

# Healthy Living

News from Catholic Medical Center

100 McGregor Street Manchester NH 03102

Winter 2017

## What's your why?

### Life's Simple 7

February is Heart Month, a great time to commit to making small changes that can lead to a lifetime of heart health. Catholic Medical Center, as the New Hampshire sponsor of the American Heart Association's (AHA) Life is Why™ campaign, wants to remind you of the AHA's simple seven ways to get and stay heart healthy. These seven people have—you can too!

### Stop Smoking



Laura Browning

cancer. Quitting has been challenging, but Laura says, "I have no plans to go back to it. My mom made me promise I would never go back to it. She's watching over me."

Laura Browning always knew she needed to quit smoking, so she suggested CMC offer a smoking cessation class. That's when this long-time employee "figured I had to put my money where my mouth is." She signed up for the class and quit smoking on May 11, 2016. A week later, she found out her mother had stage 4 lung



Janice Rouleau

Since the surgery, Janice has gone from a size 20-22 to a 4-6, her blood sugar is in check, and she's off blood pressure medication. "The best feeling in the world was when my son put his arms around me and said, 'look Mom, I can touch my elbows!' I wanted to cry."

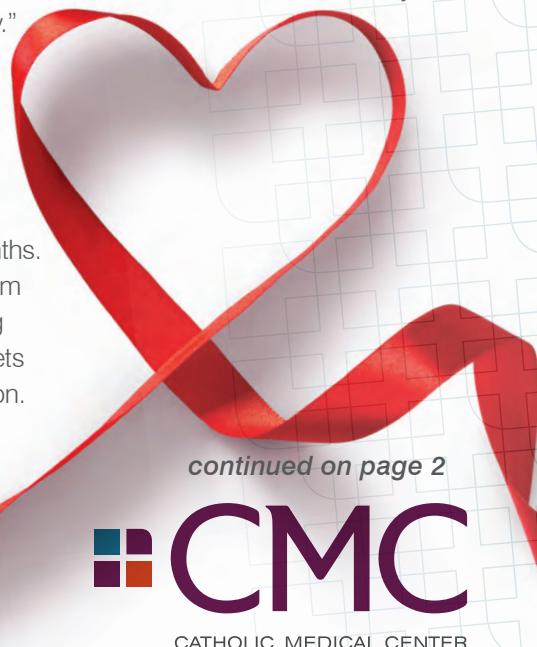
Janice Rouleau has gained so much by losing a lot. Nearly two years ago she had gastric bypass surgery through CMC's New England Weight Management Institute (formerly The Obesity Treatment Center), shedding 135 pounds. She was mentally and emotionally motivated. "I had to be there for my son," she recalls.



Rich Gulezian

### Eat Better

When Rich Gulezian retired last spring, he decided it was time to make a change. "I wasn't too pleased with the reflection in the mirror," he recalls. With exercise at CMC's Wellness Center and dietary guidance from the Outpatient Nutrition Center, Rich lost more than 25 pounds in five months. His pulse, blood pressure and stamina are all improved. "I'm more aware of what I eat and how much I eat. I'm snacking differently, going for fruits and nuts while watching my sweets intake." He still has the things he really enjoys, in moderation. "I'm here now and I want to go a little further."



continued on page 2

**CMC**  
CATHOLIC MEDICAL CENTER

# Medical News

*Life's Simple 7, continued from page 1*



David Betz

started taking medication." Today, David's cholesterol is under control and he no longer goes to the cholesterol clinic. He's also become a runner and, thanks to the encouragement of his exercise instructor, Denise Houseman at CMC's Cardiac Rehabilitation and Wellness Program, now has two half marathons under his belt.

## Control Cholesterol

David Betz admits managing his cholesterol "should have been a priority a long time ago, but I pushed it off and kept saying I was going to manage it with diet and exercise." The wakeup call was a heart attack 13 years ago. "I made a stronger effort with exercise and diet and



Michael McFadden

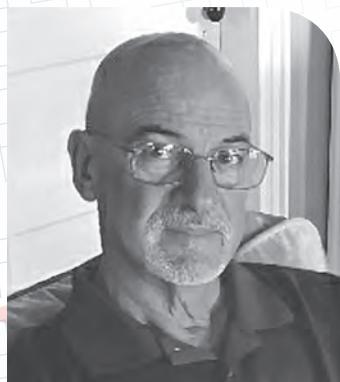
strongly suggested getting into cardiovascular wellness." Twenty years later, Michael still faithfully works out three times a week. With his family history, Michael has, "no intention of stopping. I know the exercise helps and if I wind up with future (heart) events, I want to be physically fit and ready for it."

## Get Active

For Michael McFadden, heart problems run in the family. In the 1990s, both he and his twin brother had stents put in and his older brother had triple bypass surgery. "While recovering (from surgery) a person from CMC called me and



James Wayman



## Manage Blood Pressure

David Proulx and his wife have always been fairly active people, but three years ago David was beset by atrial fibrillation—AFib and high blood pressure. "I couldn't even cut my grass anymore and it

was frightening. I didn't have the stamina." He made some major lifestyle changes including losing weight, exercising, and eating better. "That combination has helped bring my blood pressure down," which has helped improve his overall health and stamina. "It still fluctuates but now I'm really paying attention to it." David cannot only mow the lawn again, "I can do so much more—bicycle, kayak, all the things we used to do."

# Caring for you.

With heart.



## Giving Voice to Patient-Centered Care

### CMC's Patient Family Advisory Council honored for work

At CMC, the Patient and Family Advisory Council, or PFAC, helps keep us focused on patient-centered care. The PFAC is comprised of key hospital staff and Patient Family Advisors (PFAs)—current and former patients, or their family members, who help bring the voice of the patient to discussions about care at CMC.

Barbara McGuire is a PFA whose voice for patients is inspired by her own advocacy for her diabetic mother. "No medical practitioners could ever know the nuances of my mother's care better than my family does. I was initially not comfortable being firm with doctors but, over time, I've found resolution with hospital staff for how to deal with her insulin pump when she's here."

One recent PFAC's initiative is the adoption of AIDET, a communication tool that teaches all caregivers to acknowledge, introduce, (give) duration, explain and thank the patient every time.

"The feedback from the PFAC helped us in many ways. Staff come to work wanting to make a difference and be compassionate, but we weren't being consistent in the way we communicate with our patients," says Karen McLaughlin, CMC Patient Experience Specialist. "AIDET has helped improve communication with our patients while reducing anxiety and increasing engagement."

The work of the PFAC has also led to hourly rounding by nursing staff and leadership as well as an innovative program called the Voice of the Patient, which was recently honored by the New Hampshire Foundation for Healthy Communities with the 2016 Noah Lord Award for Patient & Family Engagement. The program consists of PFAs rounding on patients to find out if CMC is meeting their expectations and if there are areas where CMC can improve before the patient leaves the hospital.

"I see real examples that are improving patients' stay in the hospital, including my mother's," says Barbara. "CMC has always been a great hospital to be in, but we are now more aware of the patient environment. That's where the PFAC helps and adds perspective."



CMC PFA advisor, Barbara McGuire accepts the 2016 Noah Lord Award for Patient & Family Engagement

If you're interested in becoming a PFA, or would like to learn more about helping to promote patient-centered care at CMC, please contact Patient Experience Specialist Karen McLaughlin at [kmclaugh@cmc-nh.org](mailto:kmclaugh@cmc-nh.org) or 603.663.6438. ■

## New England Heart & Vascular Institute



Excellence in heart care in the community

At CMC's New England Heart & Vascular Institute, we strive to provide the best in clinical care and compassionate excellence. We pioneer treatments for complex conditions and are recognized as an industry leader. This year, we've been named to Becker Hospital Review's 100 Hospitals with Great Heart Programs and were recognized by U.S. News & World Report as a high performing hospital for heart bypass and heart failure treatment. New Hampshire Union Leader readers again voted CMC best for cardiac care in the 2016 Readers' Choice poll.

Now CMC is the New Hampshire sponsor of the American Heart Association's Life is Why™ Campaign. With our collective resources, expertise, and reputations as the go-to for heart health, we can make a difference in New Hampshire communities. Together, we're encouraging everyone to consider what or who they live for and use it as their personal motivation for making small changes in their lifestyles, adding up to healthier, happier, and longer lives with the ones they love. Because Life is Why. ■



# Medical News

## CMC Unveils New Cardiac Cath Lab



CMC's new cardiac catheterization lab is open! The leading-edge technology in this lab provides better imaging quality with dramatically lower radiation exposure, improving procedures and making a safer environment for patients and staff. (Pictured right to left: Ryan Holleran, RT; Marc Bergeron, RT; James Flynn, MD, FACC, FSCAI; Erin Carroll, RN; Daria Snow Hayward, RN).

For more information on interventional cardiology services offered at the cath lab, including the innovative transcatheter aortic valve replacement (TAVR) procedure, call the New England Heart & Vascular Institute at 603.669.0413. ■



## Remembering the Importance of Diabetic Eye Exams

Advice from Maxwell Elia, MD, Catholic Medical Center affiliated Ophthalmologist in Manchester and Bedford

Diabetic eye screening is an important part of diabetes care. People with diabetes are at risk of damage from diabetic retinopathy, a condition that can lead to permanent vision loss if it's not treated. Unfortunately, diabetes is the most common cause of vision loss among working aged adults in the United States. It occurs when diabetes affects small blood vessels, damaging the retina.

Many people have diabetic retinopathy and do not know it because the condition has no symptoms in the early stages. Over time, diabetic retinopathy may cause blurry vision, increasing floaters, or blank or dark areas in the vision.

Diagnosing diabetic retinopathy involves dilating drops that allow an eye doctor to look into the back of the eye. If diabetic retinopathy is found, treatment is typically performed by a retina specialist using either specialized medications or lasers.

The American Academy of Ophthalmology recommends annual dilated eye exams for patients with diabetes. Ask your eye care provider about scheduling a diabetic eye screening. ■



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## New Name, Added Services for CMC Weight Loss



The New England Weight Management Institute

also added a bariatrician to its ranks. Reiko Johnson, MD, MPH is board certified in Obesity Medicine and can guide patients through a coordinated, multi-disciplinary approach to medical weight loss.

"Weight loss is unique to the individual," says Dr. Johnson. "Medical weight loss looks at the potential causes of someone's weight problem and designs a plan that accounts for their conditions and needs."

When appropriate, that plan can involve weight loss medication. The process always begins, however, with a

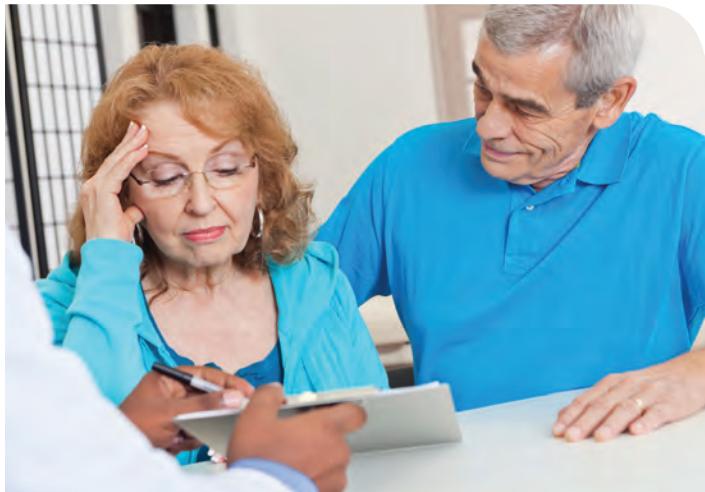
When Catholic Medical Center renamed its Obesity Treatment Center to the New England Weight Management Institute (NEWMI), it did more than put a fresh title on a highly respected service. NEWMI



Reiko Johnson, MD, MPH

thorough medical evaluation. "We can spend time with a patient to really understand what their barriers to weight loss may be – a lab work up, a diagnostic of their endocrine system and sleep patterns, a review of their prescribed and over-the-counter-medications. All of these things can affect whether someone is successful at losing weight and each of them can be medically managed."

Medical weight loss can be an ideal alternative for many people, especially those who either don't want, or have gained weight after, surgical treatment. It is also more attentive and comprehensive than self-managed dieting and exercise. For more information on medical weight loss, call CMC's New England Weight Management Institute at 603.663.7377. ■



## Do you need help paying your bill?

If you have healthcare needs and are uninsured, underinsured, or ineligible for a government program, or are otherwise unable to pay, for medically necessary care or emergent medical conditions—we can help.

Catholic Medical Center and all offices owned by CMC, including physician practices, can provide financial assistance.

For full details, qualifications and an application, please visit our website: [CatholicMedicalCenter.org](http://CatholicMedicalCenter.org)—you will find Financial Assistance within the Patient & Visitors section; or call 603.663.8772. ■



# ■ Medical News

## Welcome Dr. Bascle



Sarah Bascle, MD

Sarah Bascle, MD is a Natural Family Planning Medical Consultant trained in NaProTECHNOLOGY who will lead CMC's Women's Wellness and Fertility Center of New England, opening this winter. Dr. Bascle received her medical degree from Tulane University School of Medicine after completing undergraduate studies at the University of Notre Dame. Her residency program through Phoenix Integrated Residency in Obstetrics and Gynecology allowed her to care for a diverse patient population while also receiving training in minimally invasive gynecologic surgery, including da Vinci® robotic assisted surgery. She is a native New Englander, fluent in Spanish, and is a member of the American College of Obstetrics and Gynecology and the Catholic Medical Association.

To learn more about Dr. Bascle's approach to women's care, call the Center at 603.314.7595 or read the Parable Magazine profile of her: [cmc-womenswellness.org](http://cmc-womenswellness.org). ■

## Brush Early and Often!

### Good habits start young

A healthy mouth is good for a healthy body. Conversely, poor oral health can indicate other potential health problems, even in children. "Several studies show poor oral health in kids is often linked to a higher body mass index," says Marybeth Pierce, DMD, of the Poisson Dental Center at Catholic Medical Center. "That can lead to an early risk for cardiovascular disease and diabetes. Kids with poor teeth also make more visits to nurse's office and can have problems eating."

Dr. Pierce recommends starting good habits early. "We actually have a program with CMC's Pregnancy Care Center where we teach women about their own oral health and how to take care of babies when they're born. Bacteria that cause cavities in parents are easily transmissible to an infant's mouth."

Tips for good oral health in children include:

- First dental visit by age one
- Brushing with training toothpaste, starting at age one
- Incentives like a sticker chart or a toothpaste taste test to get older kids involved
- Charts and pictures to explain the importance of oral health to kids



Poisson staffs the Manchester Health Department's dental van that visits schools on the West Side of Manchester and at the Dartmouth-Hitchcock clinic to provide checkups and care to children who don't have a dental health home.

"We try to make it positive," says Dr. Pierce, "and explain to kids that there are things we all need to do to take care of our bodies and good dental hygiene is one of them." ■

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## Preventable, treatable, beatable

### Stop colon cancer before it starts

The numbers are startling. 25-30 percent of men over 50 years of age have pre-cancerous polyps. Nearly as many women, 20-25 percent, have them too. These adults are asymptomatic, which is why Mark Silversmith, MD of CMC's New Hampshire Gastroenterology has one simple message: "Get screened, get screened, get screened. The best treatment for colorectal cancer is to remove it before it even develops."

Healthy adults should get screened once every ten years, starting at age 50. The recommendation for those with a family history or other risk factors varies but is typically every five years, starting at an earlier age.

Dr. Silversmith notes that colonoscopies, the most accurate and effective screening, have minimal, if any, discomfort because the patient is sedated. The goal is to identify and then remove precancerous polyps. Rarely does a colonoscopy find cancer.

Most pre-cancerous polyps can be removed at the time of the colonoscopy through a polypectomy. Even larger polyps, which carry a higher risk for cancer, can be removed in the outpatient setting through a procedure called endoscopic mucosal resection. "In cases where surgery is necessary," says Leandro Feo, MD, FACS at CMC's Surgical Care Group, "we have minimally invasive laparoscopic or robotic assisted da Vinci® Surgical System procedures available."

Minimally invasive procedures allow for less pain and quicker recovery. These same methods can be used in cases where cancer is found, however, a biopsy would be performed to determine the stage and type of cancer. "The stage and the pathology tells us whether surgery will suffice or whether further treatment, like chemotherapy or radiation, is necessary," says Dr. Feo.



Unfortunately, Dr. Silversmith says many people, even those with a family history of colon cancer, delay getting screened. "People are often reluctant to have a colonoscopy because of the prep work, the perceived discomfort, or because they're afraid of what we might find," he says. "Those factors are nothing compared to having cancer. You can do it once every ten years."

March is designated as National Colon Cancer Awareness Month. If you're over age 50, or have a family history, take this opportunity to schedule a colonoscopy. CMC offers this procedure in the comfort, privacy and convenience of our endoscopy department. It's easy to schedule – call to make your appointment: 603.626.2626. ■



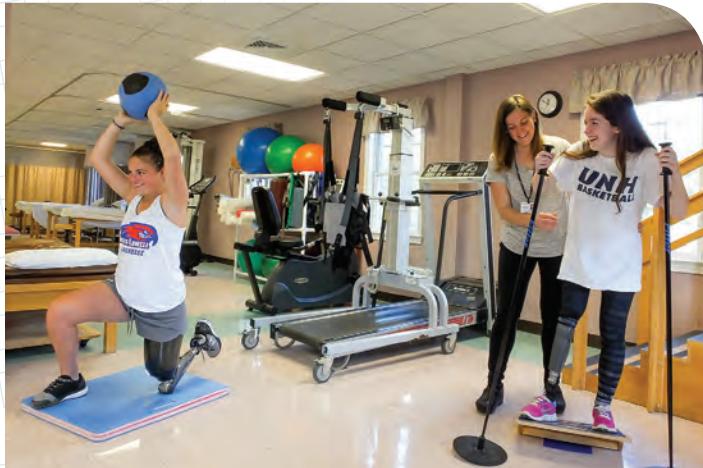
# Medical News

## Still Standing

### Patients inspire one another & caregivers

College students Noelle Lambert, 19, and Emma Graham, 22, have a lot in common, from their goals and determination to the significant challenges they've faced. Each lost a leg last year—Noelle in a moped accident and Emma due to complications from a tumor on her heart—but neither has lost her spirit.

Noelle, a Division I lacrosse player at UMass Lowell and Emma, a Master of Education student at UNH, met at CMC's Outpatient Rehabilitation Services where they take part in the comprehensive, interdisciplinary Amputee Management Program.



Noelle Lambert (left), Greta Rondeau, PT and Emma Graham

Here, they turn to their therapists and to each other for support. "Though they may not have realized it, Emma and Noelle have inspired not only each other but also their therapists and other patients," says Liane St. John, PT, who notes Noelle walked in her college hockey team's ceremonial puck drop just one week after receiving her prosthetic leg. "Their attitude and work ethic propels them forward and encourages all of us to persevere right along with them."

CMC developed the Amputee Management Program with Next Step Bionics and Prosthetics, Inc., which makes cutting-edge prosthetic technology right here in Manchester, to provide patients long-term, coordinated care.



Jason Lalla, CP (left), Noelle Lambert and Liane St. John, PT

"The goal is the same for everyone," says Next Step Founder and President Matt Albuquerque, "and that's to feel whole again. But that definition is different for each person. Our job is to understand the person so we can design for them what allows them to meet their goals."

Noelle's focus is on the field. "I want to start running soon, but I need to figure out how. Right now it's more of a hop than a run," she chuckles. Emma, whose hand function was also affected by a series of strokes, is planning to finish up her degree. "Now, I'm excited to drive again and get back to the classroom," with help from Greta Rondeau, PT and

Amy Quinney, OT/L, CHT. Certified Prosthetist Jason Lalla is working with them to get accustomed to microprocessor-controlled prosthetics that will put their busy lifestyles back in motion.



Emma Graham (left) and Amy Quinney, OT/L, CHT

Both women are looking at full, independent lives defined by their goals and not their injuries. "I can't believe how fast it's all happened," says mom Judy Lambert of Noelle's progress. Emma's mom, Jennifer, agrees. "Emma's had outstanding physical therapy and occupational therapy. She's made such improvements. We're lucky we landed here, so close to home." ■

# Philanthropy

## Get your pink on Sat, Feb 11!

Join our local partners, the Manchester Monarchs and Southern New Hampshire University, as they team up with CMC to raise funds and support our Breast Care Center and the patients they care for.

- Southern New Hampshire University Penmen basketball games— women 2 PM; men 4 PM, SNHU campus field house, Hooksett. Tickets available at the event.
- Pink in the Rink hosted by the Manchester Monarchs— 7 PM at the SNHU Arena, Elm Street, Manchester. Tickets at [ManchesterMonarchs.com](http://ManchesterMonarchs.com).



Prior to last year's hockey game, CMC breast cancer survivors were honored in an on-ice ceremony.

## Supporting Moms & Babies

### CMC Maternal and Infant Health Services Benefit from 13th Annual Gala

Excellent atmosphere, good food and a heartfelt cause—that is why 300 corporate and individual donors took part in the CMC Gala at the Manchester Country Club presented by Aqueduct Technologies on October 21, 2016.

Close to \$200,000 was raised through the event. Donations will be used to support prenatal care for underinsured expectant women through the CMC Pregnancy Care Center and to improve patient safety by purchasing a new upgraded infant security system to be used at the CMC Mom's Place and Special Care Nursery.



2016 Whittemore Award recipient, Matt Welsh, President, Manchester Monarchs; Maria Mongan, Chair, CMC Board of Directors; Joseph Pepe, MD, CMC President and CEO; Nicole Penderiza, CMC Director of Maternal, Child & Women's Health and Director of IV Therapy & Nursing Administration; The Most Reverend Peter Libasci, Bishop of Manchester

Thank you to all of our donors, including our Premier Sponsors listed below:

- Signature Prenatal Care Sponsor: The Flatley Foundation
- Gala Presenting Sponsor: Aqueduct Technologies
- Print and Design Sponsor: Spectrum Marketing Companies
- Dessert Sponsor: Bedford Ambulatory Surgical Center
- Pregnancy Care Center Mission Sponsor: The Botnick Family Foundation
- Table Wine Sponsor: Carpineto Winery
- Charles F. Whittemore Award Sponsor: Devine, Millimet & Branch
- Special Care Nursery Mission Sponsor: Harvey Construction Corporation
- Cocktail Reception Sponsor: Manchester Monarchs
- Centerpiece Sponsor: Triangle Credit Union
- Espresso Bar Sponsor: St. Mary's Bank
- Favor Sponsors: E&R Laundry & Dry Cleaners and Hooked Seafood/Ignite Bar & Grill

## CMC Employees Give From the Heart

CMC employees generously contributed more than \$102,000 in the 3-week Gift of Heart employee giving campaign in November to support our community, our patients and each other. Employees contributed more than \$29,000 to Granite United Way, \$48,500 to 11 mission-oriented CMC programs, and \$23,500 to Caring for Co-workers, a fund to help fellow co-workers experiencing acute difficulties. ■



During the campaign, life size cutouts of ten employees were displayed throughout the CMC campus. Shown here are Mike Cloutier, Diagnostic Imaging Informatics and Kathryn Davis, Pharmacy with their cardboard doppelgangers.

# ■ 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.

Fri, Jan 20, Feb 17, or Mar 17, 9 AM-4 PM

Location: Birch Hill Terrace

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

Registration required, call 603.626.2626

### Freedom From Smoking®

The American Lung Association's Freedom From Smoking® (FFS) program is for adults who are ready to quit smoking. Because most people know that smoking is dangerous to their health, the program focuses almost exclusively on how to quit, not why to quit.

The eight-session group program is based on proven addiction and behavior change models and offers a structured, systematic approach to quitting. Because no single cessation technique is effective for all smokers, the program includes a comprehensive variety of evidence-based cessation techniques.

Tue, Jan 24-Mar 14, 6-7:30 PM

G3, Level G, CMC

\$49 (materials included), registration required, call 603.626.2626



**FREEDOM**  
FROM SMOKING®



### Healthy Wealthy and Wise: Making the Most of Social Security

Recent legislation has changed some of the strategies used to attempt to maximize Social Security benefits. In this workshop, we will discuss the following:

- When can you start receiving benefits and what is the effect of the decision?
- Spousal and survivor benefits.
- How benefits are calculated and are they taxable?
- Are there any strategies left to maximize benefits?
- Income strategies available to allow you to delay SS benefits using your own assets.

Mon, Jan 30, 6-7:30 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

### Getting to the Heart of the Matter with Jeopardy®

Do you love Jeopardy!, the game show? Then join Jonathan Eddinger, MD, FACC, FASE, Board Certified Cardiologist, for his fun and educational version of this well-known game. Have fun playing along while learning about heart healthy living, cardiac symptoms, statistics, anatomy, procedures and more.

Wed, Feb 8, 6-7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626



### Oh My Aching Back

Back pain is one of the most common reasons people go to the doctor or miss work, and a leading cause of disability worldwide. Radiologist, Dr. David Hou will discuss the various causes of back pain and some of the latest procedures including nerve injections and nerve blocks, radio frequency nerve ablation, and more. Find out if one of these procedures can help you put an end to that aching back.

Mon, Mar 6, 6-7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

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## Is Lung Cancer Screening Right for Me?



Lung cancer is the leading cause of cancer death in New Hampshire, killing more than breast, colon and prostate cancer

combined. Today, low dose CT screenings are available, increasing the rate of early detection. If you have a history of smoking and are between the ages of 55-77, you may qualify to be screened. Join Dr. Elizabeth Angelakis, Chief of Breast Imaging, to learn the benefits of screening and to find out more about the specifics of eligibility. Lung screening CT is covered by most insurances and Medicare.

Wed, Mar 8, 6-7 PM

Roy Auditorium Level C, CMC

FREE, 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 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 criteria:

- 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: [cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf](http://cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf).

Tue, Mar 21-Jul 11, 5:30-6:30 PM

195 McGregor St, Lower Level, Suite LL22

\$99, registration required, call 603.626.2626

## Prostate Cancer: Know Your Risk

Prostate cancer is the second most common cancer in men worldwide, and the eighth leading cause of cancer-related death. It is estimated that one in every seven men will be diagnosed with the disease during his lifetime. John Munoz, MD, Urologist and recognized expert, will discuss current research, risk factors, screening recommendations and treatment options for prostate cancer.

Mon, Mar 20, 6-7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

## Screening for Colorectal Cancer Could Save Your Life

Colorectal cancer is the third leading cause of cancer death but the majority of these cancers and deaths could be prevented with proper screening. Join Leandro Feo, MD, FACS, General Surgeon and Mark Silversmith, MD, Gastroenterologist, who will discuss the importance of screening colonoscopy and alternative screening methods, symptoms, diagnosis and treatment options for colorectal cancer.

Mon, Mar 27, 6-7 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626



Leandro Feo, MD, FACS



Mark Silversmith, MD



CATHOLIC MEDICAL CENTER

# ■ Health & Wellness

## Greater Manchester Brain Injury & Stroke Support Group

A support group for brain injury & stroke survivors, their family members, and their caregivers. 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

Rehabilitation Medicine Unit, Level F, CMC

FREE, for more information, call 603.626.2626

## Hearing Loss Support Group

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

2nd Tue of month, 2-3 PM

195 McGregor St., Lower Level, Suite LL22

FREE, for more information, call 603.626.2626

## 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.



## 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](mailto:diabetesconnection@cmc-nh.org). To schedule an appointment, call 603.663.6431

## NH Retired Men's Association

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

Third Tuesday of month, 1 PM

Jutras American Legion Post

FREE, for more information, [nhretiredmen.org](http://nhretiredmen.org)

## Massage

For information, or to schedule an appointment, call 603.641.6700

## Holistic Health Series

### Pure & 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.

Tue, Jan 24, Feb 21 or Mar 21, 6:30-8 PM

195 McGregor St., Lower Level, Suite LL22

FREE, registration required, call 603.626.2626

### Evolution of the American Diet: What are the Health Consequences?

For most of human history, we hunted, foraged, and grew our own food. Now, in a very short period, much of what we eat is processed from just a few ingredients such as wheat, sugar, corn, and vegetable oils. We know this diet has a negative impact on our health, so why do we eat this way? In this program, we will learn about some of the industrial, political, and advertising campaigns that brought us our modern diet, and what these foods are really doing to our health. We will then discuss simple changes we can all make to return to the real foods our bodies need.

Tue, Jan 24, 6:15-7:30 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

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## ***Is Stress Beating Your Heart?***

The “fight or flight” response is meant to protect us from perceived threat to our safety. Unchecked, this reaction can have effects that are damaging to our cardiovascular system. Learn to recognize the physical effects and symptoms that can manifest at any stage of your adult life. We will also learn several strategies that help us to manage our daily stress and help keep our heart, body and mind healthy. Join us to find a strategy that will work in your life.

Wed, Feb 15, 6-7:15 PM

Roy Auditorium Level C, CMC

FREE, registration required, call 603.626.2626

## ***To the Beat of the Drum***

This workshop will explore the power of drum circles and music to build community and express ourselves in a creative and fun way. Participants do not have to be musically inclined, just have a willingness to explore, make some noise and create new expressions through music. All are invited to this fun and interactive event.

Mon, Mar 13, 6-7:30 PM

195 McGregor St., Lower Level, Suite LL22

FREE, registration required, call 603.626.2626

## ***Write Away...***

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

Thu, Mar 30, 6:15-7:30 PM

195 McGregor St., Lower Level, Suite LL22

FREE Registration Required Call 603.626.2626

## ***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**

### ***Couch to 5K Challenge***

Have you always wanted to participate in a 5K (3.1 mile) race but don'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 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 10-Jun 8, 5:30-6:30 PM; Race day—Jun 11

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

### ***Pilates 101***

Toning, flexibility, better posture, and core strength are just some of the benefits of a Pilates mat class. This exceptionally good workout will form the foundation for a lifetime of healthy habits.

Thu, Mar 2-May 18, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

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

### ***ZUMBA®***

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

Tue, Feb 28-May 16, 6:30-7:30 PM or

Thu, Mar 2-May 18, 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***

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

Tue, Feb 28-May 16, 12-12:45 PM

195 McGregor St., Lower Level, Suite LL22

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

## ***Gentle Yoga***

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

Tue, Feb 28-May 16, 3:45-4:45 PM or

Wed, Mar 1-May 17, 5:45-7:00 PM or

Thu, Mar 2-May 18, 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 strengthening postures and flow sequences. We will end with gentle stretching and relaxation exercises to reduce tension and calm our minds. All levels are welcome.

Wed, Mar 1-May 17, 4:00-5:00 PM

195 McGregor St., Lower Level, Suite LL22

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

## ***A Strong Core and More***

Maintaining core muscle strength helps to stabilize, protect, and move the spine. This class will focus on improving overall body strength with a strong focus on the core, including abdominal and back muscles.

Tue, Feb 28-May 16, 5:30-6:30 PM or

Thu, Mar 2-May 18, 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 fitness 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-12PM or 3:30-5:30 PM  
195 McGregor St., Lower Level, Suite LL23

Fee varies. For additional 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 or cooking abilities. Services include but are not limited to: general nutrition, weight management, cholesterol and hypertension management, pre-diabetes and gastrointestinal health. We provide recommendations for cancer prevention, nutrition guidance during and after a cancer diagnosis, COPD, dysphagia (swallowing difficulty), kidney disease, wound healing, nutrition in pregnancy and more.

195 McGregor Street, Suite 312

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



### ***Surgical Weight Loss Options at CMC's Bariatric Surgery Center of Excellence***

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

Wed, Feb 1 or Mar 1

Roy Auditorium Level C, CMC

Registration required, call 603.663.7377

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## Weighing in on Your Weight Loss Options at CMC

Learn about programs CMC offers to help you achieve your weight loss and long-term weight maintenance goals.

We offer individual RD counseling, bariatrician monitored medical weight loss, OPTIFAST® low calorie Full Fast for rapid weight loss and the Opti-Mistic Lifestyle Partial Fast plan. The information session is step one for both Optifast® programs.

Wed, Jan 4, 18, Feb 1, 15, March 1, 15

Mon, Jan 23, Feb 20, Mar 27

5:30-6:30 PM

New England Weight Management Institute, 769 South Main St., 3rd Flr., Suite 300, Manchester

FREE, registration required, call 603.663.6297



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

Achieving rapid weight loss can help provide the motivation to transform health and make long-term lifestyle changes. On average participants lose 50 pounds in 12 to 22 weeks. This comprehensive, medically supervised, low calorie fasting program offers a weekly group and medical clinic. For those that may need alternate scheduling, daytime appointments can be arranged.

Tue, 4:30-5:30 PM, (clinic), 5:30-6:30 PM (group)

New England Weight Management Institute, 769 South Main St., 3rd Flr, Suite 300, Manchester

Fee varies per individual. Medical screening required, call 603.663.6297

## Opti-Mistic Lifestyle—OPTIFAST® Partial Fast Program

This flexible program involves a combination of OPTIFAST® Meal Replacements and some of your own foods. Specific guidance is given to support low glycemic food choices, hormonal balance and reduced insulin.

Support Group is offered the 2nd Wed of each month, 5:30-6:30 PM  
New England Weight Management Institute, 769 South Main St., 3rd Flr, Suite 300, Manchester

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

For more information, call 603.663.6297

## Parish Nurse Program

CMC Parish Nurse Programs are closed if schools within the same town 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. 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 Transfiguration (CMC Parish Nurse Main Office, 603.663.8004)

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

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

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

Congregational Church, Goffstown, Wed, 10 AM-12 PM

Devine Mercy, Peterborough, 2nd Sun, 5-6 PM during Community Supper

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

Litchfield Community Church, 2nd Sat, 8-11 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; 3rd Sunday's after Mass

St. Anthony Church—reopens April 13, 2017

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 Tue, Senior Group 10-11:30 AM—Reopens Spring 2017

St. Lawrence, Goffstown, 1st & 3rd Thursday of the month, 9-11 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

# ■ Health & Wellness

## Parish Nurse Programs

### S.H.I.N.E.

Supportive services for older adults.  
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, 6:00–7:30 PM  
St. Raphael's – no formal meeting  
St Lawrence, 3rd Thu, 10 AM  
FREE

### RxRelax Seated Therapeutic Yoga

1st and 3rd Thu, 9 AM, St. Lawrence, Goffstown NH  
FREE

### Chair Exercises

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



## BeWell Cancer Survivorship Program

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

### Cancer Recovery and Mindfulness

A cancer diagnosis can bring on overwhelming emotion and stress. Strategies for coping are essential for managing the spectrum of concerns that make it difficult to maintain balance with demands of daily life and recovery. This program introduces participants to the practice of mindfulness as a tool for slowing down thought processes, identifying conflicting emotions, and living in the present moment.

Wed, Jan 18, 6-7:15 PM  
Roy Auditorium Level C, CMC  
FREE, registration required, call 603.626.2626

### Consuming a Nutritious Diet When You Have Cancer

A nutrient rich diet is an important part of healing and feeling better during cancer treatment. This means eating a variety of foods to include sufficient calories and protein, providing your body with the nutrients it needs to maintain strength and energy, lower your risk for infection and better tolerate treatment related side effects. Join Lori Muller, RD, who will discuss the many benefits of a nutritious diet and how to be sure you are getting the nutrients your body needs during this time.

Tue, Mar 14, 6-7 PM  
Roy Auditorium Level C, CMC  
FREE, registration required, call 603.626.2626

### 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

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## **Look Good, Feel Better**

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

Last Tuesday of the month, 6-8 PM

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

## **Living with Cancer Support Group**

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

Second Wednesday of the month, 3-4 PM

FREE, registration required, call 603.629.8683

## **Oncology Exercise Program**

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

Mon, Wed, Fri, ongoing, various class times

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

FREE 90-day membership, registration required, call 603.663.8000

## **Gentle Yoga**

A gentle, therapeutic, mat-based class for individuals who are currently undergoing or have recently completed treatment for cancer. Experience how yoga can lower tension and anxiety while promoting a sense of calm and well being.

Tuesdays, 1-2 PM

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

FREE 90 day membership, registration required, call 603.663.8000

## **YogaCaps**

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

Thursdays, 6:30-8 PM

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

FREE, registration required, call 603.674.3770

## **Lymphedema Support Group**

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

Tue, Mar 7, 5:30-6:30 PM

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

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

## **Screenings**

### **Functional Movement Screening**

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

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

### **Vein Screening Clinic**

Your legs can tell an awful lot about your overall health. The New England Heart & Vascular Institute is now providing monthly vein screening clinics to help you maintain overall health and a healthy appearance. Our expert surgeons and technicians will help you identify and treat potential problems early.

2nd Thursday of every month, 5-6:30 PM

Free; Call 603.627.1887 to reserve your spot

## **Patient Assistance Services**

### **Breast and Cervical Cancer Screening**

The Let No Woman Be Overlooked Breast and Cervical Cancer Program offers free screenings throughout New Hampshire to women who meet certain requirements.

FREE, CMC Breast Care Center, Bedford

Registration required, to see if you qualify, call 603.626.2626



# ■ Health & Wellness

## Medication Assistance Program

The Medication Assistance Program helps uninsured and underinsured patients obtain long-term prescription medication from major pharmaceutical companies. Catholic Medical Center staff 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 [fdeselle@cmc-nh.org](mailto:fdeselle@cmc-nh.org).

### Welcome Visits at The Mom's Place

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

FREE, registration required, call 603.626.2626



Know what to expect when you're expecting. Tour the extraordinary facilities at our Mom's Place and Special Care Nursery from the comfort of your home.

Visit: [CatholicMedicalCenter.org/Moms-Place](http://CatholicMedicalCenter.org/Moms-Place)

## 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.

Thu Jan 5, Feb 2, or Mar 2

6:30 to 8:30 PM

Level E, CMC

FREE, registration required, call 603.626.2626.

## Cesarean Birth Awareness

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

Call for dates

Level E, CMC

\$30, registration required, call 603.626.2626

## Preparation for Birth

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

Sat & Sun, Jan 21 & 22 or Feb 18 & 19 or Mar 18 & 19

9 AM-2:30 PM (two sessions)

Tue, Jan 10-Jan 31 or Feb 7-Feb 28 or Mar 7-March 28

6-8:30 PM (4 sessions)

Level E, CMC

\$120, 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

Level E, CMC

\$40, registration required, call 603.626.2626

## CPR and Safety Class for Caregivers of Infants and Children

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

Sat, Mar 11

9:30 AM–12 PM

\$15 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 19, Feb 16, or Mar 16, 6-8:30 PM

Level E, CMC

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

Registration required, call 603.626.2626

## Prenatal Yoga

Join other expecting moms and enjoy the wonderful benefits of yoga during this very special time! This gentle class helps

ease the stresses and discomforts of the changing pregnant body while also teaching to quiet your mind and connect with your baby. Prenatal yoga helps keep your core toned, encourages correct posture and balance, releases tension and enhances circulation. Classes help prepare your mind and body for labor and birth.

What to bring/wear: yoga mat, water, comfortable clothing. All stages of pregnancy welcome. No prior yoga experience needed.

Mon, 6:15-7:15 PM

Level E, CMC

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

Registration required, call 603.626.2626

## Becoming A Big Sister Or Big Brother

This class prepares children, ages 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 7, Feb 4, Mar 11, 1–1:45 PM

Level E, CMC

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

## Lactation Services

Officially designated Baby-Friendly™ hospital, CMC offers one-on-one education and encouragement for new moms before the birth, during the hospital stay and after going home. FREE. Lactation Line is 603.663.6686. For after hours or weekends, call the Mom's Place at 603.663.6667

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

This weekly program is offered to provide 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. 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.

FREE, registration required, call 603.626.2626





## Winter's Back— Do know how to keep your back safe?

### your thoughts

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



CATHOLIC MEDICAL CENTER

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### Safety tips from CMC Outpatient Physical Therapy

It's that time of year again. The flakes are falling and the sounds of shovels scraping the ground fill the air. Shoveling is hard work and can put a significant strain on your muscles, spine and heart. According to the US Consumer Products Safety Commission, there were over 200,000 visits to emergency rooms, doctor's offices and urgent care clinics in 2014 due to shoveling related injuries.

Here are some tips to prevent snow removal injuries:

- Warm-up before shoveling: 5-10 minutes of light aerobic exercise and gentle stretching can help reduce muscle injuries.
- Use proper mechanics: Use the stronger muscles of the legs to lift snow. Keep your back straight and abdominal muscles tight. Avoid twisting your back by dumping snow directly in front versus over your shoulder. Push rather than carry snow whenever you can. Keep the weight of the shovel as close to you as possible.
- Use the right equipment: Have a variety of shovels for different types of snow. Ergonomic shovels reduce the amount your back has to bend. Make sure your boots have solid traction on ice. Gloves with rubberized palms help prevent the shovel from twisting as you lift.
- Make sure you are healthy enough to shovel: A recent injury or health issue may limit your ability to participate in a vigorous task like shoveling. Speak with your doctor if you are unsure. Have a back-up plan in case you are not able to shovel.
- Pace yourself: Take frequent breaks. Take smaller scoops to avoid overloading your spine. Stay hydrated.

If you or anyone you know is experiencing back pain, consider a referral to CMC's Outpatient Rehabilitation Services. We have three convenient locations in Hooksett 603.314.5972, Manchester 603.641.6700, and Bedford 603.314.4560.

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