

Proudly Awarded Health Care Business of the Year

CMC thrives with Continuous Improvement and Innovation



CMC Employees are treated to an ice cream social to celebrate their Business of the Year award.

After a year of tremendous change and improvement to both quality and access, Catholic Medical Center received the Business NH Magazine 2015 Health Care Business of the Year award. "It is exciting and humbling to be recognized for the quality care provided by our team to people in need in the community, but we don't do what we do for the recognition," explains Dr. Joseph Pepe, President and CEO of CMC. "We do these things because it is our corporate culture. Through mission-driven benevolence, we strive to improve the health of vulnerable individuals and communities throughout the state."

It was an outstanding year of operation for CMC. The hospital's charity care levels reached new heights as we donated \$73 million dollars in resources and services to families in need. We funded several programs aimed at under-served populations. CMC funded

uncompensated care through Healthcare for the Homeless, the Poisson Dental Facility, the Westside Neighborhood Health Center and the Pregnancy Care Center.

We've opened our new Breast Care Center at Washington Place in Bedford, located next to our Urgent Care Center. We added breast screening equipment, so recently approved by the FDA; it is not available anywhere else in the state. Examinations at the center are performed with lower doses of radiation during screening, but because of the technology, doctors receive more detailed results and fewer false alarms.

CMC's New England Heart & Vascular Institute has become the first in northern New England to offer a congestive heart failure monitor, called CardioMEMS. It allows our cardiologists to remotely monitor a patient's condition. When we

see the first signs of trouble, we can act immediately to prevent symptoms from worsening and avoid a visit to the hospital.



CMC expanded its current Patient Transfer Center servicing rural hospitals throughout the state. We have coordinated 1,800 transfers from NH hospitals in the last year to hospitals with greater capabilities to handle challenging

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Major Development in the Treatment of A-Fib

New device offers stroke protection comparable to blood thinning medication



To reduce the risk of stroke in patients with A-Fib, CMC physicians are the first in New England to implant the new device, about the size of a quarter, that can prevent blood clots from forming.

Individuals living with atrial fibrillation (A-Fib) who take anticoagulant medication to reduce their risk of stroke may have a new option—the Watchman™ Implant.

Since its FDA approval this spring, Catholic Medical Center is the first hospital in New England to offer the WATCHMAN™ Left Atrial Appendage Closure Device. The device represents a new approach in the management of A-fib. It closes off an area of the heart called the left atrial appendage, which is a pocket or pouch where stroke-causing blood clots commonly form.

Reducing stroke in A-Fib

People with atrial fibrillation have a five times greater risk of stroke. An irregular heartbeat can cause blood to pool and clot in the appendage. Blood clots can break loose and travel through the bloodstream to the brain causing a stroke, or to the lungs and other parts of the body.

“This is a promising technology that has shown success in clinical trials,” said

Connor Haugh, MD, FACC, cardiologist, New England Heart & Vascular Institute who implanted the first devices at CMC in early May. “We are delighted to be able to offer our suitable patients an FDA approved alternative to anticoagulation therapies.”

Alternative to anticoagulant medication

The most common treatment to reduce stroke risk in patients with A-Fib is blood-thinning warfarin (also known by the brand names Coumadin, Jantoven, Marevan, Uniwarfin) medication. Despite its proven efficacy, long-term warfarin medication is not tolerated by some patients and carries a significant risk for bleeding complications. Nearly half of A-Fib patients eligible for warfarin are currently untreated due to tolerance and compliance issues.

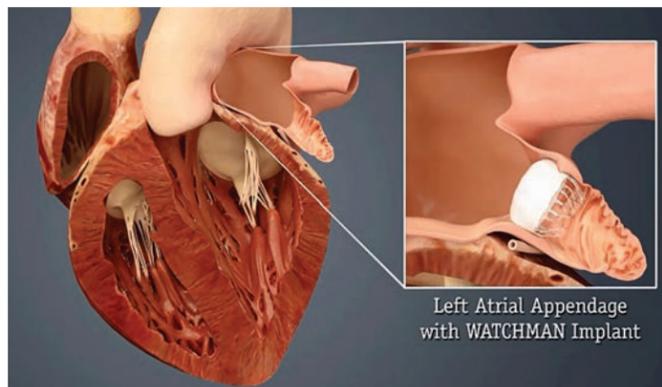
A minimally invasive procedure

The Watchman Implant is a one-time procedure that usually takes about an hour. With the patient under general anesthesia, a cardiologist inserts a catheter into the upper leg and guides it into the heart. On the left side of the heart, the doctor releases the implant from the tube so that it blocks entry to the appendage. After a few weeks,

tissue forms over the device, creating a natural barrier. Following the procedure, patients stay overnight in the hospital. Before anticoagulant medications can be discontinued, patients undergo a follow-up test to confirm that the appendage is closed.

Considering the Implant

Watchman is not for everyone. Like any cardiac procedure, there are risks, some of which are serious. Patients and their physicians should carefully consider risks and the benefits of the device before scheduling an implant. To determine



The Left Atrial Appendage is a pouch where blood can pool, clot and then escape into the bloodstream. The Watchman Implant closes off the area permanently.

eligibility for the Watchman Implant, CMC’s Heart and Vascular Institute conducts a history, physical and TEE (trans-esophageal echocardiogram). For more information, call CMC’s A-Fib treatment program at 603.669.0413. ■■

Business of the Year Award, continued from page 1

or serious cases. We also expanded the transfer center and dedicated an AMR “super” ambulance with real-time remote medical monitoring to ensure our patients are never out of view from the experts.

“Our investment in community charitable care reached the highest level ever by CMC,” says Edward Dudley, Executive Vice President & Chief Financial Officer. “We are humbled by this achievement, as it reflects the core mission of Catholic Medical Center. This is our highest priority.”

CMC accomplished these goals because our leaders applied their best business management ideas to the hospital’s health care mission. That meant hiring new nurses and doctors to handle high demand fields of care, while reforming our inpatient system, which makes our daily operations more efficient.

CMC solicited feedback from patients and families and created an Office of Patient Experience, which works solely with staff, providers and patients to make every experience at CMC a positive one. We are working to create a more healing environment by trying to offer the finest patient experience and best patient outcomes.



“Our hospital is working to shift its model from volume to value,” explains Alex Walker, Executive Vice President, Operations and Strategy Development. “By opening new primary care offices in communities around Manchester, we are bringing care close to where people live and work. We think this helps us get better prepared for a future where care is patient-centered and easily accessed.”

CMC will no longer be simply a hospital, but instead it hopes to evolve into a resource that reaches into the lives of individuals and families in their communities, workplaces, and living environments. ■■



Distinguished Heart Surgeon joins CMC's Heart & Vascular Institute



David Caparrelli, MD, FACS

CMC is proud to welcome David Caparrelli, MD, FACS, as a cardiothoracic surgeon with exceptional training to the Cardiothoracic Surgical Associates at New England Heart & Vascular Institute in Manchester, NH.

The scope of Caparrelli's practice is cardiac, thoracic, and endovascular surgery. He has specific clinical interests in aortic diseases (such as aortic aneurysm and dissection) and heart valve disease.

Dr. Caparrelli comes to CMC from Arizona where he was medical director of Cardiothoracic Surgery at the Heart and Vascular Center of Northern Arizona in Flagstaff.

After Princeton, Caparrelli attended University of Pennsylvania School of Medicine, Philadelphia, PA, and spent more than a decade training at Johns Hopkins University School of Medicine, Baltimore, MD, where he completed his internship and multiple residencies, including General Surgery, Vascular

Surgery, and Cardiothoracic Surgery. He was also awarded multiple clinical and research fellowships, including a fellowship of Endovascular Surgery, Arizona Heart Institute and Arizona Heart Hospital; post-doctoral research fellowship at the Thoracic Oncology Research Laboratory, University of Pennsylvania School of Medicine; and an endowed research fellowship in the Division of Cardiac Surgery at Johns Hopkins University School of Medicine. Caparrelli's extensive post-doctoral training also included a post in General and Vascular Surgery at the John Radcliffe Hospital, Oxford University, Oxford, England.

Board certified in General Surgery, Vascular Surgery and Thoracic Surgery, Caparrelli has published in high-impact peer-reviewed journals on a range of topics. Caparrelli has authored chapters for seven different textbooks and manuals, including The Johns Hopkins Manual of Cardiac Surgical Care.

He is a fellow of the American College of Surgeons and a member of multiple professional associations including the Society of Thoracic Surgeons, Society of Vascular Surgery, Peripheral Vascular Surgery Society, and the International Society of Endovascular Specialists. ■

CMC Welcomes First Neurohospitalist



Ali Emami, MD, MPH

Catholic Medical Center (CMC) welcomes Ali Emami, MD, MPH, as its first neurohospitalist. A neurohospitalist is a neurologist who cares for individuals in the hospital with neurological illnesses.

Emami conducts neurological assessments, evaluates diagnostic imaging, as well as administers medication to reduce patients' risks of medical complications. As a

neurohospitalist, Emami assesses and cares for patients in the emergency department, intensive care units, rehabilitation medical unit as well as all the other medical/surgical inpatient units at CMC.

Emami also treats patients with altered mental status, encephalitis and other neurological disorders.

Emami comes to CMC from the Department of Neurology at Reliant Medical Group in Worcester, MA. He completed a fellowship in EMG/Neurophysiology and a residency in Neurology at Kings County Hospital in Brooklyn, NY. His internship was at Prince George's Hospital Center in Cheverly, MD. He received his MD from Tehran University of Medical Sciences and an MPH from Columbia University. Emami is Board Certified in Neurology. ■

A New Approach in the Management of Congestive Heart Failure

Remote Monitoring for First Signs of Trouble Prevents Worsening of Symptoms



Drs. Robert Capodilupo (left) and James Flynn were the first in northern New England to implant CardioMEMS devices in two patients at CMC last March.

Patients transmit their PA pressure data from home to a secure server, which is monitored by the Congestive Heart Failure team at CMC. Patients take a daily reading by using a portable electronic unit and a special pillow. There is no pain or sensation during the readings. Also, the CardioMEMS sensor is designed to last the lifetime of the patient and doesn't require batteries.

A person with congestive heart failure can have multiple hospital admissions in a year during which there is considerable discomfort. "Patients may have increased weight gain, swelling in legs, and increased shortness of breath. They can't lie down. They have to prop themselves up at night," said James Flynn, MD, interventional cardiologist, New England Heart and Vascular Institute. "This helps us to treat them before they reach that extreme. Patients much prefer to be at home."

Learning About Heart Failure Problems Earlier

The New England Heart & Vascular Institute now offers a novel approach in the management of congestive heart failure. It is a sophisticated remote monitoring tool called CardioMEMS™ HF System. The device alerts our physicians to worsening symptoms and allows us to adjust medications early before breathing problems arise and avoid potential hospitalizations.

"This is a new option for class III heart failure patients," said Robert Capodilupo, MD, FACC, interventional cardiologist, New England Heart and Vascular Institute.

The CardioMEMS HF system is the first and only FDA-approved monitoring device for use in patients with congestive heart failure. It uses a small, wireless monitoring sensor that is implanted in the pulmonary artery (PA) during a right cardiac catheterization to directly measure PA pressure. PA pressure changes occur before visible symptoms, such as weight and blood pressure changes which are often used as indirect measures of worsening heart failure.



An implantable sensor uses micro-electromechanical systems (MEMS) technology to indicate worsening symptoms of heart failure.

To Learn More

CardioMEMS is suitable for patients with Class III heart failure who have been hospitalized for their condition in the last twelve months. To learn more about CardioMEMS, contact the New England Heart & Vascular Institute at 603.669.0413. ■

Medical News



Now Open & Open!

An MRI shouldn't be scary, but for some people it is. Catholic Medical Center and Bedford Ambulatory Surgical Center (BASC) are proud to announce the opening of BASC Imaging, the home to New Hampshire's first, and only, high-field, Open MRI unit--the Hitachi OASIS™ 1.2T. The new MRI scanner allows an extraordinary level of patient comfort, diagnostic confidence and high-resolution imaging. What does all of this mean to you? No more tight, enclosed tube!

The new Open MRI technology is preferred by certain patients for many different reasons, including anxiety of closed spaces. BASC Imaging is a high quality, low-cost imaging center that also provides state-of-the art CT and Ultrasound services. Located at 20 Washington Place in the Bedford Medical Park, 603.622.3670. BASCimaging.com

CMC | New England Sleep Center

We've Moved

CMC's New England Sleep Center has moved to a more comfortable, convenient and private location at The Holiday Inn-Manchester Airport. Now offering:

- Comprehensive evaluation and treatment for sleep disorders.
- State-of-the-art sleep study technology in a comfortable home-like setting.
- Six spacious rooms with private baths, high-speed internet, microwave, refrigerator, flat-screen HD TV and comfortable beds.
- Access to indoor pool, Jacuzzi, workout room and restaurant.

It is open seven days a week, 24 hours a day at the Holiday Inn-Manchester Airport, 2280 Brown Avenue, Manchester NH 603.663.6395.



Philanthropy



Another Successful Pink in the Rink

The Manchester Monarchs' Executive Vice President Matt Welch (right) and mascot Max are tickled pink to present a \$12,000 check to Dr. Joseph Pepe and the Breast Care Center's Dr. Elizabeth Angelakis (left) and Dr. Connie Campbell (center). The check represented this year's proceeds from the February 7, 2015 Pink in the Rink game. Since beginning the Pink in the Rink partnership between The Manchester Monarchs and CMC, the Monarchs Care Foundation has donated over \$52,000 to the Breast Care Center to support new technologies that can help detect cancer earlier, thus leading to better outcomes for patients. Special thanks to all who helped with the event at the Verizon Wireless arena on game night, and all who attended or purchased auction items.

With Gratitude

Peter Gosline, a grateful patient from Peterborough, recently stopped by CMC to thank Dr. Louis Fink, Medical Director, New England Heart & Vascular Institute.

Peter made a multi-year pledge commitment to support The New England Heart & Vascular Institute. "CMC saved my life," shared Peter. "They repaired my heart and taught me ways to change my behaviors so that I can live a longer life."

We're grateful, too!



Peter Gosline with Dr. Louis Fink

Campaign for Heart & Vascular Services

This year our Annual Campaign will benefit the New England Heart & Vascular Institute. We are asking our Board, former patients and other community members to honor those they know and love who suffer from cardiac and vascular diseases. Contributions will be used to:

- Create advancements in patient-centered initiatives
- Conduct clinical research
- Expand rehabilitation and exercise programs for cardiac and vascular patients
- Purchase automatic external defibrillators for use in public places within local communities
- Support the medication assistance program.

In New Hampshire, heart disease is the second leading cause of death. More than one in three adults in the United States live with one or more types of cardiovascular disease. CMC is committed to providing the most up to date technology and the best trained physicians to help reduce the impact of these diseases on patients and their families. We hope you'll help. For additional information, please call 603.663.6056.



Save the Date!

Women's Health Forum 2015: Taking Care of #1

Join us for this rejuvenating, fun and informative day together! The Women's Health Forum is an event designed by women for women of all ages and is a joint effort by Catholic Medical Center and Dartmouth Hitchcock Manchester and is hosted by the Manchester Department of Health. \$45 registration required. To learn more or to register, call 603.626.2626.

Sat, Nov 7, 8:45 AM-3:15 PM

Health Enrichment



Healthy Beautiful Skin at Any Age

Whether you are concerned about acne, rosacea, sun damage or aging skin, there are steps you can take to achieve healthier skin. Join Dermatologist, Dr. Anna Sarno Ryan to learn more about skin cancer, common skin ailments and how you can keep your skin healthy.

Tue, Jul 14, 6-7:30 PM

Catholic Medical Center

FREE, registration required, call 603.626.2626

AARP Smart Driver Program

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

Mon, Jul 20, Aug 10 or Sep 14, 9 AM-4 PM

195 McGregor St., Lower Level, Suite LL22

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

Registration required, call 603.626.2626.

All Natural Family Planning

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.

Wed, Jul 22, Aug 26 or Sep 23, 6:30-8 PM

195 McGregor St., Lower Level, Suite LL22

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

Registration required, call 603.626.2626

Metabolic Syndrome, Diabetes and the Risk for Heart Disease



Are you at risk for Metabolic Syndrome? If you are overweight, experiencing insulin resistance, are physically inactive or have a family history of heart disease or diabetes, you may be at risk for this serious health condition. Dr. Jonathan Eddinger will discuss the risks and connection to Type 2 Diabetes and coronary artery disease and what

you can do to avoid these serious complications.

Wed, Sep 16, 6-7:30 PM

Catholic Medical Center

FREE, registration required, call 603.626.2626.

Mental Health First Aid

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

Wed, Sep 16 & 23, 12-4:30 PM

195 McGregor St, Lower Level, Suite LL22

FREE, registration required, call 603.626.2626.



Married And Loving It!

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

Mondays, Sep 21—Oct 19, 6-8PM

195 McGregor S., Lower Level, Suite LL22

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

Diabetes Education

If you have pre-diabetes or diabetes, education is key to successful self-management. At the Diabetes Resource Institute at CMC, our Certified Diabetes Educators provide outstanding diabetes education and nutrition counseling. Education is customized to meet your needs and is provided in group and individual appointments. Early morning and late day appointments are available. A referral from a primary care physician is required. To schedule an appointment with one of our educators, please call our office at 603.663.6431.

Retired Men's Association

Third Tuesday of month

10:30 AM-12:30 PM

195 McGregor St, Lower Level, Suite LL22.

FREE; for more information, nhretiredmen.org

Massage

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

Holistic Health Series

Making a Change for Wellness: Helping your Mind and Body Work Together to Improve Overall Health

This workshop will introduce you to solution-focused methods to identify and overcome what may be preventing you from making the changes you want or need to make. Learn strategies you may not have considered to get you going! For anyone with diet issues, sleep problems, a new diagnosis or recurring habits and patterns that you want to change... and are wondering where to start.

Wed, Aug 5, 6-8 PM

Catholic Medical Center

FREE; registration required, call 603.626.2626.

What Can Music Therapy Do For You?

Come learn how Music Therapy is used to assist individuals of all ages in meeting non-musical goals. Learn how music is processed in the brain and how it is used to improve functioning for stress relief, recovery and for those with specific conditions.

Tue, Aug 25, 6-7:30 PM

Catholic Medical Center

FREE, registration required, call 603.626.2626.

Untangling with Zentangle: Introducing a Unique Experience with Art

Daily stressors may be making you feel edgy anxious and tangled up in knots. Zentangle is a relaxing, fun and engaging art form that even individuals who believe they have no artistic talent can use to unplug, de-stress and enjoy. When you complete this introductory class you may be surprised to find you are more relaxed, energized and even have a unique piece worth portraying on your wall. Even if you think you can't draw... you can Zentangle.

Tue, Sep 22, 6-8 PM

Catholic Medical Center

\$20 (materials included). Registration required, call 603.626.2626.

Introduction to Mindfulness for Stress Reduction

Non-stop distractions, multiplying worries and the pressures of work and home magnify our tension and take away from our quality of life, both physically and mentally. In contrast, the source of joy and full engagement with one's life starts with being able to stay connected to the present moment. Mindfulness meditation can train the mind to thrive in the here and mindfulness complements traditional medicine and psychological treatments to calm the nervous system while reducing negative thinking. Over the four week course, experience mindful practices to bring peace, focus and purpose into your daily living.

Thursdays, Sep 24—Oct 15, 6-7:15 PM
195 McGregor St., 3rd Floor, Suite 312
\$99. Registration required, call 603.626.2626.

RxRelax® Integrative Health Training



Jay Gupta, RPh

RxRelax® Integrative Health Training for caregivers and healthcare professionals is a cutting-edge, 10-day, 100-hour training and certification course designed to help you take steps to improve your health and the health of those you care for. In this seated therapeutic yoga and mindfulness practice, you will learn research-based techniques to better

manage stress, anxiety, insomnia, depression, fatigue, pain, hypertension, and effects of cancer treatment, cardiovascular conditions and more. With these tools, you can bring renewed hope to those who may struggle with conventional exercise.

Sat & Sun: Sep 26-27, Oct 17-18, Nov 14-15, Dec 12-13, Jan 9-10
8 AM-6:30 PM (Snow dates Jan 23 -24)
Catholic Medical Center
Tuition: \$2200; Early Bird Rate: \$2000 (if registered and paid by Aug 15, 2015)
For more information and to register, call Terry Gupta at 603.674.3770 or email RxRelax@live.com



Food as Medicine: A Diet for Healing

Most of today's chronic health conditions cannot be cured until the diet is fixed. Obesity, diabetes, irritable bowel syndrome, gastric reflux, thyroid, auto immune disorders, etc., may now be common, but were not so, throughout human history. Each two-hour workshop is a motivational food and lifestyle focused journey to rebuild health and age well.

Ketogenic Diet, Tue, Jul 21, 7-9 PM or
Gut Health: Tue, Aug 18, 7-9 PM or
Thyroid Health: Tue, Sep 15, 7-9 PM
Obesity Treatment Center, 769 South Main St., 3rd Flr, Suite 300, Manchester
\$19 per session or all for \$45. 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
Catholic Medical Center
\$115; registration required, call 603.626.2626.

The Wellness Center

Staying Strong, Living Long

With a focus on strength, flexibility and balance, we will use hand and leg weights, and resistance tubing. Perfect for the older adult or those new to exercise.

Tuesdays and Thursdays, 9-10 AM
195 McGregor St., Lower Level, Suite LL22
\$15 per month. Registration required, call 603.626.2626.

Chair Yoga Flow

A gentle introduction to yoga using the support of a chair for seated or standing yoga postures. Chair yoga can help you increase flexibility, gain physical and mental strength, and improve overall feelings of health, vitality and peace. Chair yoga is safe and effective at any age and level of health, ability or mobility. Practice yoga with safety, security, integrity and confidence, while encouraging the body to stretch and lengthen.

Thu, Jul 23—Aug 13 or Sep 3—Sep 24
1:30-2:30 PM
195 McGregor St., Lower Level, Suite LL22
\$30 (4-weeks). Registration required, call 603.626.2626.

ZUMBA® Fitness Program

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

Mon, Aug 31—Oct 26, 7-8 PM or
Tue, Sep 1—Oct 20, 6:30-7:30 PM or
Thu, Sep 3—Oct 22, 5:30-6:30 PM
195 McGregor St., Lower Level, Suite LL22
\$60 (8-weeks). Registration required, call 603.626.2626.



Yoga 101 Series

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 to refresh and to improve strength, agility and ability to manage the stress of everyday life.

Tue, Sep 1—Oct 20, 12-12:45 PM
195 McGregor St., Lower Level, Suite LL22
\$60 (8-weeks). Registration required, call 603.626.2626.

Gentle Yoga

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

Tue, Sep 1—Oct 20, 3:45-4:45 PM or
Wed, Sep 2—Oct 21, 7-8:15 PM or
Thu, Sep 3—Oct 22, 10:15-11:30 AM
195 McGregor St., Lower Level, Suite LL22
\$60 (8-weeks). Registration required, call 603.626.2626

A Strong Core and More

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

Tue, Sep 8—Oct 27, 5:30-6:30 PM
195 McGregor St., Lower Level, Suite LL22
\$60 (8-weeks). Registration required, call 603.626.2626.

The Fitness Center

Whether you are a healthy individual interested in fitness or wanting to control your risk factors, The Fitness Center has something for you. The Center offers a variety of programs 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, Mondays, Wednesdays or Fridays
8:30 AM-12PM or 3:30-5:30 PM
195 McGregor St., Lower Level, Suite LL23
Fee varies. Registration required, call 603.663-8000.

Nutrition and Weight Loss

A Healthy Weigh: My 30-Day Blitz

Challenge yourself to a 30-day detox from foods, fluids and behaviors that keep you overweight and feeling sluggish. Are you ready for a rapid change? This 30-day blitz is an exciting beginning toward a healthier slimmer you.

Wed, Sep 2—Sep 23, 5:30 PM to 6:30 PM
195 McGregor St., 3rd Floor, Suite 312
Fee: \$69 (4 week education series only)
Registration required, call 603.626.2626.

SPECIAL! New Combination Weight Loss Package

A Healthy Weigh: My 30-Day Blitz (see dates listed above) and one month membership to The Fitness Center. Studies show that weight loss and weight maintenance depend on both a healthy diet AND exercise! Join us for four Healthy Weigh nutrition classes and add a 30-day membership to The Fitness Center where you'll enjoy a variety of classes including aerobics, cardio equipment, strength training and stretching. This combination package is the gateway to your transformation!

Healthy Weigh Classes—195 McGregor St., 3rd Floor, Suite 312
Fitness Center Classes—195 McGregor St., Lower Level, Suite LL23
Introductory Price, \$99!
Registration required, call 603.626.2626.

Maintenance Motivation

Reinvigorate, reinforce, and renew weight and lifestyle skills gained in any prior Healthy Weigh program. Continue your journey to a healthier slimmer you.

Wed, Jul 15 & Aug 12, 6-7 PM
Obesity Treatment Center, 769 South Main St., 3rd Flr, Suite 300, Manchester
\$15 (includes both sessions). To schedule an appointment, call 603.626.2626.

Weighing In On Your Weight Loss Options At CMC

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

Wed, Jul 15, Jul 29, Aug 5, Aug 19, Sep 2 or Sep 16
5:30-6:30 PM

Obesity Treatment Center, 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

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.

Tue, 5:30-6:30 PM
Obesity Treatment Center, 769 South Main St., 3rd Flr, Suite 300, Manchester
Fee: Varies per individual.
Registration required, call 603.663.6297.

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

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

Mon, Jul 6
Tue, Aug 4
Wed, Sep 9
Catholic Medical Center
Registration required, call 603.663.7377.

Parish Nurse Program

The CMC Parish Nurse Program is present in 17 local faith communities providing spiritual, physical, psychological and social care to their members and neighbors. Parish Nurses provide 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, ethnicities, and religious affiliations. Find our 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, Tue, 9:45-11:15 AM
Blessed Sacrament Church, Wed, 1:30-3 PM
Brookside Congregational Church, Thu, 10-11:30 AM
1st United Methodist Church, Tue, 8:30-10:30 AM
Immaculate Conception Parish, Penacook, Sundays, 9-10:30 AM; Thu, 8:30-10 AM
St. Andrew's Episcopal Church, 1st and 3rd Tue, 8-9 AM
St. Anne- St. Augustine Parish, 2nd Tue, 10:30-11:30 AM
St. Anthony Church, Thur, 9-11 AM
St. Elizabeth Seton, 1st and 3rd Tue, 8:30-10:30 AM
St. George Greek Church, 2nd Wed, 9:30-11 AM
St. John the Baptist, Suncook, Mon, 9-11 AM
St. Joseph Cathedral, 1st Sun, 9:30-10:30 AM & 11:30 AM-1 PM
St. Matthew's Episcopal Church, Wed, 9 AM-12 PM
St. Pius X Church, Fri, 8:30-11 AM
St. Raphael's, 3rd Tue, 12:30 PM-1:30 PM
Sacred Heart, Fri, 8:30-9:30 AM

SHINE

Supportive services for older adults.
Wed, 10:30-11:45 AM
St. Matthew's Episcopal Church, Goffstown
FREE

Indoor Walking Program

Tue, 9:30-10:30 AM or Wed, 9:30-10:30 AM
Parish of the Transfiguration
FREE

Chair Exercises

Tue, 10-11 AM
Bedford Presbyterian Church
Tue, 9:30-10:30 AM
St. Elizabeth Seton, Bedford, NH
Thu, 9:30 AM-10:30 AM
Parish of the Transfiguration & St. Anthony Church
FREE

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

Cancer Education and Support

Free Wig Bank

For cancer patients coping with hair loss from cancer treatment (all wigs are new and have been donated by the American Cancer Society).
Norris Cotton Cancer Center
FREE, appointment required, call 603.629.1828.

"I'm A Survivor"

The "I'm a Survivor" group is geared towards those patients who have completed or are living with a long term diagnosis of cancer.
FREE, for more information, contact the Norris Cotton Cancer Center at 603.629.8683.



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

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
The Wellness Center, 195 McGregor St.
Lower Level, Suite LL23
Fee varies, registration required, call 603.663.8000.

YogaCaps

A gentle, therapeutic yoga class for patients and their caregivers who have had or have cancer. No previous yoga experience needed.
Thu, 6:30-8 PM
The Wellness Center, 195 McGregor St.
Lower Level, Suite LL23
FREE; Registration required, call 603.670.0302.



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.
Thu, 6:30-8 PM
Tue, Sep 15, 5:30-6:30 PM
Breast Care Center, 9 Washington Place, Suite 203, Bedford
For more information or to schedule an appointment, call 603.641.6700.

Screenings

Skin Cancer Screening

Approximately one million cases of skin cancer are diagnosed each year. Early detection is the key to curing all types of skin cancer. This screening is for persons who do not have a dermatologist or are uninsured.
Mon, Sep 14, 12-2 PM
195 McGregor St., Lower Level, Suite LL22
To see if you qualify, call 603.626.2626.

Functional Movement Screening

A screening and consultation with specially trained physical therapists using the Functional Movement Screening. This 30 minute screening will utilize 7 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.
Fee: \$25. For more information or to schedule an appointment, call 603.641.6700.

Patient Assistance Services

Breast And Cervical Cancer Screening

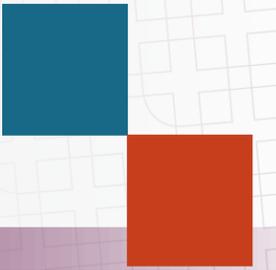
FREE screenings for women with limited income, who have no health insurance or have a high deductible. Registration required.
Catholic Medical Center
To see if you qualify, call 603.626.2626.

NH Colorectal Cancer Screening Program

FREE screenings are now available to qualified individuals in New Hampshire through the New Hampshire Colorectal Cancer Screening Program. If you're due for a follow-up colonoscopy, or it's time to have your first, the entire cost could be paid by the program.
For more information, call 603.653.3702.

Medication Assistance Program

The Medication Assistance Program helps uninsured and underinsured patients obtain long-term prescription medication from major pharmaceutical companies. Catholic Medical Center staff assists patients in determining eligibility and completing the necessary paperwork.
Patient eligibility criteria in general includes: US residency, limited household income and must not be eligible for any other type of prescription coverage including Medicaid, VA and private insurance.
For an appointment, call 603.663.8752.



Preparation for Breastfeeding

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

Thu, Jul 2, Aug 6, Sep 3 or Oct 1, 6:30-8 PM

Catholic Medical Center

\$30 or \$15 if taken in addition to Preparation for Birth Series.

Registration required, call 603.626.2626.

Preparation for Cesarean Birth

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

Tue, Sep 10, 6-8:30 PM

Catholic Medical Center

\$30. Registration required, call 603.626.2626.

Preparation for Birth

Parents-to-be prepare their body, mind, heart and relationship for labor, birth and early postpartum. You will learn about many ways of birthing in the hospital setting. Build coping practices and facilitate a deeper connection between the birthing mom and her partner or support person of choice. This in-depth series offers you what you can't get from a book or online. Classes are capped at five couples to allow for individual attention. Refreshments are provided. A tour of The Mom's Place is included.

Tuesdays, Jul 7—Jul 28 or Sep 8—Sep 29
6-8:30 PM (4-week series)

Saturdays, Jul 18 & Jul 25 or Sep 19 & Sep 26
9 AM-2 PM (2-week series)

Catholic Medical Center

\$120. Registration required, call 603.626.2626.

Pregnancy, Birth And Beyond

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

Birthing Again

This class offers parents the opportunity to give special attention to a pregnancy and birth following other births. The main areas addressed are; preparing the self, relationship and siblings for the new baby and changes that come; refreshing pain coping practices and partner support; and processing past birth experiences and their impact on the upcoming birth.

\$30. For more information, call 603.626.2626.

Preparation for Birth after Cesarean Birth

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

Thu, Sep 17, 6-8:30 PM

Catholic Medical Center

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

Registration required, call 603.626.2626.



Childbirth Education Reunion

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

FREE, for more information, call 603.626.2626.

CPR and Safety Class

This is a non-certification course designed for parents and caregivers to learn first aid and safety essentials and the basics of CPR. Discuss injury prevention and basic life-saving skills with a Special Care Nursery registered nurse in a comfortable, relaxed environment. This program is appropriate for expectant parents or parents and caregivers of infants and children up to the age of 8.

Sat, Sep 12, 3-5 PM

Catholic Medical Center

\$30 (includes two parents or one parent with caregiver).

Registration required, call 603.626.2626

Parenting Your Newborn

This program helps prepare parents to be and new parents of infants up to three months for the physical and emotional needs of their baby. Topics include normal newborn appearance and behavior, crying and soothing, sleep, feeding, recognizing illness, common concerns and building coping practices. This class offers you an opportunity to explore the expected joys as well as the challenges and to build your confidence in parenting your newborn.

Tue, Aug 4, 6-8:30 PM or

Sat, Jul 25 or Sep 26, 2:30-5 PM

Catholic Medical Center

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

Registration required, call 603.626.2626.



Yoga

Baby

Baby yoga is a class designed for parents and caregivers to take a break from their busy day and connect with their baby. Through gentle guided movement, massage, and song, parents will bond with their infant while encouraging emotional and physical development. Class sessions are laidback and provide an opportunity to connect with other parents in the community. Soothing crying babies, changing and feeding during class is the norm. Come join us to relax, have fun and meet others also adjusting to the new world of parenthood. No yoga experience is needed. Blankets and yoga mats are provided or bring your own if you prefer. (six weeks to precrawling)

Mondays, Jul 27—Aug 31 or Sep 14—Oct 19 or Oct 26—Nov 30
9-9:45 AM
\$60 (6 week series)

Saturdays, Aug 29, Sep 12, Oct 3
9-9:45 AM
\$10 per class

Tots

Crawlers and walkers move through simple yoga poses while sitting, walking, jumping and standing, with the assistance of their parents. (Crawling-36 months)

Mondays, Jul 27—Aug 31 or Sep 14—Oct 19 or Oct 26—Nov 30
10-10:45 AM
\$60 (6 week series)

Saturdays, Aug 29, Sep 12, Oct 3
10-10:45 AM
\$10 per class

Catholic Medical Center
Registration required, call 603.626.2626.

Welcome Visits at The Mom's Place

Are you having your baby at CMC, or still searching for just the right place? Join us to learn more about what to expect here. Small group Welcome Visits allow plenty of time for discussion, meet staff, tour our suites and get your questions answered. Scheduled on weekdays, evenings and weekends. We look forward to welcoming you!

Registration required.
FREE, to register call 603.626.2626.



Becoming a Big Sister or Big Brother

This program introduces children, ages 2 1/2 to 6 to the idea of becoming a new big sibling. They will receive a warm welcome to The Mom's Place and a tour especially for them. Siblings-to-be will learn what to expect at the hospital and at home, make a hand print and take home a keepsake certificate. Children may bring a doll or stuffed animal to join them.

Sat, Aug 29 or Sep 12 or Oct 3, 11:15 AM-12 PM
Catholic Medical Center
Family fee: \$10. Registration required, call 603.626.2626.

Lactation Services

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

Lactation Line: 603.663.6686. After hours or weekends, call the Mom's Place: 603.663.6667.

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

This program is offered to provide support for new moms as they begin or continue on their parenting journey. Join us to talk, listen and be in a nurturing environment. FREE, for more information, call 603.626.2626.

Prenatal Yoga

Come meet other future 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 balance and posture, helps release tension in your hips, shoulders, neck and back, and enhances circulation. As you move through postures and breath work you will feel more confident and comfortable in your body. Classes help prepare both the mind and body for labor and birth.

Six weekly sessions: Jul 27— Aug 31; Sep 14—Oct 19;
Oct 26—Nov 30
6-7 PM. \$50

Catholic Medical Center
Mom's Place Community Classroom—Level E
Registration required, 603.626.2626

Community Health Services

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

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

Healthcare Resources Call 626.2626

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

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

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your thoughts

We welcome your comments and encourage your ideas about future stories in Healthy Living News. Please contact us at CatholicMedicalCenter.org or e-mail info@cmc-nh.org.



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Provider Profile



Robert A. Catania, MD, FACS

Specialty: General Surgery

Board Certification: American Board of Surgery

Medical School: Temple University School of Medicine, Philadelphia, PA

Affiliations: Surgical Care Group, Obesity Treatment Center

Specialized Interests: Surgical treatments of GERD and obesity.

Q&A with Dr. Catania

Why I chose medicine: I was looking through some old boxes recently and found my fifth grade yearbook. In it, I wrote that I wanted to be a doctor, so this is a career I've been interested in since my childhood. My brother had severe asthma when we were young and I remember taking him to our pediatrician's home in the middle of the night for treatments. I wanted to be able to help other people the way that our pediatrician helped my brother. On top of that, I was a huge fan of the TV show MASH. This has a lot to do with my choices of going into surgery and joining the military where I served as a general surgeon on active duty in the US Navy.

Something most people don't know about me: When I retire I would like to hike the Appalachian Trail from end to end.

What I enjoy doing when I'm not working: I'm almost always working, but when I'm not working I'm either cooking something on my grill or hiking with my black lab, Hershey.

Best part about being a doctor: The best part about being a doctor is getting to know people of all ages and from different walks of life.

Favorite place in Bedford, NH? Pulpit Rock

Robert Catania, MD, FACS is board certified by the American Board of Surgery. At the Obesity Treatment Center and Surgical Care Group at Catholic Medical Center, his practice covers all aspects of general surgery, and he specializes in minimally invasive gastrointestinal and bariatric surgery and surgical endoscopy. Dr. Catania is currently accepting patients. To schedule an appointment, please call The Surgical Care Group at 603.627.1887.

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