein Screening Clinic



Your legs can say a lot about your overall health. If you've been wondering about the cause of your varicose veins, aching, itchiness, pain, heaviness and/or swelling in your legs, join the experts at CMC's New England Heart & Vascular Institute for a complimentary 15-minute vein screening clinic.

2nd Thu of the month, 5–6 PM

FREE, to schedule an appointment, call 603.627.1887
Surgical Care Group, 87 McGregor St, Suite 3100, Manchester

What is Your Vascular Health?

Vascular problems can lead to life-threatening conditions like heart attack, stroke and limb loss. Vascular disease occurs when plaque builds up in the arteries and diminishes blood flow. Risk factors include smoking, age and high cholesterol. Symptoms can be hard to detect but most often occur in the legs and may include: trouble or pain with walking, poor wound healing, cool skin or sores on the legs, visual problems, and high blood pressure. A comprehensive vascular screening can help detect potential problems early, so they can be successfully treated or managed.

\$95, to schedule an appointment, call 603.626.2626
Surgical Care Group, 87 McGregor St, Suite 3100, Manchester



Live, Learn, Share – with Heart.

New group offers support for those in heart failure

The first thing you can expect at the Advanced Heart Failure Support Group is hugs – a lot of them – followed by words of encouragement, questions about the unknown, and plenty of laughter. There is a deep sense of caring and camaraderie in the room, which is filled with people at various stages of their heart failure journey, their caregivers, and the heart failure providers of CMC's New England Heart & Vascular Institute (NEHVI).

"Long after we wrap up and the doctors and nurses leave, our patients are still lingering in the hallway talking with each other," says Dr. Robert Capodilupo, the head of NEHVI's Cardiomyopathy Clinic.

Martina Hooley, who received a heart transplant in 2014, is a regular at the support group. She comes with her husband, Bill. He's been her champion over the years, much as she's supported several other patients along the way. Swapping stories, she says, helps people so "they don't feel so alone. They can see that there are a lot of other people like them and that's a comfort for them."

"A patient can ask me all kinds of questions in the office about what it's like to have an LVAD or a heart transplant, but I can't give them the answer they're looking for because I haven't lived the experience," says Dr. Capodilupo. "In a setting like this, patients and their caregivers can ask honest questions and get honest answers."

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Setting Records, Cheering on Patients

CMC employee is a title holder in a unique sport

Tossing a 16-foot wooden pole – a caber toss – weighing as much as 74 pounds can be daunting. But Denise Houseman, MS, has gotten pretty good at meeting that challenge. Houseman is an exercise specialist who works with cardiac rehabilitation patients at CMC and in the Wellness Center. She's also held multiple world titles in Scottish Highland Games, set records in her age groups, and was inducted into the Scottish Masters Athletics International Hall of Fame in 2014.

"I've been at the hospital for 17 years and some of my clients at the Wellness Center have been coming here for more than 20. They'll say, 'Oh, Denise, she's the girl who throws things,'" chuckles Houseman.

Houseman started competing in track and field throwing events in high school. After college, a friend of hers suggested she might be good at the caber toss, one of nine Highland Games throwing events, so she tried it. The rest is record-making history.

"Caber toss is different from anything else you do in the real world," says Houseman. She describes the Highland Games as an athletic competition within a cultural event that's progressed over the years for women. In 2005, only three women competed in the World Championships. Now, there are qualifying standards to compete across multiple age groups.

While the sport is unique, the lessons Houseman has learned through competing in the Highland Games parallel her work with patients. She's had to overcome injuries and setbacks, along with age-related wear and tear on her body. Next, she'll take on the 2018 World Championships in Stuttgart, Germany.

"When I work with clients trying to meet challenges, I understand their frustrations. 5:30 in the morning is not my time of day to be throwing a shot put but I've got to get out there. It's about working to be your best, overcoming the obstacles of injury, and keeping yourself strong and motivated." 🏴󠁧󠁢󠁥󠁮󠁧󠁿



Her day job—Denise Houseman, MS, Exercise Specialist customizes individualized fitness and education programs to help heart patients like Ed Dunbar regain strength and mobility



Medical News

New Year, NEWMI

Year after year, one of the most popular New Year's resolutions is to lose weight. CMC's New England Weight Management Institute (NEWMI) has been helping patients meet their weight loss goals for more than a decade and has grown to become the state's largest surgical weight loss program.

Angela came to NEWMI in 2015. She was dealing with depression after her father's death, extreme weight gain, anxiety, pre-diabetes, and a lifetime battle with yo-yo dieting. She knew she needed to make a change for herself and her family.

"I never thought in my lifetime that I would ever consider weight loss surgery, but I knew I had to finally put me first."

Almost two years after her gastric bypass surgery, Angela is down 107 pounds and living the life that she had always dreamed of living.

"I could not be happier with my decision. I've been able to accomplish things that I was once envious of. I've run marathons, hiked mountains, rode rollercoasters and fit!"

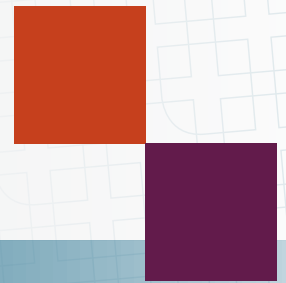
If you've had difficulty achieving your weight loss goals, weight loss surgery may be right for you. Unlike other programs that focus solely on surgery, NEWMI's approach offers individualized guidance and support before, during, and after weight loss surgery to optimize your long-term outcome.

"This is not a cure, it's not the easy way out. It's a lifestyle change that you have to live daily and commit to it in order to be successful. It takes work and some days are easier than others but with determination and drive you can find the person you were meant to be. I'm a NEWMI!"

To learn more call 603.663.7377 or attend one of the upcoming info sessions (details on page 14-15). 



Angela is living her best life after gastric bypass surgery at CMC's New England Weight Management Institute.



Take Control this Year with the Diabetes Prevention Program

Roughly one in three adults in New Hampshire is pre-diabetic and, without intervention, many of them will develop type 2 diabetes. 46-year-old, Chris Wheeler, of Merrimack was one of these at risk adults.

“Dr. Robert Larkin at Webster Street Internal Medicine recommended the Diabetes Prevention Program because I was extremely over weight and my heart was beating much too fast. I knew that I needed to make immediate changes in my life,” he said.

As part of a national effort led by the Centers for Disease Control and Prevention, CMC offers the Diabetes Prevention Program (DPP), which provides the tools to help significantly reduce the risk of developing type 2 diabetes. The Diabetes Prevention Program is lifestyle intervention based.




Chris Wheeler enjoys being able to keep up with his sons after participating in the DPP

“I had always tried different fad diets but they never worked for me long term. This is a lifestyle change. I lost 27 pounds and I am still trying to lose another 25 pounds,” Chris said, “It’s motivational and there are no tricks or gimmicks. It’s learning about yourself and what you

need to do to change your eating and exercise habits.”


Research about the DPP, funded by the National Institutes of Health, showed a 58% reduction in the number of new patients with diabetes overall, and a 71% reduction in new patients for those over age 60. These results were achieved through reducing calories, increasing physical activity, and a weight loss of just 5%–7% of body weight—10 to 14 pounds for person weighing 200 pounds.

If you are at risk for, or currently have, pre-diabetes, The Diabetes Prevention Program is designed to empower you to take charge of your health. Learn more about the next session of the DPP on page 10 and sign up for the next session now by calling 603.626.2626. 

Live Learn Share, continued from page 2

“We’ll celebrate each other’s accomplishments and share important information about what can help them,” says heart failure nurse practitioner Alison Davis, who leads the group. “Questions range from the practical, about medications or devices, to the personal, like whether heart recipients have reached out to their donor families.” When there isn’t an answer of experience, the staff is there to offer expertise.

Bill Hooley leans on the support of NEHVI’s doctors and nurses as much as the other patients and families in the room. “They’re a part of that larger support group, all of the employees here, actually. They got me through and made it not so scary.”

The Advanced Heart Failure Support Group is open to anyone who has been diagnosed with advanced heart failure, including those awaiting or post LVAD procedure or heart transplant. Supportive loved ones are encouraged to attend. The group meets quarterly in the Roy Auditorium, Level C, at CMC. For more information call 603.669.0413. The next gathering is Tue, Feb 5 at 4:30 PM. 



Medical News

Better Nights, Better Days New England Sleep Center helps correct poor sleep

A good night's sleep could be as simple as the right mattress and good habits. Often, however, deep sleep is elusive because of a physical or medical condition. That was the case for Pam Steers of Weare, who went in for a sleep study at CMC's New England Sleep Center prior to having bariatric surgery.

"You go into the sleep center at the Holiday Inn and you meet a bunch of wonderful people," she says.

"Then you get in your jammies, they stick electrodes on you, and they put you to bed. The environment is comfortable, the bed is comfortable. It's a very soothing environment."

The team at the Sleep Center does try to create a soothing environment, but that alone won't solve the problem for most patients. "The goal is to get patients to relax so they can sleep," says Clinical Coordinator Dave Pinsonneault, "but by the time someone comes in for a sleep study, we've usually ruled out environmental factors. There's a medical reason for their tiredness."

According to the American Sleep Association, anywhere between 50 and 70 million Americans suffer from some kind of sleep disorder. CMC's



New England Sleep Center now has two physicians, with pulmonologist Dr. Mark Pohlman joining Medical Director George Neal. Before going in for a sleep study, patients meet with one of them for a consult, complete with a full medical history, an interview of their sleep partner and a look at their bed-time habits.

"The vast majority of patients who come for a sleep study are diagnosed with sleep apnea," says Pinsonneault. "There are other conditions, too, that can impact a person's sleep, like limb movement or REM behavior disorders. Sometimes, there's more than one issue going on. We'll get to the bottom of it, though. It just may take some time."

Pam was, in fact, diagnosed with sleep

apnea, a condition in which the airway muscles relax to the point of cutting off a person's oxygen when they sleep. She started sleep therapy in December, 2016 with a CPAP machine and an oxygen concentrator and had her bariatric surgery six months later.

While she's got a ways to go, Pam is slowly but surely on her way to better health and rest. "I'm still learning about sleep," says Pam, adding, the

sleep study "is easy. It takes no time and I can't say enough good things about that program." ■■

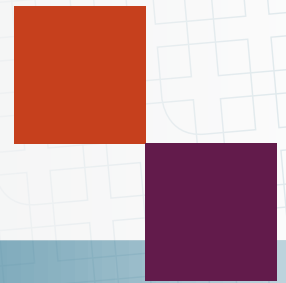
Don't Forget!



**"SPRING AHEAD"
on Sun, Mar 11**

Caring for you.

With heart.



NEW PHYSICIAN WELCOME

Adding new first-class physicians to our medical staff is a direct reflection of how we are invested in you.



Amanda Boutrus, MD
Hospital Medicine



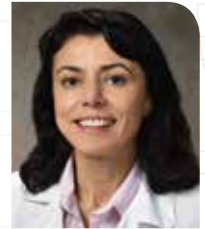
Jamison Costello, DO
Hospital Medicine



Erin Gilligan, MSW, LICSW
Behavioral Health Services



Ghinwa Hassan, MD, FAAFP
Amoskeag Family Practice



Khumara Huseynova, MD
Surgical Care Group



Elizabeth Katsikides, APRN, AGACNP-BC
Surgical Care Group



Lisa Lavarnway, FNP-C
Family Physicians of Manchester



Uzma Naaz, MD
Hospital Medicine



Daniel Perli, MD
Hospital Medicine



Laurence Young, MD, FACS
Surgical Care Group

WE'RE GROWING!

CMC is growing to provide you even better and more convenient care! We've embarked on a series of renovations to the hospital that include a new, 10-bed intensive care wing; a new, 10-bed observation unit for patients who need monitoring but not admission to the hospital; and a new suite for our non-invasive cardiology office. In addition to these spaces, we're also extending our skybridge so that patients and visitors crossing over from the parking garage can access the upper floors of the hospital without having to go to the main level lobby first. We're also renovating our Emergency Department waiting room, which will soon connect to the main lobby via a new hallway.

While this is a disruptive project, we are doing our best to minimize the impact to you. We apologize for any noise or



inconvenience you may experience when you visit the hospital. If you're coming to CMC, please pay attention to the orange and white signs directing you around construction areas. Also be sure to check our website to keep up on the latest construction news!

Grow With Us!

More people are trusting CMC with their care than ever before – which is why we're not only renovating but hiring, too! If you're looking for a healthcare job at a highly-acclaimed, mission-driven organization with deep community roots, we want to hear from you. Clinical and non-clinical positions are available across the CMC system. For more information, please visit [CMC.jobs](https://www.cmcjobs.com). 🇺🇸

■ Philanthropy

14th Annual CMC Gala Benefits Maternal and Infant Health Services



Enjoying the CMC Gala together are representatives from GraniteOne Health: CMC, Monadnock Community Hospital (Peterborough) and Huggins Hospital (Wolfeboro).

More than 300 guests enjoyed an October evening at the Manchester Country Club, raising more than \$200,000 in support of Maternal Health and Infant Services at CMC. Through this annual event, generous sponsors and donors have invested more than \$2 million in prenatal care, family educational programs, staff training, lifesaving equipment and innovative clinical programs.

As a part of the evening, long-time CMC friend Adele Boufford Baker was given the Charles F. Whittemore Award, which recognizes a person or group that has played a major role in carrying out the hospital's mission of health, healing and hope to all. In addition to serving on the CMC Board, Adele has been a leader in the local community since the 1970's.

Thank you to everyone who came out this year and to our incredible sponsors:

Signature Prenatal Care Sponsor
The Flatley Foundation

Print Sponsor
Spectrum Marketing Companies

Dessert Sponsor
Bedford Ambulatory Surgical Center

Production Sponsor
Aqueduct Technologies, Inc.

Pregnancy Care Center Mission Sponsor
The Botnick Family Foundation

Table Wine Sponsor
Carpineto Winery

Charles F. Whittemore Award Sponsor
Devine, Millimet & Branch

Cocktail Reception Co-Sponsors
Harvey Construction Corporation
Lavallee|Brensinger Architects

Centerpiece Sponsor
Triangle Credit Union

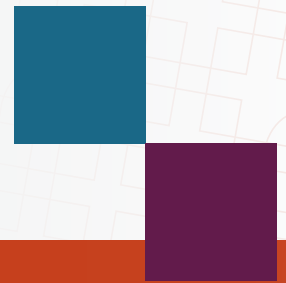
Espresso Bar Sponsor
St. Mary's Bank

Private Cocktail Reception Hors d'oeuvres Sponsor
EVR Advertising

Design Sponsor
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Joseph Pepe, MD, CMC President & CEO; Adele Boufford Baker, winner of the 2017 Charles F. Whittemore Award; Gayle Whittemore, widow of the late Charles F. Whittemore, and Dr. Sylvio Dupuis, former CMC President and CEO, at the October 20, 2017 Gala.



CMC Gift of Heart Yields \$185K for the Community, CMC Patients and Employees



Thanks to the generous support of 350 CMC medical staff and employees, the 2017 CMC Gift of Heart Employee Giving Campaign has raised more than \$185,000. This is an increase of \$82,000 and a 2% increase in participation over last years campaign.

Donor support makes a tremendous impact on CMC and the community programs benefitting from the Granite United Way. CMC employees designated their gifts accordingly:

- **Granite United Way** – \$99,400 (with \$1,800 designated back to CMC)
- **CMC Capital Fund** – \$13,600 – supports the purchase of new equipment and technologies
- **CMC General Fund** – \$30,000 – supports Caring for Coworkers and CMC’s area of greatest need
- **BeWell Cancer Survivorship Program** – \$6,800 – supports the mind, body and spirit of patients diagnosed with cancer
- **Community Emergency Support** – \$3,300 – purchases cardiac and other equipment to be donated to community first responders to improve in-transit care
- **Hope and Healing Fund** – \$12,900 – supports a new program to help qualified patients in need of medical equipment, transportation, medical supplies or medication
- **Maternal Health Services** – \$4,500 – supports patient care and programs
- **Medication Assisted Therapy Programs** – \$3,000 – provides recovery support for patients suffering from substance use disorder
- **Poisson Dental Facility** – \$4,100 – provides dental care for uninsured or underinsured children and adults
- **Reach Out and Read Program** – \$2,800 – provides books for children aged 6 months to 5 years at well child visits at CMC practices
- **Staff Education Scholarships** – \$3,500

Save the Dates

- **Pink in the Rink** – Saturday, February 10, 6 PM. The Manchester Monarchs team up with CMC to raise funds to help fight breast cancer at the SNHU Arena.
- **CMC Donor Recognition Event** – Thursday, March 22 at Manchester Country Club. Invitations will be mailed to those who donated \$100 or more to CMC during 2017.
- **CMC Wine & Beer Tasting** to benefit CMC’s Poisson Dental Facility – Thursday, May 24
- **CMC’s Golf Classic** to benefit the New England Heart & Vascular Institute – Wednesday, June 6

Giving to CMC is Easy!

Donor support makes it possible for CMC to do more for our patients and our community. We hope you’ll consider a tax deductible gift to CMC. Just visit CatholicMedicalCenter.org and click on Giving at the top of the page. Be part of CMC’s mission of providing health, healing and hope by naming CMC in your will or estate plan. Please contact Jennifer Higgins Pitre at Jennifer.Pitre@cmc-nh.org or 603.665.2569 for more information.



CATHOLIC MEDICAL CENTER

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Health & Wellness

Health Enrichment

Payment is due at time of registration

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, Jan 22 or Mar 12, 9 AM–4 PM
195 McGregor St, Lower Level, Suite LL22
\$20 (\$5 discount to AARP members)
Registration required, call 603.626.2626

You Can Prevent Type 2 Diabetes!

If you are at risk for, or currently have pre-diabetes, The Diabetes Prevention Program is designed to empower you to take charge of your health. You'll meet with trained CMC lifestyle coaches for 16 weekly sessions and eight monthly sessions where you will learn ways to incorporate healthier eating, physical activity, and stress reduction into your daily life. To qualify for this program you must be at least 18 years of age and meet one or more of the following:



- Overweight
- Have a fasting blood sugar of 100-125 mg/dl
- Have an A1C of 5.7 to 6.4%
- Been told by your health care provider that you have pre-diabetes, high blood sugar or are at risk for developing diabetes
- Have a history of high blood sugars during pregnancy

This program is not designed for those who already have diabetes. To see if you are at risk for developing diabetes, complete the CDC pre-diabetes screening test at:

www.cdc.gov/diabetes/prevention
195 McGregor St, Lower Level, Suite LL22

registration required, call 603.626.2626 for more information

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. Betsy Angelakis, MD will attend one of the sessions to discuss the low dose CT Lung Screening Program at CMC and why early diagnosis of lung cancer is so important.

Tue, Jan 23–Mar 6, 6–7:30 PM or

Tue, Apr 10–May 22, 6–7:30 PM

G5, Level G, CMC

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

FREEDOM 
FROM SMOKING®

 **AMERICAN LUNG ASSOCIATION.**

Youth Mental Health First Aid

Youth Mental Health First Aid is an eight hour public health education program which introduces the participants to unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge. This program is recommended for those who have contact with young people ages 12–18 including teachers, coaches, social workers, parents, etc. Attendance at both sessions required.

Wed, Feb 7 & Feb 14, 8:30 AM–12:30 PM

195 McGregor St., 3rd Floor, Suite 320

\$25, registration required, call 603.626.2626

Caring for you.

With heart.

Oh My Beating Heart!

If you are like most people, when you think of Heart Month, you think Valentine's Day, roses, chocolates and loved ones. But do you ever think about celebrating your heart health? This year, join us as we share the love for our hearts, and learn what it takes to keep it right on ticking! Jonathan Eddinger, MD, FACC, Michelle Ouellette, MD, FACC, FSCAI, and Stephen Hanlon, MD, FACC, will discuss the prevention and treatment of coronary artery disease, and the management of heart failure syndrome. A heart healthy dinner will be served.

Tue, Feb 13, 6–8 PM

Southern NH University

FREE, registration required, call 603.626.2626



Jonathan Eddinger,
MD, FACC



Michelle Ouellette,
MD, FACC, FSCAI



Stephen Hanlon,
MD, FACC

Blood Drive

CMC is hosting a blood drive in cooperation with the American Red Cross.

Fri, Mar 9, 10 AM–4 PM

Roy Auditorium Level C, CMC

Call 603.626.2626 or visit redcrossblood.org to make an appointment. Walk-ins welcome.

Healthy, Wealthy and Wise: What's Your Money Personality?

How do you relate to money? Do you see it as a source of freedom or anxiety? Do you ever talk about money with friends? Are you a saver or a spender? Identify your money personality to better understand and improve your relationship with money.

Wed, Mar 21, 6–7:30 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

Headaches Be Gone!



Joseph Ullman, MD

Are you one of millions of people who suffer from headaches including migraine, cluster, or sinus headaches? Join Joseph Ullman, MD to learn about a minimally invasive, virtually painless procedure called SPG (sphenopalatine ganglion) block for the treatment of headaches.

The sphenopalatine ganglion is a group of nerves near the nose cavity that sometimes causes migraine,

face and head pain. An interventional radiologist can deliver concentrated lidocaine, a pain reliever, directly to this group of nerves in a procedure that takes about 20 minutes. Relief is often immediate, lasting, and has virtually no side effects or complications.

Mon, Mar 26, 6–7 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 cardiovascular risk. 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 2.



CATHOLIC MEDICAL CENTER

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Health & Wellness

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 eNewsletter, 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

A support group for brain injury & stroke survivors, their family members, and their care givers. This 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

Holistic Health Series

Eating for a Healthy Immune System: Quick and Tasty Take and Go Meals

It can be difficult to make food choices that support a healthy immune system, especially when our days are packed full with other commitments. The right planning can help make healthy eating easy. Join Hannah Greulich, RD, who will discuss evidence-based dietary guidelines that can help prevent chronic disease, and present tips and tricks on how to incorporate these guidelines into our everyday lives. We'll provide examples of easy to make on-the-go meals, and review recommendations on what to look for when eating out.

Tue, Jan 30, 6–7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

Essential Oils 101—The What, Why and How!

Essential oils have become very popular and are popping up everywhere. If you are curious about how these aromatic liquids can be used as an important wellness tool, then this class is for you. Discussion will include what essential oils are, why you may choose to use them, and how they are typically used.

Tue, Feb 6, 6–7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

Stress Less with Mandala Art

Mandalas have a long history of invoking the relaxation response and reducing anxiety. Creating mandalas allows the brain to enter a peaceful state by focusing on drawing and coloring the geometrical



shapes promoting calm and centering. Join us for a fun and relaxing evening and allow your creative juices to flow.

Tue, Mar 6, 6:15–7:45 PM

Roy Auditorium Level C, CMC

\$5, registration required, call 603.626.2626

Pelvic Floor Rehab for Women: More than Just Kegels

The pelvic floor is made up of muscles that control bladder and bowel function. If the muscles of the pelvic floor begin to weaken or tighten up, a variety of painful or undesirable symptoms may occur. Pelvic floor rehabilitation is a non-surgical approach to treat dysfunctions of the pelvic floor that may contribute to bowel or bladder incontinence, sexual health, and pain complaints. Evaluation and treatment consist of behavioral strategies, manual therapies, modalities, therapeutic exercise, education, and functional re-training. Join Beth Doucet, PT, DPT, to learn how pelvic floor rehabilitation can help improve pelvic function and reduce pain.

Wed, Mar 14, 6–7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

Caring for you.

With heart.

Hypnosis for Smoking Cessation

Hypnosis is a powerful technique that fine tunes your attention and impacts positively on 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

Fitness

Parkinson's Dance Class



Join us for specialized dance classes that empower people with Parkinson's disease to explore movement and music in a safe and creative environment. Dance has proven to be beneficial in addressing Parkinson's specific concerns such as balance, flexibility, and coordination. The classes are open to the participants, their friends, family, and caregivers. No dance experience necessary.

Tue, Weekly, 1–2:15 PM

195 McGregor St., Lower Level, Suite LL22

\$40 (8 weeks), registration required, call 603.626.2626

Couch to 5K Challenge

Have you always wanted to participate in a 5k (3.1 mile) race but didn't know where to start? Are you up for a challenge and ready to get fit? If you answered yes to either of those questions, we're here to help you achieve your goal! Join CMC and Runner's Alley for 9 weeks of training to help you prepare to run or walk a 5k race. We will train together twice per week and you will train once per week on your own. We'll provide plenty of encouragement along the way and at the end of the training program we'll complete a 5k race together. Participation limited to persons age 14 and older. 14 to 17 year olds must be accompanied by a parent at all trainings and on race day. All participants will receive a team race day shirt. Proceeds will support community wellness programs. No refunds will be given after the start date.

Mon & Thu, Apr 9–Jun 7, 5:30–6:30 PM (race day, Jun 10)

\$75 (race fee not included), registration required, call 603.626.2626

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. Participants should be able to get up and down from the floor with ease throughout the class.

Thu, Jan 4–Mar 22, 12–12:45 PM

195 McGregor St., Lower Level, Suite LL22

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

Get Fit Boot Camp

This great interval training workout is designed to help you build strength and cardiovascular endurance using weights and aerobic conditioning exercises.

Thu, Jan 4–Mar 22,
5:30–6:30 PM

195 McGregor St., Lower Level, Suite LL22

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



Health & Wellness

Yoga 101

In this beginner level class you will learn basic yoga postures and how to modify them as needed. 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. Participants should be able to get up and down from the floor with ease throughout the class.

Tue, Jan 2–Mar 20, 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 increase flexibility, gain physical and mental strength, and improve overall feelings of health, vitality and peace. This gentle yoga series is a slower-paced class with a focus on stretching postures and gentle flows. You will be guided through a variety of postures, moving between sitting, standing and laying down, using props as needed. Participants should be able to get up and down from the floor with ease throughout the class.

Tue, Jan 2–Mar 20, 3:45-4:45 PM or

Tue, Jan 2–Mar 20, 6:30-7:30 PM or

Wed, Jan 3–Mar 21, 5:45-7:00 PM or

Thu, Jan 4–Mar 22, 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. Participants should be able to get up and down from the floor with ease throughout the class.

Mon, Jan 8–Mar 26, 6:45–7:45 PM, \$67.50 (9 weeks), no class 1/15, 2/19

Wed, Jan 3–Mar 21, 4:00–5:00 PM, \$90 (12 weeks)

195 McGregor St., Lower Level, Suite LL22

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, Jan 2–Mar 20, 5:30-6:30 PM or

Thu, Jan 4–Mar 22, 3:45-4:45 PM

195 McGregor St., Lower Level, Suite LL22

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

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 a multitude of health issues as it relates to nutritional needs 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 gastro-intestinal 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

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Surgical Weight Loss Options at the New England Weight Management Institute

If you've had difficulty achieving your weight loss goals, weight loss surgery may be right for you. Our experienced surgical team has performed more than 2,400 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session.



Tue, Jan 2, Wed, Feb 7, or Mar 7

Roy Auditorium Level C, CMC

Registration required, call 603.663.7377

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

Achieve rapid weight loss with OPTIFAST®'s 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 that 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 1. Get consistent results with easy to follow meal plans. Only pay 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, Jan. 3, 17; Wed, Feb. 7, 21; or Wed, March 7, 21 5:30–6:30 PM
The New England Weight Management Institute, 769 South Main St., 3rd Flr., 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, 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

Divine Mercy, Peterborough, to be determined

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

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

Sacred Heart Church, 3rd Mon, 8:45–10:30 AM

St. Andrew's Episcopal Church, 1st and 3rd Tue, 8–9 AM

St. Anne-St. Augustine Parish, 2nd or 3rd Tue, 10:30–11:30 AM

St. Catherine of Sienna, Wed, 11 AM–12 PM

St. Elizabeth Seton, Bedford, 1st and 3rd Tue, 8:30–10:30 AM

St. John the Baptist, Suncook, Mon, 9–11 AM

St. Joseph Cathedral, 1st & 3rd Tue, Senior Group, 10–11:30 AM

St. Lawrence, Goffstown, Tues; 1/9, 1/23, 2/6, 2/20, 3/6, 3/20 at Placid Woods Community Room, 9:30–10:30 AM

St. Matthew's Episcopal Church, Goffstown, Wed, 10 AM–12 PM

St. Pius X Church, 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, call for information.



CATHOLIC MEDICAL CENTER

a member of GraniteOne Health

Health & Wellness

Grief & Loss Support Group

The Grief & Loss Support Group provides a monthly opportunity for anyone who has experienced the death of a loved one to engage in mutual support in a confidential group setting. The group is open-enrollment and people



can attend whenever they wish. Participants need not be members of Immaculate Conception Church. The group is facilitated by a Licensed Mental Health Counselor and will include educational, support, and spiritual components.

Sat, Jan 6, Feb 3, and Mar 3, 10 AM–12 PM
Immaculate Conception, 216 East Dunstable Road, Nashua
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, 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, 1st Mon, 6–7:30 PM
St Lawrence, 3rd Thu, 10 AM
FREE

Chair Exercises

Wed, 10 AM, Congregational Church, Goffstown
Tue, 9:00 AM, 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 Parish Nurse Programs, please call 603.663.8004

BeWell Cancer Survivorship Program

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



At CMC, 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 a quarterly educational and

supportive eNewsletter. To receive a copy, e-mail us at bewellsurvivorship@cmc-nh.org

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
Norris Cotton Cancer Center
FREE, for more information call 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.
Second Wednesday of the month, 3–4 PM
FREE, registration required, call 603.629.8683

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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

Thriving with YogaCaps

A gentle, therapeutic, mat-based yoga class for individuals and their caregivers who have or had 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

Lymphedema Support Group

This group aims to empower, inspire and assist in the needs of patients, caregivers and health care providers faced with all forms of lymphatic issues.

Tue, Mar 6, 5:30–6:30 PM
Breast Care Center, 9 Washington Place, Suite 203, Bedford
For more information or to schedule an appointment, call 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

Vein Screening Clinic

Your legs can say a lot about your overall health. If you've been wondering about the cause of your varicose veins, aching, itchiness, pain, heaviness and/or swelling in your legs, join the experts at CMC's New England Heart & Vascular Institute for a complimentary 15-minute vein screening clinic.

2nd Thu of the month, 5–6 PM
FREE, to schedule an appointment, call 603.627.1887
Surgical Care Group, 87 McGregor St, Suite 3100, Manchester

Vascular Screening

The New England Heart & Vascular Institute (NEHVI) offers extensive vascular screening services in our state-of-the-art IAC Accredited Vascular Lab facility.

Vascular problems can lead to life threatening conditions like heart attack, stroke and limb loss.

Vascular disease occurs when plaque builds up in the arteries and diminishes blood flow. Risk factors include smoking, age and high cholesterol. Symptoms can be hard to detect but most often occur in the legs and may include: trouble or pain with walking, poor wound healing, cool skin or sores on the legs, visual problems, and high blood pressure.

\$95, call 603.626.2626 to schedule and appointment
Surgical Care Group, 87 McGregor St, Suite 3100, Manchester

Functional Movement Screening

This 30 minute screening with specially trained physical therapists will utilize seven movement tests to assess mobility and stability, along with observation of muscle imbalances. Also included 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

Lung Cancer Screening

Lung cancer is the number one cause of cancer related death in the US and the world. Lung cancer kills more women than breast, ovarian and uterine cancer combined, and more than prostate cancer for men.

If you are aged 55–77, have a 30 pack year smoking history, currently smoke or have quit within the last 15 years, you may be eligible for a FREE lung cancer screening.

Check with your provider to see if you qualify or call 603.663.5219 for more information.



CATHOLIC MEDICAL CENTER

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Health & Wellness

Patient Assistance Services

Breast and Cervical Cancer Screening

Free breast and cervical cancer screenings for women who meet certain requirements.

Breast Care Center, 9 Washington Place, Suite 203, Bedford
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. CMC staff will assist 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.

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 month, 6:30–8 PM

ACR Conference Room, Level G, CMC

FREE, registration required, call 603.626.2626

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, and explore our birthing suites. We look forward to welcoming you!

FREE, registration required, call 603.626.2626

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.

Tue, Feb 6 or Mar 6, 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 and locations.

\$40, 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. Refreshments are provided. A tour of The Mom's Place and birth suites is included in this in depth series.

Sat & Sun, Jan 13 & 14, or Feb 10 & 11, or Mar 10 & 11

9 AM-2:30 PM (2 sessions)

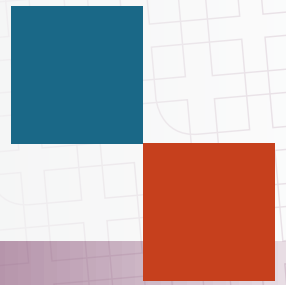
Tue, Jan 9–30, or Wed, Feb 7–28, or Tue, Mar 6–27

6–8:30 PM (4 sessions)

\$130, registration required, call 603.626.2626

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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 and locations.

\$40, registration required, call 603.626.2626

Becoming A Big Sister Or Big Brother

This class prepares children, ages two to six, 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, Jan 6, Feb 3 or Sun, Mar 4, 2:30–3:30 PM

Level E, CMC

Family fee: \$10. 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.

Sat, Feb 3, 9:30 AM–12:30 PM

\$20 per person, registration required, call 603.626.2626

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, Jan 18, Feb 8 or Mar 8, 6–8:30 PM

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

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

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.

Mon, weekly, 1–2:30 PM

FREE, registration required, call 603.626.2626



CATHOLIC MEDICAL CENTER

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Manchester NH 03102

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Call CMC's Access Line at
603.314.4750 or visit
CMC-PrimaryCare.org to
make an appointment today.

GraniteOne Turns One

GraniteOne Health, an affiliation of Catholic Medical Center in Manchester, Huggins Hospital in Wolfeboro, and Monadnock Community Hospital in Peterborough, is celebrating its first anniversary! Since coming together in January, 2017, the three hospitals have been working to increase access to high-quality, well-coordinated care across the state.

Under GraniteOne Health, each hospital is maintaining their trusted and dedicated community presence, while collaborating to enhance the services offered in each community. In the last year, we've jointly hired physicians and shared an increased number of specialists and hospitalists with Monadnock Community Hospital. This means more expertise at the local level.

Behind the scenes, GraniteOne Health has been working to establish a seamless coordination of care between hospitals. This year, CMC and Huggins Hospital will begin the transition to a single-platform electronic medical record (EMR) system and launch a new patient portal, FollowMyHealth. These tools will give patients more ways to communicate with their care team and help them be more informed and involved in their care.

2018 will bring exciting developments for our communities, including telemedicine technology to help increase access to expert care in areas like stroke and neurology. To find out more about GraniteOne Health, visit GraniteOneHealth.org.



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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