

## One-Stop Healthcare In Your Neighborhood

See page 2!



In our deadline-driven, fast-paced, multiple-appointments world, these two words are like an oasis: Open Access. That is the founding philosophy of the new **Hooksett Medical Park**, now open for patients at 27 Londonderry Turnpike in Hooksett, NH. For today's busy families, it is a comfort and a solution.

Lakeview Internal Medicine is accepting new patients, and operates with an open access policy. Anyone who needs to be seen right away will be accommodated. For life's last minute needs, this eliminates the wait for primary care access, which can sometimes be months. At Lakeview, there are reserved slots throughout each day for patients new to the practice or in need of fast access to see a doctor right away.

Dr. Ovidiu Lungulescu leads the primary care at Lakeview Internal Medicine. In response to increased demand for health care services in the Hooksett area, Dr. Lungulescu is shifting his practice from nearby Manchester to meet the growing needs of families in the area.

"My family and I live locally, very close to the new medical offices, and I am thrilled to offer these services to this community," explains Dr. Lungulescu. "I know this area well and I'm proud to provide health care solutions for all families. I believe in the concept of a small town doctor, where families know me and my style, and can have access to quality care whenever they need it."

Hooksett Medical Park reflects the concept of a "medical home," with one main physician and a small team of staff

### Meet Dr. Ovidiu Lungulescu

#### Where are you from?

Romania. I came to the US in 2006 to practice medicine. I received wonderful training in my home country, but American medicine is so advanced, I wanted to complete my training and treat patients here.

#### How long have you worked in New Hampshire?

I've spent four years practicing general medicine at Queen City Medical Associates in Manchester.

#### Where did you train before coming to Manchester?

I started my career at Danbury Hospital in Connecticut. I finished my residency in 2009, and then served as chief resident and hospitalist for another year.

#### Do you have family?

I am happily married with a young son. We adore living in New England.

#### What do you do in your free time?

I love to ski in the winter. Summertime is spent with family near the water.

#### Something people don't know about you?

I am really good at table tennis. Forrest Gump has nothing on me.

who treat patients in town. The idea is to have all available services in one place. Hooksett Medical Park offers on-site laboratory services and physical therapy, all designed to simplify and streamline doctor visits.

The lab is open from 5:30 AM until 9:00 AM. The idea behind the early hours for the lab is to ensure people do not need to take time off of work to make that mandatory visit to have blood drawn. The lab will work with CMC's hospital lab to ensure quick results and quality care.

The Lakeview Internal Medicine staff can perform a range of lab tests while the patient is still at their appointment for maximum convenience. The laboratory will be available for those times when

**One-Stop Healthcare**  
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# Medical News



CMC's new **Hooksett Medical Park**—home for a new primary care practice, laboratory services and physical therapy.

## One-Stop Healthcare, continued from page 1

additional or special tests are ordered that may require more complex testing. "This is all structured to merge with the busy lives of families," says Penny Lajoie, who supervises the new Hooksett laboratory. She says the lab will reflect the personal touch of the doctor's office. "We want to know our patients and them to know us as well. Consistency is important. Patients will see the same staff every time they visit."

Physical Therapy is also offered at the medical park and patients can expect to have treatment within 24-48 hours of Dr. Lungulescu's orders. "Keeping it local and under one roof is the key to convenience," explains Mark Rondeau, Physical Therapist at the Hooksett Medical Park. "If the patient's need is immediate, we have the ability to schedule their evaluation quickly allowing us to address patients' pain concerns and consult with Dr. Lungulescu." The physical therapy office treats a myriad of health care needs: pre-surgical therapy, strains and sprains, lifting injuries, spine and lumbar issues, motor vehicle injuries, post-surgery from spinal fusion, workers comp injuries and vertigo. "We focus on evidence-based techniques to make every treatment as effective as possible."

Streamlined care with a small town feel. With lab and physical therapy service under one roof, Hooksett Medical Park is one stop health care. And you can count on seeing the same people every time. So stop by to say hi. We have plenty of open access. 🇺🇸

Please Join Us.



Manchester Go Red for Women® Luncheon

Enjoy our two educational sessions: Hands-Only CPR Training, and a cooking demonstration with CMC Nutritionist Christine Lauer and Chef Nicole.  
 Keynote address: **Chef Nicole from Great NH Restaurants**  
 Speaker: **CMC's Mary Wood-Gauthier, RN, MSN**

Networking and a delicious heart healthy lunch.  
*-Designed by our winning future chefs!*

October 27, 2014

**Where:** Radisson, Manchester  
**Time:** 9:45AM-1:30PM  
**Ticket price:** \$75  
**Order Online:** <http://ManchesterGoRed.Heart.org>  
**Or contact:** [Jessica.Croteau@heart.org](mailto:Jessica.Croteau@heart.org) | 603-669-5833



**American Heart Association**  
life is why™



**Go Red for Women**

\*Photo above features NH Survivors. Photo Credit: Rich Rowe Photography



# At the Heart of Your Hospital Stay

## *A new approach to Inpatient Care*

Imagine you are flying across the country and you have to change planes along the way. Once you arrive at your connection, the airport staff has no idea who you are or where you are going. You have to explain your trip plans all over again. In travel, that would be frustrating; in health care, that can be frightening.

To avoid confusion in medical emergencies, complicated cases and hospital visits, CMC has created a new approach to patient care. Meet Dr. William Goodman: Hospital Medicine Director and the “face” of CMC hospital care. Dr. Goodman is like the ultimate travel agent, who knows what every patient needs every day. He and his team work to ensure physicians and staff know the detailed needs of each patient in real time.

“My focus is to improve the delivery of care in our hospital,” explains Dr. Goodman, “because of the improvements in outpatient care, when someone requires admission to CMC, they are usually facing a serious illness or a complicated health challenge, which requires a team of physicians and staff to treat. Our department’s job is to coordinate that care to ensure the patient gets the best possible results.”

That coordination also involves primary care physicians, like Dr. Charles Carrier, of Queen City Medical Associates. An experienced and popular physician, Dr. Carrier remembers the old system where he would meet his patients in the emergency room, admit them and care for them throughout their stay. That split between office and hospital meant great continuity, but it was extremely taxing.

New technology and improved specialized expertise in hospitals means that with

good communication, a hospitalist can work with a primary care physician in real time from any distance. “Hospitalists who are most successful are the ones who have 10-15 years of office based primary care behind them; they understand our needs and can work seamlessly with us,” explains Dr. Carrier. “Bill Martin, MD, Tim French, MD, Diane Snow, MD and Bill Goodman, MD, who are very well respected, are the right team of hospitalists to make the CMC system successful.”

With this new approach, patients can have a physician at their bedside in minutes, not in hours. With everyone on the same page, Hospitalist-managed care improves health outcomes, means more satisfied patients and provides a safer transition of care to the outpatient setting.

Dr. Goodman led a similar effort in CMC’s Intensive Care Unit, which resulted in shorter hospitalization for patients and lower costs. He has implemented daily “bedside multidisciplinary rounds” with members of the team caring for a patient including the physician, nutritionist, social worker, bedside nurse, nurse practitioner and pharmacist. He also created “geographic rounds,” where each doctor manages patients in a specific area of the hospital to keep them more closely connected to all of their patients.

CMC hospitalists create a circle of care for patients, and bring focused expertise of hospital medicine to every patient in a timely fashion. It’s all part of CMC’s promise to provide health, healing and hope in a manner that offers innovative, high quality services and most importantly, heart. 

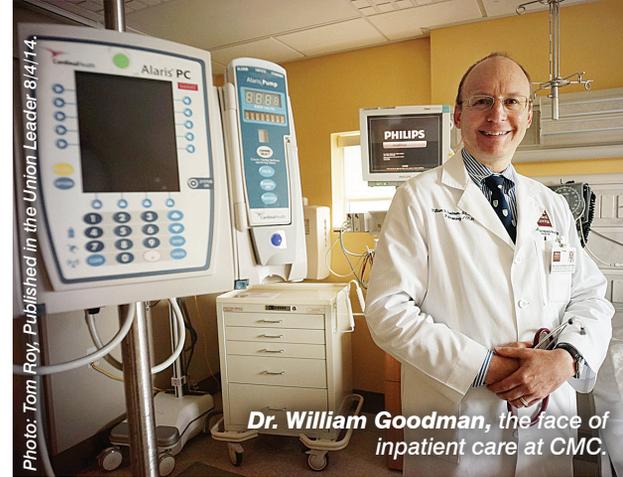


Photo: Tom Roy, Published in the Union Leader 8/14/14.

**Dr. William Goodman, the face of inpatient care at CMC.**

## Quiet Time

### *Creating a healing environment*

Hospitals across the country are ramping up efforts to reduce noise, which often ranks high among patients’ most frequent complaints. To continue enhancing our patient experience, CMC has launched a new program called Quiet Time. During that time you will notice reduced lighting in the hallways and caregivers speaking softly to help create an environment that allows patients to rest and sleep and to promote healing and health.

Quiet Time occurs on each unit every day from 1–3 PM and 8 PM–8 AM.

In addition, patients will be given earplugs, ear buds and an eye mask. Signage at entrances, elevators and on nursing units reminds staff members as well as visitors to be quiet. All of this is aimed at creating a peaceful, healing environment for our patients and improving their experience.

# Medical News

## Surgeon Brings Colorectal Surgical Robotics Expertise

*CMC's Surgical Care Group Welcomes Leandro Feo, MD*

Leandro Feo, MD, has joined the Surgical Care Group following a colorectal surgical oncology fellowship at Memorial Sloan Kettering Cancer Center in New York, recently designated the top hospital for cancer care in the nation by U.S. News & World Report. He is American Board Certified in general surgery and board eligible in colorectal surgery. He also completed a fellowship program in colorectal surgery at Michigan State University.

The only colorectal-trained surgeon in greater Manchester with expertise in robotics surgery, Dr. Feo uses the latest technological advances during minimally invasive colorectal surgery. He will be treating patients with colon cancer, rectal cancer, anal cancer, inflammatory bowel

disease, hemorrhoidal disease, chronic constipation and fecal incontinence. Patients with complex colorectal disease will now be able to receive advanced treatment and closely monitored follow-up care locally.

Dr. Feo earned his medical degree from the Universidad Centro Occidental Lisandro Alvarado School of Medicine in Venezuela. He completed an internship at Albert Einstein Medical Center and a general surgery residency program at Drexel University College of Medicine, both in Philadelphia. He is fluent in English and Spanish.

To schedule an appointment with Dr. Feo, or other Surgical Care Group physicians, please call 627.1887. 🇺🇸



*Surgical Care Group's **Leandro Feo, MD***

## Hurts Less, Scars Less

*Introducing Single Incision Surgery and Firefly fluorescence technology for da Vinci® Robotic General Surgery*

Catholic Medical Center is proud to offer the latest advanced technology with the da Vinci® Robotic Surgery System for patients undergoing general abdominal surgery. Various abdominal operations are now performed in a minimally invasive, or laparoscopic fashion to reduce pain, complications, hospital length of stay and improve overall patient safety and recovery.

A new platform in robotic surgery has been attained to perform "scarless" surgery with an even more minimally invasive approach via one small incision, called Single Incision Robotic Surgery, hidden in your belly

button. Single Incision Robotic Surgery is currently being used in gallbladder surgeries.

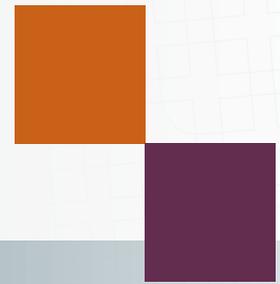
In addition, since the beginning of 2014, CMC is the first hospital in New Hampshire and northern New England to employ the use of Robotic Firefly fluorescence imaging. Firefly uses near-infrared imaging to detect an injected dye of indocyanine green in the blood. This novel technology

optimizes and enhances our surgical techniques in order to perform robotic surgery in a safer and more efficient manner.

Dr. Robert Catania, Dr. Richard Tomolonis, Dr. Leandro Feo and Dr. Andrew Wu are all Board Certified minimally invasive robotic-trained surgeons who will be accepting new patients and referrals. If you have an interest in learning more about Robotic Surgery, Single Incision Robotic Surgery, or Firefly fluorescence imaging, please call 627.1887 to schedule a consultation with our surgeons at the Surgical Care Group. Our office is located at 87 McGregor Street, Suite 3100. 🇺🇸



*Firefly Fluorescent Imaging scope and imaging for the da Vinci Robotic*



## Our Breast Care Center is on the Move

### *Making care more convenient*

CMC's Breast Care Center provides personalized breast health care to women throughout the community and just in time for National Breast Cancer Awareness Month in October, we are pleased to share that we have moved to a new location:

**Bedford Medical Park**  
**9 Washington Place**  
**Bedford NH 03110**

*(just north of the Bedford Mall)*

"We can now combine our comprehensive care for early detection and treatment of breast cancer with convenience," stated Janet Maher-Cote, RN, CBPN-IC, Breast Health Navigator of CMC's Breast Care Center. "Our new Bedford location not only provides enhanced patient privacy and easy accessible parking, patients will have access to a full complement of breast care – from screening, diagnosis through

treatment, surveillance and survivorship; to include consultation with breast radiologist, breast biopsy consultation with breast surgeon and breast health nurse navigator, all in one centralized office."

And, coming soon: GE's SenoClaire, Tomosynthesis offering low dose radiation and high image quality to patients. CMC will soon be the only breast care center in NH to have this low dose radiation technology.

This new generation technology, breast tomosynthesis, together with innovative solutions like contrast enhanced spectral mammography and ultrasound breast screenings, will provide a comprehensive set of tools that will help our patients across the entire breast care continuum.

To schedule an appointment, call 663.5270. 



## Have you had your mammogram?

It's that pink time of year again—National Breast Cancer Awareness Month is all about encouraging women to take care of their health and empowering women to make informed decisions.

According to the National Cancer Institute, when breast cancer is detected early, in the localized stage, the 5-year survival rate is 98%.

Take control of your health today with three easy steps to setup a mammogram: make the call, make the appointment and make the commitment to show up!

### **FREE Breast Cancer Screenings**

NH's Let No Woman Be Overlooked Breast and Cervical Cancer Program, through CMC's Community Services, provides free breast and cervical cancer screenings to women with limited income, who have no health insurance or have a high deductible.

Saturdays 8 AM-Noon or Wednesdays 4-6 PM

For dates and to determine if you qualify, call 626.2626.

**Add us to your contacts today: CMC Breast Care Center 663.5270. **



Sign-up today to receive our new diabetes email newsletter, designed to link individuals affected by diabetes to local resources in order to promote healthy living and diabetes management.

Simply send your email address to: [diabetesconnection@cmc-nh.org](mailto:diabetesconnection@cmc-nh.org)

# Medical News

## Women's Health Forum 2014

### Taking Care of Number One!

Designed—by women, for women—of all ages. Join us for a rejuvenating, fun and informative day! The Women's Health Forum is a joint effort by Catholic Medical Center and Dartmouth-Hitchcock Manchester and is hosted by the Manchester Health Department.

**Sat, Oct 25**  
**8:45 AM–3:15 PM**

Manchester Health Department  
1528 Elm Street, Manchester, NH

**9:45 AM**

### Straight from the Heart

**Mary Wood-Gauthier, RN, MSN**

Catholic Medical Center

Your heart keeps you going twenty-four hours a day. It is a quietly that works hard to manage all your emotional and physical needs. When things begin to interfere with your heart's normal function, it makes attempts to compensate. The symptoms may be very subtle before a life threatening event occurs. Heart disease in women often presents very differently than it does in men. This discussion includes real life events and tips on recognizing the changes that may be trying to warn you. Keeping informed will help foster confidence in taking charge and advocating for your own health.

**11 AM**

### Staying Safe in a Changing World

**Officer Jacqueline Pelletier,**

Goffstown Police Department

**Wanda Bienielle, Self-Defense Instructor,**

The Training Station, Manchester

Our world is changing and the news is often filled with frightening stories. In this session you'll learn steps you should take to stay safe and situations you should avoid that put you at risk. Whether you are at home or out and about in the community, learn what to do if you find yourself in a threatening situation. Self-defense/escape techniques will be demonstrated.

**1 PM**

### Managing your P's: PMS, Perimenopause and those Pesky Hormones

**Dorice Reitchel, CNM**

**Keri Hoyt, CNM**

Dartmouth-Hitchcock Manchester

Shifting hormones throughout a women's life cycle is a natural experience. When symptoms become a problem and interfere with your daily activities it can be frustrating and interfere with our emotional well being. Learn what is normal and expected and what is not. You will also receive tips on how to manage your symptoms and when to seek treatment.

**2 PM**

### Nutrition: What's Hot and What's Not?

**Christine Lauer, MOE, RD, LD**

Catholic Medical Center

Researchers continue to learn how certain nutrients can reduce our risk of disease and how our diets play an important role in our overall health. But with all the different diets out there, how do we know which one is best for us? In this session we'll explore what's hot and what's not in the nutrition and diet world so we can make informed choices for ourselves and our families.

**Fee: \$45. Registration required. (Space is limited). Call 603.626.2626.**

# ■ Philanthropy

## A Year of Giving in Review

The success of the Development program in Fiscal Year 2014 is due to the outstanding care and compassion our physicians, nurses and staff provide to our patients and their families every day.

In Fiscal Year 2014, CMC:

- Received over \$1 million dollars in support from donors including individuals, foundations, corporations and the United Way
- Welcomed 230 new donors

As you will see donations supported projects ranging from the purchase of equipment to increasing access to care for underserved patients. Here are some of the highlights:

### Individual Support

- In honor of the great care he received from Dr. Fink, a grateful patient donated \$183,000 to purchase new cardiac equipment including an Intravascular Ultrasound, CX50 Portable Ultrasound & Stress Test Machine
- In honor of great care and follow up from the CMC Emergency Department, a grateful patient annually donates \$25,000 to the Emergency Department. This year funds were used to purchase a Pediatric Glydscope
- Dr. Christopher and Wesley Maloney donated \$13,000 to support the Saved by Zero Conference for CMC Staff members. Peggy Lambert has been instrumental in helping to engage Dr. Maloney's support of this important program
- A grateful family donated \$10,000 in support of E100 in honor of their father in recognition of the great care he received at the end of his life

- CMC Associates donated \$100,000 towards the expansion of the Emergency Department and an additional \$50,000 towards the relocation and expansion of the CMC Breast Care Center
- CMC Associates donated \$37,000 to the CMC Special Care Nursery to purchase a Giraffe Radiant Infant Warming bed

### CMC and Community Special Events

- CMC Associates Golf Tournament raised \$15,000 towards supporting dental care for women who are patients of the CMC Pregnancy Care Center
- CMC Gala Event raised \$203,000 in support of prenatal care for uninsured and underinsured women who are patients at the CMC Pregnancy Care Center
- CMC Wine & Beer Tasting Event raised \$43,000 in support of dental care for uninsured and underinsured children and adults at the CMC Poisson Dental Facility
- St. Anselm Hawk Men's & Women's Hockey teams donated \$5,000 towards CMC Breast Care Center to support emerging technologies for early detection of breast cancer
- The Manchester Monarchs raised \$12,000 through their Pink in the Rink event in support of the CMC Breast Care Center. Their donation is being used to support emerging technologies for early detection of breast cancer

### Foundation Support

- TDBank Charitable Foundation donated \$5,000 in support of the CMC Pregnancy Care Center

- Cogswell Benevolent Trust donated \$25,000 to be used to support behavioral health at the West Side Neighborhood Healthcare Center
- Digital Credit Union donated \$5,000 in support of aid for families of patients at the CMC Special Care Nursery
- Bishops Charitable Assistance Fund and the NH Charitable Foundation each donated \$5,000 to help pregnant women purchase fresh fruits and vegetables at a weekly farm stand set up in Lafayette Park

### Granite United Way

- \$12,000 in support of the creation of the Centering Pregnancy Program at the CMC Pregnancy Care Center
- \$15,000 to support a care coordinator who works with CMC Poisson Dental Facility and Easter Seals
- \$15,000 to support a program that brings behavioral health to the patients of the CMC West Side Neighborhood Healthcare Center



*Rich Torossian, CCPT, Director of Cardiac & Intervention performing tests with the new Intravascular Ultrasound, used to view the inside of a coronary artery.*

# Health & Wellness

## Health Enrichment

### Faithfully Fit Forever

A program that combines mind, body and spirit, through low impact exercise, health information and devotions. Wednesdays, 9:30 AM–10 AM (Walking Session) 10 AM–10:30 AM (Educational Session)

**Location:** Parish of the Transfiguration

**Donations accepted. Registration required, call 663.8004.**

Sep 10	Parkinson's Update
Sep 17	Thyroid Health
Sep 24	Music Therapy
Oct 1	Laughter Yoga
Oct 8	SJCS-Meals on Wheels Gift Tags
Oct 15	New Trends in Depression Treatment
Oct 22	Arthritis Updates
Oct 29	Vascular Issues
Nov 5	Balance and Falls
Nov 12	Breast Care Update
Nov 19	Closing Tea

### 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, Oct 13 and Wed, Oct 15 or**

**Mon, Nov 10 and Wed, Nov 12 or**

**Mon, Dec 8 and Wed, Dec 10**

**9 AM–12 PM**

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

**\$20 (2 classes): \$5 discount to AARP members.**

**Registration required, call 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!

**Mon, Oct 6, 13, 20 and 27 6 PM–8 PM**

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

**Fee:** \$25 per couple, registration required, call 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:** Wed, Oct 15 or Dec 10, 6 PM–8 PM

**Thyroid Health:** Wed, Oct 22 or Nov 19, 6 PM–8 PM

**Brain Health:** Thu, Oct 23 or Nov 20, 6 PM–8 PM

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

**Fee:** \$19 per session or all three for \$45. Registration required, call 626.2626.

### Blood Drive

In cooperation with the American Red Cross

**Fri, Oct 17, 10 AM–4 PM**

**CMC's Roy Auditorium**

**Make an appointment: 626.2626; or online at [redcrossblood.org](http://redcrossblood.org). Walk-ins are also welcome.**

### Take 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, Oct 21, Nov 18 or Dec 16**

**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 626.2626**

### Optimizing Health and Performance of the Female Athlete

This program offers important information about the benefits and unique challenges female athletes face today. You will also learn tips on how to maximize health, safety and performance.

**Wed, Oct 22, 6 PM–7 PM**

**CMC's Roy Auditorium, Level C**

Presented by: Donna Lannan, MSPT, a physical therapist in the outpatient rehabilitation services at CMC and is a certified Strength and Conditioning specialist with the National Strength Conditioning Association. Donna is also a member of the American Physical Therapy Association and Sports medicine special interest group.

When Title Nine was enacted by the federal government in 1972, female participation in sports in the next six years increased 600%. In 2013, over three million female athletes participated in high school and college sports; teen girls make up the fastest growing segment participating in organized sports. There are many benefits to sports participation for the female athlete; included are increased bone density, higher self-esteem, decreased depression and drug use, positive body image, higher graduation rates and decreased sexual risk-taking behaviors. With this increase in female athletic participation, there is also an increase in injury rates and medical concerns unique to this population.

Gaining increased strength, agility, and skills in individual sports is always beneficial and can help limit exposure to injury. Physical therapists at CMC outpatient rehab services are specially trained to assist all women in maintaining a strong and balanced body. Our goal is to assist women and girls in achieving their highest potential strength, agility and flexibility to minimize exposure to injury. Join us on Oct 22 to learn more.

### Women's Health Forum 2014: Taking Care of Number 1!

**Sat, Oct 25, 8:45 AM–3:15 PM**

**See page 6 for more information.**

## *Shouldering the Pain: Current Options in Shoulder Reconstruction*

Have you been sidelined by shoulder problems? Arthritis of the shoulder can cause discomfort and significant limitations on shoulder mobility making everyday activities difficult. Join Daniel Bouvier, MD who will discuss some basic treatment principles as well as new developments and technologies in surgical treatment of the arthritic shoulder.

**Mon, Oct 27, 6 PM–7 PM**

**Location: Catholic Medical Center**

**FREE, registration required, call 626.2626.**

## *When The Blues Become Serious: Taking Steps To Promote Mental Health*

Most individuals experience some level of sadness throughout their lives. Symptoms of depression can range from mild to severe; some so severe they may lead to suicide. One of the best ways to prevent suicide is by understanding and treating issues that impair your mental well-being. Catholic Medical Center urges you to learn the warning signs of severe depression and seek help whenever you are concerned for yourself or someone else. America was stunned by the loss of Robin Williams. The beloved comedian illustrates that mental health issues can be extremely serious. Early intervention and treatment can positively impact the quality of life and ultimately prevent suicide. Working together to heighten awareness of the symptoms and warning signs honors his memory and that of all who find themselves struggling in that very dark place. Discussion will include symptoms of depression and bipolar, warning signs and treatment interventions.

**Wed., Nov 5, 6 PM–7 PM**

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

**FREE, registration required, call 626.2626.**

## *So You've Been Told You Have PCOS... Now What?*

PCOS is a complex endocrine disorder. Women with PCOS have different symptoms. Some have problems with weight, others struggle with infertility, and some struggle with both. Learn what is going on with your body and how to manage it.

**Mondays, Nov 10, 17, and 24, 6:30 PM–8:30 PM**

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

**FREE, registration required, call 626.2626.**

## *Living With COPD: Presentation and Screening Test*

Could COPD be affecting my breathing? What is COPD? What are the causes and symptoms? Learn practical information about COPD, and tips for those living with this disease. A simple breathing test will be available to screen for COPD.

**Thu, Nov 20, Presentation, 1 PM–2 PM, Screening, 2 PM–4 PM**

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

**FREE, registration required, call 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 a transformational fall.

**Wednesdays, Oct 9 to Oct 30, 4:15 PM–5:30 PM**

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

**Fee: \$69 (4 Week Series). Registration required, call 626.2626.**

## *One-On-One With A Healthy Weigh: 4 Visit Package*

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

**Ongoing**

**Location: 769 South Main Street, 3rd Floor**

**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: 769 South Main Street, 3rd Floor**

**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: 769 South Main Street, 3rd Floor**

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

**Registration required, call 663.6297.**

## *Optifast®-CMS'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: 769 South Main Street, 3rd Floor**

**Registration required, call 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 1,500 bariatric surgeries including gastric bypass, gastric sleeve and adjustable gastric banding. Free informational session. Ongoing.

**Location: Catholic Medical Center**

**Registration required, call 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.**

**Registration required, call 626.2626.**

## *Massage*

For information, or to schedule an appointment, call 641-6700.

## *Chair Massage*

For more information contact our Parish Nurse Program, call 663.8004.

## *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](http://www.nhretiredmen.org)**

# Health & Wellness

## 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.

Find our monthly calendar and locations on the CMC website, or call 663.8004 for more information.

## CANCER EDUCATION AND SUPPORT

### Free Wig Bank

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

Location: Norris Cotton Cancer Center

FREE, appointment required, call 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 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 629.9683.

### Living With Cancer Support Group

This support group provides education and support for patients, their loved ones and caregivers. Group is targeted toward patients who are undergoing treatment for cancer.

FREE, for more information, contact the Norris Cotton Cancer Center at 629.9683.

## SCREENINGS

Space is limited so please register early.

### Athletic Injury Risk Screening

Lower your risk of injury and enhance your athletic performance by completing the Functional Movement Screening (FMS). This screening of 7 movement patterns will help identify movements and asymmetries that can contribute to injury in athletic activities. Whether you are new to sports/activities, or competing in athletic events regularly, the Functional Movement Screening can keep you moving with a balanced body and better performance. This screening is open to people age 12 and older.

Mon, Nov 3, 4 PM-7 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

FREE, registration required, call 626.2626.

### Living With COPD: Presentation and Screening Test

Could COPD be affecting my breathing? What is COPD? What are the causes and symptoms? Learn practical information about COPD, and tips for those living with this disease. A simple breathing test will be available to screen for COPD.

Thu, Nov 20, Presentation, 1 PM-2 PM, Screening, 2 PM-4 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

FREE, registration required, call 626.2626.

### 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: Catholic Medical Center

To see if you qualify, call 626.2626.

## EXERCISE AND FITNESS

### 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, Nov 17 to Jan 12, 7 PM-8 PM or

Tue, Nov 18 to Jan 13, 6:15 PM-7:15 PM or

Thu, Nov 20 to Jan 29, 5:30 AM-6:30 PM

Location: 195 McGregor Street, Lower Level, Suite LL22

Fee: \$60 (8 weeks) Registration required, call 626.2626.

### Gentle Yoga

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

Tue, Nov 18 to Jan 6, 3:45 PM-4:45 PM or

Wed, Nov 19 to Jan 28, 7:00 AM-8:15 PM or

Thu, Nov 20 to Jan 29, 10:15 AM-11:30 AM

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

Fee: \$60 (8 weeks). Registration required, call 626.2626.

### CMC Parish Nurse Indoor Walking Program

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

Wed, 9:30 AM-10 AM

Location: Parish of the Transfiguration

FREE, for more information, contact the Parish Nurse Program at 663.8004.

### Chair Exercises

Tuesdays, 10 AM-11 AM

Location: Bedford Presbyterian Church

Tuesdays, 9 AM-10 AM

Location: St. Elizabeth Seton, Bedford, NH

Thursdays, 9:30 AM-10:30 AM

Location: Parish of the Transfiguration & St. Anthony Church

FREE, for more information, contact the Parish Nurse Program at 663.8004.

## *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 play a major role in your health and wellness.

### **Ongoing**

**Location:** The Wellness Center, 195 McGregor Street, Lower Level, Suite LL23  
**Fee varies. Registration required, call 663.8000.**

## **Childbirth Education**

Learn from the experts! Nurses who care for mothers to be and new mothers every step of the way. We have so much to offer you! For program dates and times, information on childbirth education classes or to schedule a tour of The Mom's Place, please call 626.2626.

### *On-Line Childbirth Education Program*

Our web-based interactive program is designed for busy parents who want accurate, reliable information in the privacy of their own home. Participants in this unique program are invited to a one evening face-to-face class for a questions and answer session and tour of The Mom's Place.

**Fee: \$60. Registration required, call 626.2626.**

### *Birthing From Within*

This unique childbirth preparation program provides the practical information you need about pregnancy, labor and birth. It also offers methods for coping and managing the unknowns that are so difficult to plan for. You will enter your birth journey with greater confidence, trust, love, joy and courage.

**Fee: \$110. Registration required, call 626.2626.**

### *Hypnobirthing: The Mongan Method (5 Weeks)*

This is a unique method of relaxed childbirth education that incorporates self-hypnosis and relaxation techniques. Instructed by a certified hypnobirthing childbirth educator.

**Fee: \$120. Registration required, call 626-2626.**

### *Preparing For Birth Series (4 Weeks)*

A series of four classes is offered to build knowledge of the birth process and help couples develop a personal plan with strategies for managing and coping with their labor and birth experience.

**Fee: \$110. Registration required, call 626.2626.**

### *Planning For Birth (One Day Workshop)*

#### **One Day Workshop**

For the parents-to-be with tight schedules, this Saturday workshop is designed to provide couples with the fundamentals of labor and birth, strategies for coping, and developing a personal plan for their labor and birth experience.

**Fee: \$110. Registration required, call 626.2626.**

### *Cesarean Birth Class*

This program is for women who have a higher risk for a cesarean birth or already are expecting to have a cesarean birth. Discussion involves the preparation for cesarean, expectations of the process of birth, recovery, and caring for the baby. A tour is included.

**Fee: \$15. Registration required, call 626.2626.**

### *Double Delight...Planning For a Multiple Birth*

Giving birth to more than one infant offers a special set of excitement and concerns for new parents. Prepare to manage labor/delivery, tips on comfort strategies and birth options. Fee: \$30 /\$15 if taken in addition to a full childbirth preparation class.

**Registration required, call 626.2626.**

### *Infant CPR Basics*

This is a non-certification course designed to inform parents and childcare givers about the essential basics of infant CPR.

**Fee: \$25 (includes written materials and hands on practice). Registration required, Call for dates and times at 626.2626.**

### *Preparing For Your Newborn*

This program is designed to prepare you for the physical and emotional needs of your baby as well as discuss how to meet your own needs while embarking on your parenting journey. Topics include 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. For new parents and those parenting again as a refresher or to come and build new coping tools and reconnect with your partner in preparing to parent the new member of your family.

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

### *Preparation For Breastfeeding Success*

Prepare for your breastfeeding experience and learn basics for getting started, to meet both the infant and mother's needs.

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

### *Becoming A Big Sister or Big Brother*

This program is offered at developmentally appropriate levels to introduce the idea that your child is becoming a sibling. A tour of The Mom's Place is included.

**Fee: \$10 per family. Registration required, call 626.2626.**

## **NEW!** *Baby Yoga (six weeks to pre-crawling) and Tot's Yoga (crawling - 36 months)*

**Baby Yoga and Tot's Yoga** are classes designed for parents and caregivers to take a break from their busy day and connect with their baby.

**Baby Yoga** focuses on gentle guided movement, massage, and song; parents will bond with their infant while encouraging emotional and physical development. No yoga experience is needed! Please bring a blanket. Yoga mats are not necessary but may be used if you prefer.

**Fee \$60 (5 week series) Wednesdays Oct 22–Nov 19, 10:30 AM–11:15 AM**

**Tot's Yoga** 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*). No yoga experience is needed! **Yoga mats are not used in this class. FEE \$60 registration required. (5 week series) Wednesdays Oct 22–Nov 19, 9:30 AM– 10:15 AM.**

Class sessions are laidback and provide opportunities 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! **Registration required, call 626.2626**

### *Lactation Services*

One-on-one education and encouragement for new moms before the birth, during the hospital stay and after going home. Lactation Line is 663.6686. For after hours or weekends, call The Mom's Place at 663.6667. **FREE!**

### *Mommy and Me Time; Nurturing Parent Development*

This weekly program is offered to provide support, sharing tips for infant care, sleeping challenges, feeding, and fostering friendships for mothers in their developing roles as parents. Our Lactation Consultant will be available to assist with any feeding questions or issues. **FREE!** Registration required. New series beginning this fall! Call 626.2626 for more information or to register.

## 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

## Healthcare Resources Call 626.2626

Allergy	Hematology/Oncology	Primary Care
Ambulatory Medicine	24/7 Hospitalist	Psychiatry
Anesthesiology	Medicine	Pulmonary Disease
Bariatrics	Infectious Disease	Radiology
Behavioral Health	Laboratory	Rehabilitation
Breast Health	Neurology	Sleep Center
Cardiology	Neurosurgery	Social Work
Cardiovascular Surgery	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	
General Surgery	Podiatry	

## 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](http://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](http://CatholicMedicalCenter.org) or e-mail [info@cmc-nh.org](mailto:info@cmc-nh.org).



CATHOLIC MEDICAL CENTER

100 McGregor Street  
Manchester NH 03102

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*Caring for Babies and Moms  
...with heart*

*Gala  
event*

*to benefit Maternal Services  
at Catholic Medical Center*

**October 17, 2014**

Cocktail Reception & Wine Tasting: 6 PM

Dinner & Program: 7-11 PM

**Manchester Country Club  
180 South River Road, Bedford, NH**