

On Top of the World

Conquering Cardiac Rehab & Mt. Fuji

Howie Wheeler always wanted to scale Mount Fuji in Japan. It's been a "bucket list" item for 30 years, dating back to his days as a U.S. Navy pilot. Wheeler visited Japan four times and was always struck by the beauty of the mountain.

But life had other plans. Howie continued his Navy career while he and his wife raised their family of three daughters, and Mt Fuji faded to a far-away dream.

A near-death experience brought the dream back into focus. "I thought I had no limitations, because I had always been reasonably fit and followed a good diet," says Wheeler. "What I didn't understand was I had life-threatening cardiovascular disease."

In June of 2013, Howie was mowing his lawn, and nearly passed out. "Next thing you know, my doctor tells me I needed coronary artery bypass graft surgery because of serious plaque build-up in my heart," says Wheeler. He was immediately admitted to CMC, where doctors performed cardiac arterial bypass graft surgery. "I was out of intensive care in a day, in recovery for a week and then discharged," explains Wheeler.

Every day he felt noticeably better. Howie was pain free and quickly gaining strength. Post-surgery, he was enrolled in CMC's cardiac rehab center, where he performed light exercises for eight weeks



Coronary artery bypass surgery survivor Howie Wheeler achieves new heights on Mt. Fuji.

under the watchful eye of nurses and trained exercise specialists.

"He was a poster child for cardiac rehab, that is for sure," recalls Mary Kay Smith, of CMC's Cardiac Rehab Center, who helped with Wheeler's post-op recovery. "Howie is amazing, he had the best attitude."

CMC has a three-phased approach to helping patients facing heart surgery. Phase one is a teaching phase, and occurs when patients are still in the hospital. They learn about the procedure and what to expect in recovery and discharge.

Phase two is the Cardiac Rehab Program. Patients return to CMC to exercise in a closely monitored environment as they recover. "It is a safe place for people to go," says Smith. "We have nurse specialists, an exercise physiologist and a dietician. Our patients are monitored as they workout to ensure if there are any problems, we can respond immediately." Patients learn about diet, exercise and stress management in one-on-one instruction. The six to eight-

week program is designed to return patients to normal activity.

But Howie had bigger plans. Mount Fuji beckoned. "The cardiac rehab program was really a deal maker for the trip," says Wheeler. "I always wanted to go, but now I had the energy to do it. Howie met with CMC nurses and shared his idea. The response: "Mary Kay urged me to join the CMC Wellness Center, which is known as phase three of cardiac recovery," says Wheeler. "I was reluctant, but she reminded me it was free for two weeks, so I said, why not?"

Howie calls that the best decision he could have made. He started with light aerobics and soon added work on a rowing machine. He walked on a treadmill with 15% elevation to prepare for climbing. Later, Howie added strength training to build his upper body.

This type of activity lies at the heart of CMC's third phase of cardiac care. Patients are encouraged to enroll in the

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wellness center, so they do not lose the progress they gained in rehab. The same staff will rotate through all phases with patients, so there is always a familiar face. "We are pretty much like a family at the center," explains Smith. "All of us encouraged him as he prepared for his trip. Howie is so positive; we knew he could do it."

After nine months of training, Howie performed a practice run, hiking the Mount Washington Auto Road last July. "That went extraordinarily well, so I knew I was ready," says Wheeler.

Next stop: Japan. On August 26, Howie arrived at the base station of Mount Fuji; elevation 7,500 feet. He was the oldest member of his hiking party. The first leg of his journey was a five-hour hike straight up to a hut at 11,000 feet. "We spent the night, woke up early the next morning and I watched the sun rise above the clouds and it was breathtaking. It was like an upside-down sunset," says Wheeler.

In a final hour of hiking, Howie achieved his goal. He reached the summit of Mount Fuji, elevation 12,388 feet. A 30-year dream was realized. After 45-minutes of reflection and celebration, he had but one thought, "I gotta get off this thing."

Descending the mountain was much harder, and Howie struggled during the last hour of the three-hour trek down. "My 'up' hiking muscles were ready, but my

'down' muscles were really talking to me," he explains. "I moved along slowly, doing heel-toe steps, one step at a time." His training paid off and he made it down.

Around that time, the phone rang at the cardiac wellness center at CMC. "Howie called me from Japan and said I'm off the mountain," recalls Smith. "That is how much he cares about our program. It was like he was calling home."

"I see myself as a result of my care from the nurses and Mary Kay, and their guidance through the phases of recovery," says Wheeler. "I will do that for the rest of my life." Howie has told his daughters, who live out of state, not to worry about dad because he sees an exercise specialist and cardiac nurse three times a week at the wellness center. "If anything happens I will be well cared for. Everything they do at CMC is wonderful."

As for the next item on Howie's bucket list? The Navy flier briefly looked at Mount Kilimanjaro, but once he saw it was 19,000 feet, the pilot decided to descend in altitude and tackle a smaller feat. "I plan to go to Scotland and climb the highlands area of the country," says Howie. "I'm getting ready and will train at the wellness center."

Howie volunteers for CMC's Caring Hearts Program where he shares his story with patients in the hospital as they are recovering from open heart surgery. For additional information on CMC's Cardiac Rehab and Wellness Center: <https://www.catholicmedicalcenter.org/wellness-center/>.

FEBRUARY IS HEART MONTH

Got Rhythm?

Cause, Risks and Treatment Options for an Irregular Heartbeat

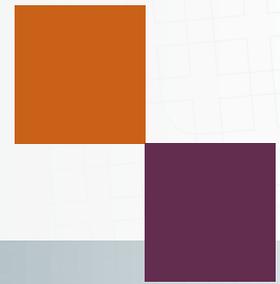
You may have noticed that you have been experiencing an abnormal heart rate or have been diagnosed with Atrial Fibrillation (A-Fib). A-fib puts an individual at higher risk for suffering a stroke. Dr. Connor Haugh FACC, FHRS, Director of Cardiac Electrophysiology, will discuss what causes A-Fib, how it is diagnosed and why it has an associated risk for stroke. Dr. Haugh will present the latest treatment methods available and discuss how to explore your options.

Join us for this free event on:

Tue, Feb 10, 6:30 PM-8 PM

Catholic Medical Center

Registration required, call 603.626.2626



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Awards & Recognition



Baby Friendly

We've always been baby friendly, but now it's official, CMC has been designated a Baby-Friendly™ hospital!

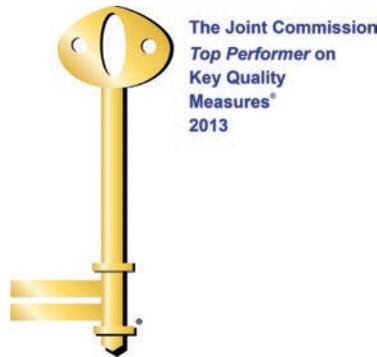
CMC is proud to have received the "Baby-Friendly" designation, from the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF).

This designation recognizes our hospital for offering an optimal level of care for infant feeding and mother/baby bonding.

Accreditation Group Gives CMC 'Top Performer' Status for Third Year

CMC has been recognized as a 2013 Top Performer on Key Quality Measures® by The Joint Commission, the leading accreditor of health care organizations in the United States.

Catholic Medical Center surpassed stringent guidelines for quality and safety in its treatment of heart attacks, heart failure, pneumonia and surgical care.



TRUVEN HEALTH ANALYTICS 



CMC Named One of the Nation's 50 Top Cardiovascular Hospitals

CMC was named one of the nation's 50 Top Cardiovascular Hospitals® for 2015 by Truven Health Analytics for the second year in a row.

"Catholic Medical Center has been recognized by generations of southern New Hampshire residents for its exceptional cardiovascular care and this report shows the community how well we compare to hospitals nationwide based on the most stringent criteria," said Joseph Pepe, MD, President and CEO, CMC. "We are very proud of our results."

Labor Pain on your Mind?

The Mom's Place has Expanded Pain Relief Options

The Mom's Place now offers nitrous oxide as a pain relief option for laboring moms. Nitrous oxide has been approved by the FDA and supported for use by the American College of Nurse Midwives and the Association of Women's Health, Obstetrics and Neonatal Nursing . It is being used across the country for pain relief in labor including in other NH hospitals and has been used in Europe for many years. A version of Nitrous oxide is used widely in dental offices, where most people know it as "laughing gas". The blend that's used for laboring women is different, and does not have the same effect as it is not anesthesia. For use in labor, it is a mixture of 50% nitrous gas and 50% oxygen that is inhaled through a mask that a woman self-administers, as she wishes. The pain may still exist for some women, but with less intensity or a feeling of the pain is not bothering them as much.

Nitrous oxide does not require any additional fetal monitoring or intravenous access (IV). It allows for mobility with appropriate support and can be used in place of or prior to use of an epidural, but the two pain relief practices are not used together. There are no known effects on the baby. Nitrous oxide is cleared from the body through the lungs so as soon as the mask is away from the face; the nitrous effect is gone in a breath or two.

As with any medication, nitrous oxide can have side effects including nausea, vomiting, dizziness, and fatigue. Nitrous oxide cannot be used in some instances including impaired consciousness, in combination with some medications or in women with vitamin B12 deficiency. For more information about the use of nitrous oxide in labor talk with your provider. To learn more about nitrous oxide and other ways of coping with pain in labor, or what to expect in labor, register for the Preparation for Birth series at The Mom's Place (see page 11).

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Breast Care Center Expands to New Location

Offering Safer Mammography and More Tests for All Women

Catholic Medical Center's (CMC) Breast Care Center has moved from the main hospital campus to a dedicated office suite in Bedford Medical Park where it will be the first in the state to offer safer 3-D tomosynthesis technology approved by FDA in September.

CMC is installing the latest, most sophisticated breast imaging equipment available. It is low-dose 3-D mammography called SenoClaire, a GE Healthcare technology.

"While mammography is standard for breast cancer screening," said Connie Campbell, MD, FACS, Surgical Director of Breast Health, CMC Breast Cancer Center, "individual patients have unique circumstances and it is exciting to have available the full spectrum of breast imaging."

At its new location, the CMC Breast Care Center offers standard digital mammography, tomosynthesis (3-D mammography), ultrasound, automated ultrasound and contrast-enhanced mammography. CMC also continues to offer breast MRI.

In April 2015, CMC plans to have available an open breast MRI machine at the Bedford Medical Park. Sophisticated imaging equipment can help reduce call backs, spot abnormalities sooner, and reduce the number of follow-up tests for suspicious test results. In addition, the imaging equipment helps target abnormal areas which require image-guided biopsies.

Mammography uses X-rays to take images of the breast. "Our GE's SenoClaire tomosynthesis reduces a woman's exposure to X-rays while creating unparalleled image clarity in 3-D," said Elizabeth Angelakis, MD, Chief of Breast Imaging, CMC Breast Care Center. "The radiation dose from CMC's 3-D tomosynthesis is equal to a standard 2-D test but with greater detail."

Dr. Angelakis explains that the GE device uses low-dose short sweeps to create pictures of micro-thin layers of the breast. Computer generation compiles the slices to create an interactive 3-D image that she can manipulate digitally on a screen—rotating, zooming and comparing side-by-side images of the mammogram to explore any abnormalities.

Breast density varies from woman to woman. The availability of the full range of imaging will assist practitioners in identifying abnormalities even in the dense breast.



Contrast enhanced digital mammography, a relatively new approach, enhances a breast nodule or lesion on the mammogram. The procedure is used in problem solving a suspicious area on mammography or a palpable lump.

"The mammogram is performed after the injection of contrast, which causes cancer to 'light up,'" said Dr. Angelakis. "This technique allows us to make diagnostic mammography a more powerful and sensitive tool to detect cancer."

"Breast care can be frightening and anxiety provoking," said Janet Maher-Cote, RN, CBPN-IC, Certified Breast Health Navigator, CMC Breast Care Center, who works one-on-one with Breast Care Center patients to understand each test and treatment. "We empower women with information, education, and support to provide a compassionate environment for hope and healing."

The new location for the CMC Breast Care Center is just off South River Road at the Bedford Medical Park, Suite 203, 9 Washington Place, Bedford, NH 03110. Call 603.663.5270 to make an appointment.

The Monarchs Care Foundation and CMC are once again teaming up to raise awareness & funds to fight breast cancer. Come celebrate as our survivors join the Monarchs players for a special ceremony on the pink ice!

Manchester Monarchs Pink in the Rink Sat, Feb 7, 2015 at 7 PM

Verizon Wireless Arena, Manchester, NH

Tickets: manchestermonarchs.com

New Hope for Treatment-Resistant GERD

New Device Offers Hope When Other Treatments Fail

Imagine not being able to bend over and tie your shoes or lie flat in bed without severe digestive discomfort. Chronic gastroesophageal reflux disease (or GERD) interferes with daily life.

GERD causes frequent heartburn, difficulty swallowing, persistent coughing, hoarseness, and even dental problems. Untreated the condition can have serious consequences.

Catholic Medical Center (CMC) now offers the LINX® Reflux Management System when traditional treatments for GERD fail to offer relief. This FDA-approved device helps stop backflow from the stomach into the esophagus.

“LINX® provides equal reflux protection to traditional surgery with fewer side effects,” said Robert Catania, MD, FACS, The Surgical Care Group, CMC.

What is GERD?

The esophagus forms a passageway from the throat to the stomach. An esophageal muscle works as a valve by opening for food to pass into the stomach. When this muscle weakens and fails to open and

close properly, contents of the stomach can rise up into the esophagus causing pain and discomfort.

A New Treatment Option

The LINX® System is placed around the esophagus just above the stomach using a surgical technique called laparoscopy. The device is a small, flexible band of magnetic beads connected by titanium wires that opens during swallowing. Then the magnetic attraction closes the band to reinforce the body’s natural barrier to reflux.

Older surgical approaches leave a tighter grip on the esophagus potentially causing multiple digestive side effects.

“Some produce a fair amount of gas bloat syndrome,” said Dr. Catania. “When a person is unable to burp it causes them to retain air in the stomach, which creates flatulence.”

According to Dr. Catania, people undergoing LINX® treatment retain the ability to burp because the stomach works more normally.

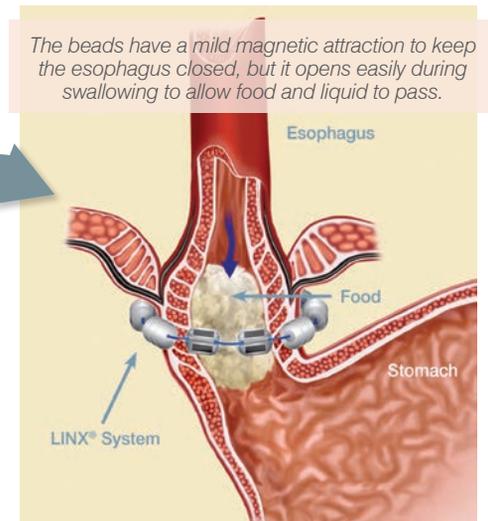
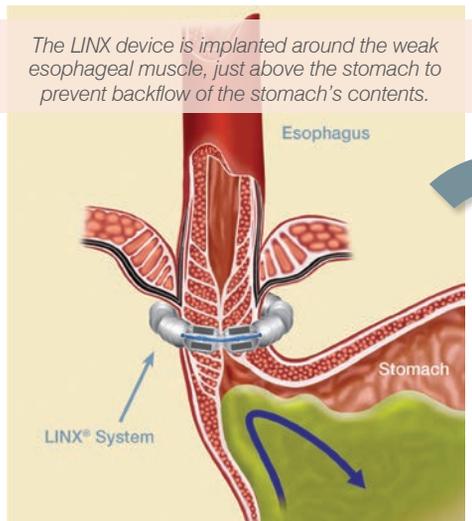


Surgeon Robert Catania, MD, FACS, treats chronic GERD not controlled by medication with a new surgical approach that has fewer side effects than other procedures.

LINX is intended for patients older than 21 years of age whose symptoms have not improved with other medical treatments for GERD. A number of tests help determine if LINX® will offer relief to eligible candidates.

“Everyone who has this procedure undergoes a thorough evaluation to ensure normal esophageal function,” said Catania.

CMC also helps people with GERD make lifestyle changes that also reduce pain and discomfort. For more information on the treatment of GERD, call 603.627.1887.



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All in the Family Running & Rehab

Casey Hecox is fast. The Derryfield School senior is New Hampshire's 2014 Division III Cross Country State Champion. "When I run I feel good," says Hecox. "I like running through trails; to get out and to get into the fresh air. It's a stress reliever for me. It's also about reaching goals and training hard, and running with my friends. I'm pretty competitive, but I'm a nice competitor."

The results speak for themselves. Casey won the same title her freshman year. But in between those titles was a little help from CMC's Outpatient Rehabilitation Center.

Casey is fast, but at five feet, ten and half inches, she is also tall. And she grew a lot in high school. That fast growth created muscle imbalance along with pain and discomfort, so Casey's dad, Mark Hecox, enrolled Casey in CMC's Rehab Center, where they worked with Physical Therapist Lisa Rondeau and her team.

Lisa focused on Casey's lower extremity muscular imbalance. CMC created a program specific to her competitive running needs. "My hamstrings were really tight, so I worked with Lisa mainly

on flexibility and hip weakness," explains Casey. "She helped with the technique and gave me strength exercises. I could almost touch my toes afterward, and I became more flexible and with no pain in my hips within about two weeks of treatment. I felt a real difference in my running."

The CMC program became an important component and part of her training strategy. It matches the family's approach



Runners Mark & Casey Hecox stay healthy with the help of the staff at CMC's Outpatient Rehabilitation Center.

to exercise. "The more consistent you are with training, the better you perform," says Mark. "The most consistent thing you can do besides getting out of bed in the morning is to stay healthy."

Casey Hecox comes from good stock. Her dad, Mark, is a world-class triathlete, who has competed around the world. Casey's mom, Becky is a championship caliber swimmer, who has competed at the highest levels in her sport. Running also provides a unique bond between father and daughter. "We share so much together and I am so thankful," says Mark Hecox. "By creating those experiences,

we have an authentic connection, and she learns certain values that we hold important as a family: courage, integrity, honor, perseverance, taking care of body and mind. I believe if you can go for best effort and have fun doing it, then why not?"

But the family also knows that sometimes the body speaks to you, tells you something isn't right. When you combine high level competition with a teen's growth curve, it's important to listen to what the body is saying. Mark's listened for years. He has worked with the staff at CMC to handle a nagging Achilles tendon pain. The treatments have helped him avoid surgery.

"The entire CMC team is awesome, their efforts help tremendously," says Mark. "Running provides my family a great physical and emotional feeling, and it's nice to be in the kind of shape and condition to do this activity. It's good for the soul."

Casey graduates this spring, and she plans to run cross country while attending college. And both dad and daughter qualified for Team USA at the US Nationals held in Milwaukee last summer. The Hecox duo will compete in the World Sprint Triathlon Age Group Championships in Chicago next September. Of course, CMC will be right there to treat the little aches and pains along the way.

For more information on CMC's Outpatient Rehabilitation Services: <https://www.catholicmedicalcenter.org/rehabilitation/>.

Mark your calendar for these upcoming CMC fundraising events:

**Manchester Monarchs
Pink in the Rink**

Saturday, February 7, 2015, 7 PM

Verizon Wireless Arena, Manchester, NH

Tickets: manchestemonarchs.com

CMC Wine & Beer Tasting Event

Thursday, May 21, 2015

5:30 PM-8 PM

Bedford Village Inn, Bedford, NH

Cost is a donation of \$80.00 per person.

Tickets will be available in February by calling the Development Office at 603.663.6056.

CMC Golf Classic

Wednesday, June 3, 2015

7:30 AM — Registration

8:30 AM — Shot Gun Start

Passaconaway Country Club, Litchfield, NH

Cost per player is \$150.00 or \$600 per foursome. Sponsorship opportunities are also available by calling the Development Office at 603.663.6056.

Healthcare for the Homeless Program

Rock bottom takes on all types of forms. For Maren Martel, it was a small tent in Manchester she called home. She had no possessions, no car, and no job. She lost her apartment when she couldn't afford rent. Maren's only bright spot was her dog, Nova.

"It was a hard life, hard to even sleep at night," recalls Martel. "Life was not good." But it would get better.

While in line at New Horizons shelter awaiting a meal, Maren overheard people talking about the Health Care for the Homeless (HCH) program. It was the opportunity she needed.

After a brief inquiry, Maren visited with a medical provider on site, and was prescribed medication to lower her blood pressure, and some help with her declining eyesight. She also says she received mental health care. "I was finally at peace," says Martel. "And my life started to get better."

For 25 years, the Manchester Health Department and Catholic Medical Center have partnered to provide comprehensive health care for people who are homeless in the Manchester area. The mission of the HCH Program is: "To guarantee access to high quality, comprehensive health care for all people who are homeless in Manchester, in a way that respects their dignity."

"The idea is to be holistic, because being homeless can mean a number of things, like couch surfing among friends' homes, or living in a terribly unstable home environment," explains Kim Kicza-Klasmier, APRN, QI-Clinical Coordinator at HCH program. "And we face challenges well beyond basic health care needs when working with this patient population."

For example, most patients are poor. Most have no income, no phone, no car, and

no health insurance. Many cannot afford medications or public transportation. Some live in the woods or are constantly on the move. These are serious barriers that present added challenges to the provision and coordination of health care.

"When people are homeless, or living in difficult circumstances, their health is not a priority, because they are just trying to survive," says Kicza-Klasmier. "They don't have time to invest in good health, so we step in to try to help them where they are at."

Outreach to patients, combined with charitable care from CMC, have made a difference. Efforts have earned the program national recognition. In Sept, 2014, HCH program achieved official designation as a Level II - Patient-Centered Medical Home (PCMH), by the National Committee for Quality Assurance. This award is an affirmation of HCH program goals: to provide and coordinate comprehensive healthcare and wraparound services, in short to do whatever it takes to improve the health and end the homelessness of every single patient.

At the clinic, HCH team evaluations address medical, mental health and addiction conditions, in addition to assessments for socio-economic, employment and housing needs. There are two primary care clinics located on-site in places where people who are homeless tend to gather: one at New Horizons shelter, and the other at the Families in Transition—Market Street location. In addition, HCH team conducts Nursing Outreach, and offers Behavioral Health Care and Health Education. And through its longstanding professional partnerships, HCH team coordinates access to sorely needed specialty care, when indicated for all patients.

HCH receives grants that allow the program to welcome patients who are

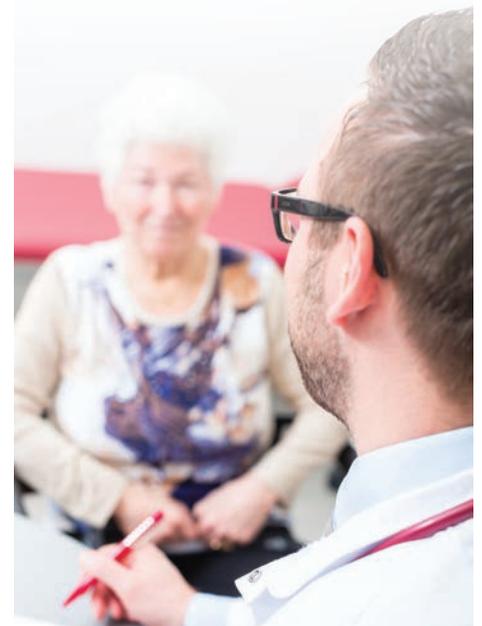
homeless regardless of their ability to pay. By the end of this year, the program expects it will have cared for nearly 1,500 patients.

"At first, a number like that can seem heart breaking, but what is surprising is how much joy you get from results," says Kicza-Klasmier. People are so appreciative. They thank me for treating them like a human being, for caring about them."

Maren Martel says her life change was like night and day. She has an apartment and a roommate, along with her dog, Nova. "I can't put into words how good it is to have a kitchen and a shower of my own," says Martel, who has a part-time job and now serves on the board of directors for the homeless program.

She is trying to pay it forward by helping others rise up from rock bottom. Her advice is simple: "You will get better if you go there."

For more information: <https://www.catholicmedicalcenter.org/community-health/healthcare-for-homeless.aspx>.



Health & Wellness

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Health Enrichment

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 12, Feb 9 or Mar 9, 9 AM-3 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

***\$20 (2 Classes): \$5 discount to AARP members. Registration required, call 603.626.2626.**

2015 Wellness Kick Off

Making New Year's resolutions for a healthier lifestyle may be the right idea but jump starting them and making them achievable might be the tough part. This program offers the opportunity to engage the mind, body and spirit to clarify your personal health goals and make them achievable. Participants will learn skills to de-stress and focus the mind, how to kickoff a personalized exercise program as well as reflection and relaxation techniques that nourish the spirit.

Tue, Jan 13, 1 PM-3 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626.

Taking Charge of Your Fertility... Naturally!

Discover a highly effective way to manage your fertility without drugs or devices of any kind! A woman's body signals when she is entering and leaving her time of fertility. Knowing how to recognize these signs empowers couples to plan their family naturally and helps to identify and treat underlying reproductive disorders.

Tue, Jan 20, Feb 17 or Mar 17

6:30 PM-8 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

FREE educational session (\$20 fee for fertility kit if you enroll in extended program).

Registration required, call 603.626.2626.

Work Life/Home Life: Keeping the Balance and Living Your Life

Managing the balance between everyday responsibilities with family and other commitments with your work can be very challenging. In this presentation you will learn some insight as to how you might manage your time differently and set priorities.

Tue, Jan 27, 6 PM-8 PM

Location: Catholic Medical Center

FREE, registration required, call 603.626.2626.

Married and Loving It!

It's all about communication! Learn new skills to strengthen your marriage relationship. Discover the four love languages, guidelines for sound financial management, sources of anger, conflict resolution and other influences that affect the marriage relationship. Newlyweds to golden jubilee couples are welcome!

Mondays, Feb 2 to Feb 23, 6 PM-8 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

Couples fee: \$25. Registration required, call 603.626.2626.

Got Rhythm?

Cause, Risks and Treatment Options for an Irregular Heartbeat

You may have noticed that you have been experiencing an abnormal heart rate or have been diagnosed with Atrial Fibrillation (A-Fib). A-fib puts an individual at higher risk for suffering a stroke. Dr. Connor Haugh FACC, FHRS, Director of Cardiac Electrophysiology, will discuss what causes A-Fib, how it is diagnosed and why it has an associated risk for stroke. Dr. Haugh will present the latest treatment methods available and discuss how to explore your options.

Tue, Feb 10, 6:30 PM-8 PM

Location: Catholic Medical Center

FREE, registration required, call 603.626.2626.

A Healthy Heart Self-Management Series

A heart attack can occur suddenly but the development of heart disease occurs over a lifetime. In this 2-part series you will learn steps you can take to improve your heart disease risk profile. Skills training will include identifying healthy lifestyle behaviors, communicating with your healthcare provider, managing stress, problem solving and goal setting.

Wednesdays, Feb 18 and 25, 6 PM-8 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626.

Food as Medicine: A Diet for Healing

Most of today's chronic health problems cannot be cured until the diet is fixed. Even though obesity, diabetes, irritable bowel, heartburn, reflux, inflammation, thyroid disorders, autoimmune diseases, etc., are now common, they certainly have not been normal throughout human history. Each two hour motivational food & lifestyle focused session is planned to help you start your personal health journey to first reset your diet, then to rebuild it, and finally achieve a personalized diet & lifestyle that keeps you energized, improves your health and provides graceful aging.

Gut Health: Tue, Feb 24, 6 PM-8 PM or

Thyroid Health: Thu, Feb 26, 6 PM-8 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

Fee: \$19 per session or both for \$30. Registration required, call 603.626.2626.

What You Need to Know About Colorectal Cancer and Other Rectal Disease

Colorectal cancer is the third most commonly diagnosed cancer and the third leading cause of cancer death. The majority of these cancers and deaths could be prevented with proper screening. Join Dr. Leandro Feo, who will discuss screening guidelines and management of colorectal cancer, as well as the diagnosis and treatment of anorectal disorders, including pain, incontinence and rectal or perianal masses.

Mon, Mar 16, 6 PM-7 PM

Location: Catholic Medical Center

FREE, registration required, call 603.626.2626.

Making a Change for Health: Helping Your Mind And Body Work Together to Improve Overall Health

This workshop is designed to introduce you to solution-focused methods and to identify and overcome what may be preventing you from making the changes you want or need to make. We welcome anyone with a new diagnosis or recurring unhealthy habits and patterns that want to change...and are wondering where to start.

Thu, Mar 19, 6 PM-8 PM

Location: Catholic Medical Center

FREE, registration required, call 603.626.2626.

A Healthy Weigh: My 30-Day Blitz

Challenge yourself to a 30 Day Detox from foods, fluids & behaviors that keep you overweight and feeling sluggish. Are you ready for rapid change? If so, A Healthy Weigh 30 Day Blitz is the gateway to your transformation.

Thu, Jan 29 to Feb 19, 5:45 PM-7 PM OR

Thu, Mar 12 to Apr 2, 5:30 PM-6:45 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

Fee: \$69 (4 Week Series). Registration required, call 603.626.2626.

One-on-One With a Healthy Weigh: Four Visit Package

Four individual appointments with a Registered Dietician for weight loss and creating a personalized health supporting lifestyle and household.

Ongoing

Location: Obesity Treatment Center, 769 South Main Street, 3rd Floor, Manchester

Fee: \$249. Registration required, call 663.6931.

Weighing In On Your Weight Loss Options at CMC

Learn about nutritional options for weight loss and long term weight maintenance.

Ongoing

Location: Obesity Treatment Center, 769 South Main Street, 3rd Floor, Manchester

FREE, registration required, call 663.6297.

Optimistic Lifestyle—Partial Fast Program

Weight management is an ongoing process requiring intermittent behavioral, nutritional and exercise intervention. Persistence, not perfection, is the key. This flexible program involves some OPTIFAST® meal replacements and some of your own healthy food.

Location: Obesity Treatment Center, 769 South Main Street, 3rd Floor, Manchester

FREE weekly weigh-ins. Fee for food products varies.

Registration required, call 603.663.6297.

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

Have you repeatedly lost and regained the same pounds? There is more to losing weight than just dieting. Nutrition, behavior and exercise are the keys to successful weight management. CMC's medically supervised rapid weight loss program is here for you. Pre-screening session is required. Fee: Varies per individual.

Tuesdays, 5:30 PM-6:30 PM

Location: Obesity Treatment Center, 769 South Main Street, 3rd Floor, Manchester

Registration required, call 603.663.6297.

Surgical Weight Loss Options at CMC's Bariatric Surgery Center Of Excellence

If you've had difficulty achieving your weight loss goals, weight loss surgery at our Bariatric Surgical Center of Excellence may be right for you. Our experienced surgical team has performed more than 1,700 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session.

Ongoing.

Location: Catholic Medical Center

Registration required, call 603.663.7377.

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

Location: Catholic Medical Center

Fee: \$115.00.

Registration required, call 626.2626.

Massage

For information, or to schedule an appointment, call 603.641.6700.

Computer Club

Second Thursday of month, 10 AM-11 AM

Location: 195 McGregor Street, Lower Level, Suite LL22. FREE

Retired Men's Association

Third Tuesday of month

10:30 AM -12:30 PM

Location: 195 McGregor Street, Lower Level, Suite LL22.

FREE. For more information, www.nhretiredmen.org

Parish Nurse Program

The CMC Parish Nurse Program is present in 17 local faith communities in the Greater Manchester Area, providing spiritual, physical, psychological and social care to their members and neighbors. Parish Nurses provide a variety of health screenings including blood pressure, hearing and weight screenings, as well as wellness education programs and patient advocacy. The CMC Parish Nurse Program serves people of all ages, and welcomes people of all ethnic and religious affiliations. Find our monthly calendar on the CMC website.

Please find our services at the following locations:

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

603.663.8004

Monday, 9 AM-1 PM, Tuesday-Thursday, 9 AM-3 PM, Closed Friday

Bedford Presbyterian Church, Tuesdays, 9:45 AM-11:15 AM

Blessed Sacrament Church, Wednesdays, 1:30 PM-3 PM

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

1st United Methodist Church, Tuesdays, 8:30 AM-10:30 AM

Immaculate Conception Parish, Penacook, Sundays, 9 AM-10:30 AM

Thursdays, 8:30 AM-10 AM

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

St. Anne—St. Augustine Parish, 2nd Tuesdays, 10:30 AM-11:30 AM

St. Anthony Church, Thursdays, 9 AM-11 AM

St. Elizabeth Seton, 1st and 3rd Tuesdays, 8:30 AM-10:30 AM

St. George Greek Church, 2nd Wednesdays, 9:30 AM-11 AM

St. John the Baptist, Suncook, Mondays, 9 AM-11 AM

St. Joseph Cathedral, 1st Sundays, 9:30 AM-10:30 AM & 11:30 AM-1 PM

St. Matthew's Episcopal Church, Wednesdays, 9 AM-12 PM

St. Pius X Church, Fridays, 8:30 AM-11 AM

St. Raphael's, 3rd Tuesday, 12:30 PM-1:30 PM

Sacred Heart, Fridays, 8:30 AM-9:30 AM

SHINE

Supportive services for older adults.

Wednesdays, 10:30 AM-11:45 AM

Location: St Matthew's Episcopal Church, Goffstown

FREE

Indoor Walking Program

Tue, 9:30 AM-10:30 AM or Wed, 9:30 AM-10 AM

Location: Parish of the Transfiguration

FREE

Health & Wellness

CMC CMC CMC CMC CMC CMC

Chair Exercises

Tuesdays, 10 AM-11 AM

Location: Bedford Presbyterian Church

Tuesdays, 9:30 AM-10:30 AM

Location: St. Elizabeth Seton, Bedford, NH

Thursdays, 9:30 AM-10:30 AM

Location: Parish of the Transfiguration & St. Anthony Church

FREE

Chair Massage

Second Thursday of month, 9:30 AM-11:30 AM OR

Fourth Wednesday of the month, 9:30 AM-11:30 AM

Location: Parish of the Transfiguration

Fee varies.

Knitting Group

Tuesdays, 1-3 PM

Location: Parish of the Transfiguration

FREE

For more information about any of the above Parish Nurse Programs, please call 663.8004.

Cancer Education And Support

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).

Location: Norris Cotton Cancer Center

FREE, appointment required, call 603.629.1828.

Oncology Exercise Program

Our staff will develop a personal exercise program for you to maintain your strength through and beyond your journey with cancer.

Ongoing

Location: The Wellness Center, 195 McGregor St., Lower Level, Suite LL23

Fee varies, registration required, call 603.663.8000.

"I'm A Survivor"

The "I'm a Survivor" group is geared towards those patients who have completed or are living with a long-term diagnosis of cancer.

FREE, for more information, contact the Norris Cotton Cancer Center at 603.629.8683.

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.

FREE, for more information, contact the Norris Cotton Cancer Center at 603.629.8683.

Screenings

Space is limited so please register early.

Breast and Cervical Cancer Screening

FREE screenings for women with limited income, who have no health insurance

or have a high deductible. Registration required.

Saturday, 8 AM- Noon or

Wednesday, 4 PM- 6 PM (Please call for dates)

Location: Breast Care Center, 9 Washington Place, Bedford

To determine if you qualify, call 603.626.2626.

Exercise And Fitness

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 these questions... We're here to help you achieve your goal!

Join CMC and Runner's Alley for nine weeks of training to help you prepare to run or walk a 5k race. We will train together twice per week and you will be required to 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 shirt. Proceeds will support Community Health Services, providing programs to benefit our community. No refunds will be given after the start date.

Mondays and Wednesdays

Apr 6 to Jun 3 (Race Day TBD)

5:30 PM-6:30 PM

Fee: \$75.00 (Race fee not included)

Registration required, call 603.626.2626.

ZUMBA® Fitness Program

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

Mon, Feb 2 to Mar 30, 7 PM-8 PM OR

Tue, Feb 3 to Mar 24, 6:15 PM-7:15 PM OR

Thu, Feb 12 to Apr 2, 5:30 PM-6:30 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

Fee: \$60 (8 weeks). Registration required, call 603.626.2626.

Gentle Yoga

Designed for various fitness levels. A gentle way to experience flowing postures. Poses and sequences will offer many modifications.

Tue, Feb 17 to Apr 7, 3:45 PM-4:45 PM OR

Wed, Feb 18 to Apr 22, 7 PM-8:15 PM OR

Thu, Feb 19 to Apr 23, 10:15 AM-11:30 AM

Location: 195 McGregor St., Lower Level, Suite LL22

Fee: \$60 (8 weeks). Registration required, call 603.626.2626.

The Wellness Center: Achieving Health and Fitness Step-By-Step

Our exercise program is medically supervised by health care professionals. Whether you are a healthy individual interested in prevention, recovering from heart surgery or heart attack, needing to control your diabetes, or blood pressure, manage your cholesterol or have a cancer diagnosis, our staff through

their expertise and support can help you play a major role in your own health and wellness.

Ongoing

Location: The Wellness Center, 195 McGregor Street, Lower Level, Suite LL23

Fee varies. Registration required, call 603.663.8000.

Pregnancy, Birth and Beyond

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

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 and mother's needs. Fee: \$30 or \$15 if taken in addition to Preparation for Birth Series.

Registration required, call 603.626.2626.

Cesarean Birth Class

This program is designed for women who are having a planned cesarean birth or who have a high likelihood for cesarean birth. Discussion involves the preparation for cesarean, expectations and how to actively participate in the process of birth, risks and common fears associated with cesarean birth, postpartum and recovery. Parents are encouraged to bring their own questions and concerns and are given the opportunity to develop decision making tools. A tour of The Mom's Place is included.

Fee: \$30. Registration required, call 626.2626.

Planning for Birth

In this series parents to be are welcomed in a warm and comfortable environment to learn about what to expect in labor, birth and early postpartum. Parents receive educational materials in the mail to review on their own before class and are encouraged to come with questions and concerns to explore throughout the series. This class allows time for parents to learn about all aspects and ways of birth, the hospital setting and themselves including their hopes as well as worries. It builds coping practices and facilitates a deeper connection between the birthing mom and her partner or support person of choice. Classes are capped at five couples to allow for individual attention. Refreshments are provided. A tour of The Mom's Place including an exploration of patient rooms and labor and birth position supports is included in this in depth class.

This class is offered as either a 4-week evening series or a 2-day Saturday workshop.

Fee: \$120. Registration required, call 626.2626.

Preparation for Birth after Cesarean Birth

Learn about unique needs when preparing for birth following a cesarean. This program covers specific topics allowing for time to consider options and gain decision making tools as a part of birth preparation. Women and their birth partners are also encouraged to register for the Preparation for Birth Series.

Fee: \$30 or FREE if taken in addition to Preparation for Birth Series.

Registration required, call 626.2626.

Childbirth Education Reunion

Families who have attended our Childbirth Education classes are invited to reunite with other new families to introduce their newborns to the community. Parents will be guided in sharing their "first birth story" and will take home a keepsake to share with their child for years to come. Light refreshments will be served.

FREE, registration required, call 626.2626.

CPR and Safety Class for Caregivers of Infants and Children

This is a non-certification course designed for parents and caregivers to learn first aid and safety essentials and the basics of CPR. Discuss injury prevention and basic life-saving skills 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.

Fee: \$30 (Fee includes 2 parents or one parent with caregiver).

Registration required, call 603.626.2626.

Parenting Your Newborn

This program helps prepare parents-to-be and new parents of infants up to three months for the physical and emotional needs of their baby. 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 as well as the challenges and to build your confidence in parenting your newborn.

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

Registration required, call 603.626.2626.

NEW! Baby Yoga (six weeks to pre-crawling)

Baby yoga is a class designed for parents and caregivers to take a break from their busy day and connect with their baby. Through gentle guided movement, massage, and song, parents will bond with their infant while encouraging emotional and physical development. Class sessions are laid-back and provide an opportunity to connect with other parents in the community. Soothing crying babies, changing, and feeding during class is the norm! Come join us to relax, have fun, and meet others also adjusting to the new world of parenthood!

No yoga experience is needed! Blankets and yoga mats are provided or bring your own if you prefer.

Fee: \$60 (5 week series). Registration required, call 626.2626.

NEW! Tots Yoga (crawling-36 months)

Tots yoga is a class designed for parents and caregivers to take a break from their busy day and connect with their child in a fun and active way! This class offers a playful environment that uses movement and song to encourage and support their physical and social explorations! Crawlers and walkers move through simple yoga poses while sitting, walking, jumping, and standing [with the assistance of their parents]. Class sessions are laid-back and provide opportunity to connect with other parents in the community. Soothing crying children, changing, and feeding during class is the norm! Come join us to relax, have fun, and meet other parents! No yoga experience is needed! Yoga mats are not used in this class.

Fee: \$60 (5 week series). Registration required, call 626.2626.

The Mom's Place Tour

Want to learn more about having your baby at CMC? Not sure where to go for your prenatal care yet? Are you already settling in with a provider and want to learn more about what to expect during your stay? Explore the birthing rooms with a childbirth education nurse, find out where things are, the essentials about your stay, including what to bring, visitation policies; receive answers to any questions or concerns you may have.

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

Becoming A Big Sister Or Big Brother

This program introduces children, ages 2.5 to 6 to the idea of becoming a new big sibling. They will receive a warm welcome to The Mom's Place and 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 may bring a doll or stuffed animal to join them.

Family fee: \$10. Registration required, call 626.2626.

Community Health Services

Catholic Medical Center reaches beyond the walls of the hospital and into the community, assisting individuals with health information and access to healthcare.

| | |
|--------------------------------------|----------|
| Breast and Cervical Cancer Program | 626.2626 |
| Community Education and Wellness | 626.2626 |
| Fertility Health Education | 663.8706 |
| Healthcare for the Homeless | 663.8718 |
| Parish Nurse Program | 663.8004 |
| Poisson Dental Facility | 663.6226 |
| Advance Directives | 626.2626 |
| Medication Assistance Program | 663.8752 |
| West Side Neighborhood Health Center | 663.5382 |



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Healthcare Resources Call 626.2626

| | | |
|------------------------|--------------------------|-------------------|
| Allergy | General Surgery | Podiatry |
| Ambulatory Medicine | Hematology/Oncology | Primary Care |
| Anesthesiology | 24/7 Hospitalist | Psychiatry |
| Bariatrics | Medicine | Pulmonary Disease |
| Behavioral Health | Infectious Disease | Radiology |
| Breast Health | Laboratory | Rehabilitation |
| Cardiology | Neurology | Sleep Center |
| Cardiovascular Surgery | Neurosurgery | Social Work |
| Colorectal Disease | Newborn Care | Stroke Care |
| Dental | OB/GYN | Surgical Care |
| Dermatology | Obesity Treatment Center | Thoracic Surgery |
| Emergency Medicine | Ophthalmology | Urgent Care |
| • 24/7 Trauma Center | Orthopaedic Surgery | Urology |
| Endocrinology | Pain Management | Vascular |
| ENT (Otolaryngology) | Pathology | Wound Care |
| Gastroenterology | Plastic Surgery | |



gotthefever?
CMC can see you now.

Support Groups Call 626.2626

Aphasia
Breast Feeding Success
Greater Manchester Brain Injury and Stroke Support Group
"I'm A Survivor"
Living with Breast Cancer
Living with Cancer
Living with Loss: A Bereavement Support Group
Mommy and Me
Sleep Apnea Support Group
Survivors of Suicide Loss Support Group
Weight Loss Surgery

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. ©2014 CMC. All rights reserved.

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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