



Your Wellness Matters



Summer 2002

health link



My feet hurt! The average person walks 115,000 miles in a lifetime.

—American Podiatric Medical Association

Close your mouth. Accidentally swallowing just a few mouthfuls of swimming-pool water puts you at risk for a severe bout of gastrointestinal distress. Pool water is public bathing water; even though it's chlorinated, it's not sterile.

—Centers for Disease Control and Prevention

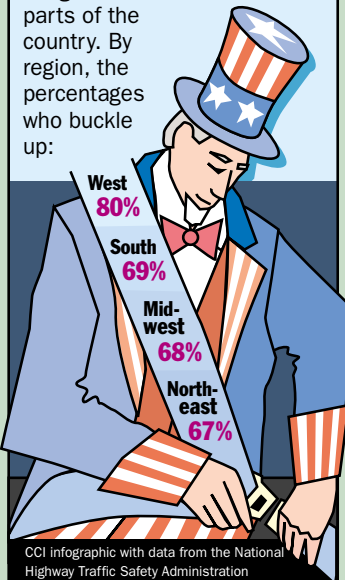


Melon menace. To prevent salmonella poisoning, scrub cantaloupes and other melons under running water before you cut them. Also wash your hands before and after handling the fruit.

—U.S. Food and Drug Administration

Who's buckling up?

More Americans than ever are using safety belts, but usage varies in different parts of the country. By region, the percentages who buckle up:



CCI infographic with data from the National Highway Traffic Safety Administration

T-Wave Alternans

NEW CARDIAC TEST HAS POTENTIAL TO SAVE LIVES

Sudden cardiac death claims the lives of more than 300,000 Americans annually. It is the nation's number 1 cause of death.

Today more than 10 million people at elevated risk for sudden cardiac death go undiagnosed. At risk are people who have had cardiovascular disease or some other cardiac event, and people at high risk for coronary disease resulting from family history, environment (for example, smoking or poor diet), or sedentary lifestyle.

If doctors could more readily diagnose patients at high risk, those patients could receive appropriate, lifesaving therapy. Until recently this type of diagnosis required invasive procedures that are expensive and time-consuming, and actually pose an additional risk for patients.

Right now only a small number of patients at elevated risk for sudden cardiac death are ever evaluated by an appropriate specialist.

EARLY DETECTION

That may all change with the



BENEFITS FROM NEW TEST: Robert Lavery, M.D., discusses test results with a patient.

introduction of T-Wave Alternans testing, a noninvasive diagnostic test now being performed at Elliot Hospital. T-Wave Alternans is designed to help identify patients

at risk for life-threatening heart rhythm disturbances that can lead to sudden cardiac death.

For many years physicians have known that a beat-to-beat variation in the T-wave portion of a patient's EKG is associated with ventricular arrhythmia. Subtle variations could not be detected until a Massachusetts company developed a system that measures minute variations, adding to a doctor's ability to identify patients at risk.

T-Wave Alternans testing can be performed as a stand-alone exam in less than 10 minutes or in conjunction with a routine cardiac

stress test. Because this test is simple and relatively inexpensive, a larger number of patients can be tested, with the potential for saving many more lives.

THE TEST MEASURES TINY VARIATIONS IN HEART RHYTHMS THAT MAY INDICATE HIGHER RISK FOR SUDDEN CARDIAC DEATH.

EXPLORING OPTIONS

Exploring new technology in cardiology demonstrates Elliot Hospital's commitment to providing a wide variety of diagnostic and treatment options to benefit the people in southern New Hampshire.

T-Wave Alternans testing is not appropriate for all patients and should be discussed with your doctor. Your physician can evaluate the appropriateness of the test for you.

For more information on T-Wave Alternans testing and cardiology options, visit our Web site at www.elliotohospital.org/services.

Definitions and facts

T-wave: The part of the EKG that represents the electrical activity of the heart between heartbeats.

Ventricular arrhythmia: Abnormal heartbeats or rhythms that originate in the right or left ventricle.

Q: How long has T-Wave Alternans testing been available in the United States?

A: Studies have been taking place for 10 years. It was approved for humans two years ago by the FDA. As of January 2002, it is approved for insurance billing.

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Don't miss our new classes this summer! See page 7.

CIRCLE OF GIVING

PERENNIAL PARTNERS

Hospital Associates at Elliot

From the initial gathering on July 24, 1890, the original Elliot Hospital Ladies' Auxiliary Board was totally dedicated to the cause for which they were organized. They were soon responsible for making linens and for visiting patients. By 1896, they agreed to organize and supervise a much-needed maternity ward.

THE ASSOCIATES CURRENTLY ENJOY A MEMBERSHIP OF NEARLY 400 DEDICATED WOMEN AND MEN WHO SERVE IN MANY WAYS.

Many changes have occurred over the years. For a time the group was known as the Senior Associates and Junior Associates.

In 1986, they unified as the Elliot Hospital Associates.

The Associates currently enjoy a membership of nearly 400 dedicated women and men who serve in many ways. Some volunteer at the hospital, while others work on fund-raisers. Many support the programs financially.

The Elliot Hospital Associates' history is amazing. Our volunteers have devoted decades of hard work, including countless hours of time, the purchase of equipment, and contributions of very generous monetary gifts. To date, the Elliot Hospital Associates have contributed more than \$3.5 million to Elliot Hospital.

The Associates encourage membership to anyone willing to assist with their purpose, and they are constantly looking for new ways to serve the hospital. For more information, please call Dorothy Wageman at 622-5719.

The efforts of the Associates can be summarized with a phrase from their mission statement: "We resolve to preserve our very rich history and to grow within the framework of an ever-changing environment."



Who receives the most benefits from volunteering?

Someone could argue that it's the organization for which people volunteer that benefits the most. Another could maintain that it's the direct recipient of service—the newborn with a knitted hat to keep her warm, or the patient in need of directions or a hand to hold.

Yet when asked, a volunteer may say, "I benefit the most from volunteering. I have

cultivated a network of friends, have a sense of purpose and feel truly needed, and I enjoy great satisfaction from volunteering."

We at Elliot Health System have the honor of working with the Elliot Hospital Associates and volunteers every day. We truly appreciate all they do for Elliot, our patients, and especially the community we have the privilege of serving.

The joy of giving

There are many wonderful ways in which you can "give back" to the community during your lifetime.

At Elliot Health System, we have hundreds of volunteers working every day to improve the quality of care received by our patients. The volunteers take great pride in their work and have a profound impact on the community we serve. These people know and experience the joy of giving.

There are also unique and dramatic ways in which you can plan to give to your community, even after your lifetime. Estate planners simply call this "planned giving." It requires determining whether there are individuals and institutions that you would like to see benefit from your wealth after your death.

Many people choose to do nothing. With no plan in place, Uncle Sam is typically the happy recipient of the bulk of your estate.

However, with a written plan, you are protecting a portion of your hard-earned wealth from taxation and controlling the direction in which your money will flow. You can choose loved ones as your beneficiaries, or you can choose to benefit an institution with your planned gift.

The Mary & John Elliot Charitable Foundation was established

to provide gifts to Elliot Health System to support its ongoing resource needs. As a not-for-profit entity, the Foundation looks to people who know and understand the joy of giving to support these efforts.

Keeping our community aware of the many charitable giving opportunities available is part of the Foundation's goal. One critical opportunity we all possess is estate planning.

If you have not developed an estate plan and require assistance, call the Foundation at 663-8934, and you will be provided with direction and the opportunity to obtain expert advice.

Annual appeal results are in!

Congratulations, and thank you! Together, our community and the staff of Elliot Health System raised more than \$60,000!

The Mary & John Elliot Charitable Foundation extends its sincere gratitude to all of the participants who generously gave to the 2001 Annual Appeal. Thank you!



Need a ride to the new center?

The CareGivers, Inc., is working with the Elliot Senior Health Center to support both organizations' missions: allowing seniors the opportunity to continue living a full life. CareGivers is proud to offer transportation to the newly opened Senior Health Center.

CareGivers is a nonprofit organization dedicated to helping frail, elderly, and disabled Greater Manchester and Nashua residents remain in the comfort of their own homes. A volunteer network provides nonemergency medical transportation, grocery shopping, and friendly visits.

If you are interested in these services or volunteering, call 622-4948 or visit the Web site at www.caregiversnh.org.

All Under One Roof

The new Elliot Senior Health Center.

Step inside for a brand new view of senior healthcare.

Community Open House
Wednesday, June 19
12:30 to 3:30 p.m.

- Primary Care Physicians
- Specialists
- Computer Learning Center
- Fitness Center
- Health Education
- Health Screenings
- Rehabilitation Services
- Behavioral Health Services
- Laboratory
- Mammography
- Bone Densitometry
- X-rays
- Café

Expert, comprehensive senior healthcare, the way it should be – convenient!

Elliot Senior Health Center
138 Webster Street
Manchester, NH 03104

603-663-4567
www.elliotohospital.org



News from
around
Elliot Hospital



Get fit for golf

Golfers of all abilities want to improve their game, and Elliot's Rehabilitation Golf Fitness Program is here to help!

"We look at the five essential physical factors that influence one's ability to swing the club with effortless power," says Maureen Scala, a physical therapist and golfer of 20 years.

Our physical therapy staff members are skilled in evaluating golfers and developing exercise programs that enhance their ability to play golf. Upon individual evaluation of posture, balance,

flexibility, strength, and control, a customized exercise program is designed to address any problems with swing.

THIS MAKES A GREAT FATHER'S DAY GIFT!

The Golf Fitness Program is perfect for healthy golfers and those recovering from injuries. Well or uninjured golfers will find that greater fitness leads to better golf performance. Golfers who are injured greatly benefit from our program, returning to play sooner and often with less discomfort.

Elliot's Golf Fitness Program is offered at two convenient locations and **makes a great Father's Day gift.**

For more information, call SportsWorks at **625-2131** in Manchester (near the airport), or Hampshire Hills Clinic for Physical Therapy and Sports Medicine in Milford at **672-4478**. Gift certificates are available by calling ELLIOT ON-CALL at **663-4567**.

Is the Golf Fitness Program for you?

Check any that apply to you and your golf game.

- I cannot make a complete body turn.
- I have pain in my shoulder/lower back.
- I have difficulty shifting my weight.
- My swing plane is wrong.
- I fatigue quickly.
- An old injury affects my game.
- I can't drive the ball as far as other people my age.

If you answered yes to two or more questions, Elliot's Golf Fitness Program may help your game! Call **663-4567** to learn more about it.

When 2 lives are at stake...



Photo by Amy Collins

There's only 1 choice for care.

The experts at Elliot Hospital delivered more babies last year than any other hospital in New Hampshire. Perhaps the 2,500 families who chose Elliot did so because

they knew that if anything ever were to go wrong during labor and delivery, Elliot's staff, newborn intensive care unit, and technology were simply the best in the region.

Or maybe they chose Elliot because their friends told them about the wonderful experience they'd had when their baby was born.

There are many reasons we're number one.

Elliot Hospital
One Elliot Way
Manchester, NH 03103
www.elliotalhospital.org

Call ELLIOT ON-CALL for more information on Women's & Children's Services, or if you need a family physician.
(603) 663-4567



ELLIOT
HOSPITAL

Radiation therapy

The future of cancer treatment

As the first hospital in the state to treat cancer with radiation, Elliot Hospital has become known for its state-of-the-art cancer care—providing radiation therapy for more than 35 years.

The radiation doctors, known as radiation oncologists, work with radiation therapists, medical physicists, nurses with specialized training in radiation oncology, and others to localize and treat cancer while sparing all the healthy tissue that surrounds it.

With the numerous technological advances that have occurred in the past decade, the staff members at Elliot know how vital it is to provide the community with updated radiation services, making the most advanced treatment available and convenient to New Hampshire residents, and sparing travel to Boston.

CUTTING-EDGE EQUIPMENT

The Elliot Regional Cancer Center has three high-energy linear accelerators and one low-energy radiation treatment machine to treat approximately 125 patients every day. This spring Elliot replaced one of its three radiation therapy treatment machines, known as linear accelerators, with a new linear accelerator.

The new machine is capable of delivering intensity modulated radiation therapy (IMRT), which is the most precise and sophisticated radiation treatment in the world. The new linear accelerator stands approximately 9 feet tall, is nearly 15 feet long, and weighs about 18,700 pounds. It generates high-energy x-rays by using electricity to accelerate electrons to nearly the speed of light, and it rotates to deliver the radiation treatments from nearly any angle.

The linear accelerator is outfitted with an important accessory called a multi-leaf collimator. This device, which has nearly 80 computer-controlled mechanical "leaves," or "fingers," is used to shape the beam of radiation so it conforms to the 3-D shape of the tumor. This allows doctors to safely prescribe higher doses of radiation to the tumor.

PROMISING TREATMENT

Elliot Hospital's Regional Cancer Center clinicians will use the new IMRT system to treat cancer patients with prostate, breast, head and neck, lung, pancreatic, and other cancers where precisely placed beams can be focused carefully to target tumor cells without harming surrounding healthy tissue.

Cancer cells grow and divide more rapidly than normal cells in the body. High doses of radiation will kill the cancer cells or keep them from growing and multiplying. Most normal cells that may be treated (because they are in the same area as the cancer cells) recover from the radiation treatment. However, it is best to avoid giving the normal cells radiation if at all possible.

Like conventional radiation therapy machines, the new linear accelerator produces radiation only when turned on for the few minutes it takes to deliver a treatment. The treatment does not make the patient or the environment radioactive.

**IN THE STATE OF
NEW HAMPSHIRE,
5,800 PEOPLE WERE
DIAGNOSED WITH
CANCER IN 2001.**

Receiving treatment on the new linear accelerator is very similar to receiving radiation on one of the Cancer Center's other machines. It takes only a few minutes each day, five days a week, for about five or six weeks.

The Cancer Center offers a wide array of programs, and benefits greatly from the fund-raising efforts of the Elliot Hospital Associates (see page 2). When a patient comes to the Cancer Center, he or she will find treatment opportunities available similar to those in large urban areas such as Boston or New York.

For more information, call the Elliot Regional Cancer Center at **(603) 663-1800**.



lin'e-ar ac-cel'er-a-tor

Physics. An accelerator in which particles are propelled in straight paths by the use of alternating electric voltages that are timed in such a way that the particles receive increasing increments of energy. Also called linac.

BETTER HEALTH

AN ILLUSION OF UGLINESS

By **JAMES CLAIBORN, PH.D.**
Manchester Counseling Services

Would a small birthmark on your leg prevent you from swimming? Would a small scar on your forehead prevent you from going on a particular job interview? For most of us, the answer is clearly no, but for some, the answer might be yes.

Body dysmorphic disorder (BDD) is closely related to obsessive-compulsive disorder (OCD) and depression, but it is not as well-known. Yet it turns out to be quite common.

New research suggests that BDD may occur in 1 percent to 2 percent of the general population. And approximately 8 percent to 12 percent of people seeking help from behavioral health professionals for issues such as depression also have BDD.

BDD BEHAVIOR

A person with BDD may invest large amounts of time, money, and effort into correcting or trying to hide the supposed defect. The person may also attempt to avoid situations where the supposed defect may be noticed. This

concern with appearance is similar to an obsession, and the behavior can be seen as compulsive.

BDD is often called the disease of "imagined ugliness" because although the person who has it thinks the supposed defect is significant, others don't see it that way.

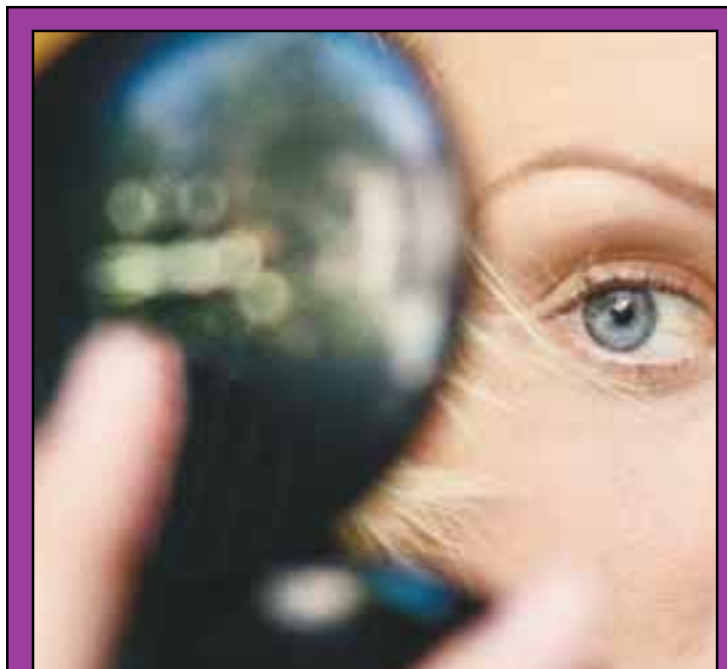
PEOPLE WITH BDD OFTEN HAVE SEVERE DEPRESSION AND MAY EVEN ATTEMPT SUICIDE.

Most common concerns involve the face, though the defect or concern can be focused on almost any part of the body, and it may shift over time.

People with BDD often have other problems, such as OCD, and even more commonly, depression. It is estimated that 80 percent to 90 percent of people with BDD have serious depression. And as many as 25 percent of BDD patients have attempted suicide because of their BDD/depression problem.

HIDDEN PROBLEM

If BDD is as common and as



Body dysmorphic disorder (BDD) is a disorder involving preoccupation with a perceived defect in appearance. However, the defect is either minor or nonexistent.

serious as these figures suggest, why hasn't it received national attention?

One factor is that most professionals don't ask. In a study of 122 patients admitted to an inpatient psychiatric unit at a university teaching hospital, 13.1 percent

were found to have BDD. Yet they were never asked about possible symptoms or concerns that would have identified the disorder.

The second factor is that people with BDD feel so much shame they almost never volunteer information about their concern. In the

same study, all 16 patients with BDD said they would not talk about their concerns because of shame unless they were directly asked. People with BDD are much more likely to seek help from a plastic surgeon or dermatologist than from a mental health professional.

TREATMENT OPTIONS

What can be done to help someone with this problem?

The treatments for BDD are the same as those that behavioral health professionals use to treat OCD successfully. Medication seems to be helpful for most people with BDD. Cognitive behavioral therapy, including exposure and ritual prevention, has been found to be an important tool for BDD.

A treatment plan combining these approaches is the best choice for most people with BDD, especially if the disorder is severe or accompanied by significant depression.

James Claiborn, Ph.D., Manchester Counseling Services, has recently completed work on a self-help book for people with BDD titled *The Body Dysmorphic Disorder Workbook*. Other resources include *The Broken Mirror* by Phillips and *The Adonis Complex* by Pope, Phillips and Olivardia.

Need help choosing the 'right weigh'?

Have you noticed that more and more Americans are becoming overweight? Our lives are busy and complicated; we eat out more than ever; processed convenience foods take up more supermarket space than whole foods; and opportunities to be sedentary abound.

"ELLIOT'S CHOOSING THE RIGHT WEIGH IS

DESIGNED TO PROMOTE THE BODY'S NATURAL ABILITY TO ACHIEVE AND MAINTAIN A HEALTHY BODY AND AN ENERGETIC MIND."

—GEORDIE THOMSON, M.D.,
MEDICAL DIRECTOR FOR
CHOOSING THE RIGHT WEIGH

Many of us have a genetic tendency to store excess calories easily as fat. This tendency was helpful in the distant past when stored fat could help our

ancestors through a famine, but it can cause problems in our current lives since food is readily available.

Many of us have tried several fad diets, lost and regained weight, or made many unsuccessful attempts to manage our own weight.

Elliot's Choosing the Right Weigh program is designed to help stop dieting and refocus on health. We recognize that each person has a unique background,

relationship with food, and medical history. Each participant receives an individualized nutrition and home exercise program, offered in a setting that enhances group support and learning from others' experiences.

Choosing the Right Weigh combines the most current knowledge about nutrition with a strong focus on exercise, body composition improvements, and mind/body approaches to im-

proving health. We offer physician oversight, state-of-the-art medical foods and nutrition supplements, and both laboratory and body composition analyses.

The program offers a comprehensive focus on awareness, balance, and commitment.

Free orientation sessions for Choosing the Right Weigh will be offered on Sept. 5 and 9. Call ELLIOT ON-CALL at 663-4567 to register.

WHAT OUR MEMBERS ARE SAYING

"I need to say again how great it is to attend a class where the speaker has read all the up-to-date info, has obviously thought about it, and can comment on it. I was telling some of my colleagues about you at lunch today and thought I needed to tell you how much I am enjoying you on Monday nights. I really look forward to the sessions! Not only are you both wonderful, but I've lost 10 pounds!!!"

—Connie, R.N., Choosing the Right Weigh participant



Our program focus

AWARENESS

- What has contributed to your weight gain?
- How does your body respond to different types of food and activity?
- What are some more healthful options?

BALANCE

- Lifestyle—making time for yourself and your health goals.
- Diet—no extremes.
- Reconnecting mind and body.

COMMITMENT

Ours: To provide you with new information, plus high-quality products and services.

Yours: To make yourself a priority and devote the time and energy required to make a difference in your health.

BETTER HEALTH

ALTERNATIVE WAYS TO HEALTH

Integrative Medicine Program expands

Elliott Health System and Partners in Healing (a dedicated group of healthcare professionals specializing in complementary therapies) continue to expand and develop new integrative (complementary) programs in their new location—The Elliot Wellness Center, 317 Lincoln St., in Manchester (entrance on Wilson Street).

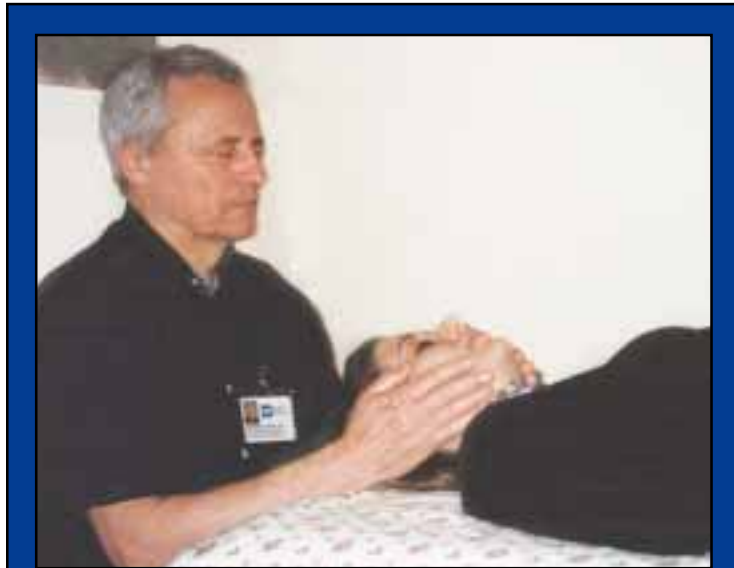
TO LEARN MORE ABOUT OUR PROGRAM OR TO RECEIVE REGULAR MAILINGS ABOUT INTEGRATIVE HEALING, PLEASE CALL ELLIOT ON-CALL AT 663-4567.

More than 50 outstanding integrative medicine educational programs, such as yoga, meditation, aromatherapy, and T'ai Chi, are offered on an ongoing basis. Certification programs in Reiki I, Reiki II, and Music for Healing and Transition are gaining popularity.

FOR OUR PATIENTS

Many Elliot Hospital patients have the opportunity to experience Reiki by Reiki Master Robert Willan, and trained volunteers.

Reiki (pronounced "ray-key") is a gentle, noninvasive hands-on healing practice from Japan. It promotes deep relaxation with balancing the energies of body, mind, and spirit. Reiki amplifies the body's self-healing abilities and is known to reduce stress,



Reiki Master Robert Willan with a patient.



Geordie Thomson, M.D.



Angella Bascom, A.R.N.P.

pain, and anxiety.

Babies in the newborn intensive care unit (NICU) and patients on the palliative care unit enjoy beautiful, soothing harp music by Peg Fedor, R.N., Certified Music Practitioner.

WHAT PHYSICIANS SAY

According to a 2000 survey of physicians affiliated with Elliot Hospital, physicians wanted a referral base of credentialed practitioners

in complementary therapies. They also wanted an Elliot Health System resource for current complementary medicine information.

The majority of responding physicians believed their patients benefited from complementary therapies and that some conditions and illnesses improved with the use of complementary therapies, specifically anxiety, chronic back pain, fibromyalgia, arthritis, depression, and asthma.

MEET OUR PROFESSIONALS

Geordie Thomson, M.D., Medical Director of the Integrative Medicine Program, is a family practice physician with New Boston Primary Care. Dr. Thomson holds a certificate in basic homeopathy for the primary care provider. He is completing the medical acupuncture training program at Beth Israel Deaconess Medical Center and has furthered his education in herbal medicine.

Angella Bascom, A.R.N.P., Clinical Leader of the Integrative Medicine Program, is a family nurse practitioner. She has a certificate in basic homeopathy for the primary care provider and a certificate in basic hypnotherapy. She is also a therapeutic touch practitioner and instructor, and a Reiki II practitioner.

Bascom has authored the book *Incorporating Herbal Medicine into Clinical Practice*. This book includes information sheets physicians and nurse practitioners can copy for patients, and several pages on herb/drug interactions and herbs to avoid during pregnancy and breastfeeding.

NEW SERVICES AND STORE

The community now has the opportunity to explore even more complementary therapies. Please log on to our Web site at www.elliethospital.org/services to learn about acupuncture, hypnotherapy, and professional herbal and homeopathy consultations.

Stop by our new retail shop, located at the Elliot Wellness Center, to obtain quality herbal and nutrition supplements, homeopathic remedies, and aromatherapy oils. While there, you can speak with a qualified herbal consultant.

To learn more about our program or to receive regular mailings, please call ELLIOT ON-CALL at 663-4567.

SEMINARS

Urinary Incontinence: You Are Not Alone

Tuesday, June 11
7 to 9 p.m.

Presenters: Rick Phelps, M.D., and Mary Blevens, M.A., P.T.

Millions of Americans—both men and women—experience persistent incontinence. Many are too embarrassed to tell anyone, even their family doctor. But incontinence is a medical condition that can be effectively treated. Take the first step in getting help by attending this educational program. To register, call ELLIOT ON-CALL at 663-4567.

Kidney Stone Education

Tuesday, June 18
7 to 9 p.m.

Presenters: Christopher Tessier, M.D., and Mary Williams, R.D.

While undoubtedly one of the most painful urinary disorders, kidney stones are also one of the most easily treated. Come learn how The Max K. Willscher Urology Center uses revolutionary technologies to eliminate stones surgically or non-surgically. Also learn how dietary modifications and treatment can help keep stones from recurring. To register, call ELLIOT ON-CALL at 663-4567.

SEMINARS

Health questions? The doctor is in!

Do you feel like the morning commute is the same, day after day? Well, meet Gus Emmick, M.D., a pediatrician and internist with Riverside Primary Care in Hooksett, and a regular guest on 95.7 FM WZID radio.

Dr. Emmick is featured monthly on WZID's radio segment called "The Doctor Is In." The show is broadcast live the second Monday of each month from 8 to 8:45 a.m. Listeners are invited to call and ask the doctor questions both on air and off. Monthly topics rotate and cover a wide variety of health-related interests. Upcoming topics include

allergy season and adolescent healthcare.

"I believe an educated patient is a good patient," says Dr. Emmick. "Good medicine and good health is a joint effort between the patient and the primary care physician."

Dr. Emmick is a graduate of Tufts University School of Medicine in Boston, and he completed his combined internal medicine and pediatric training at University of Rochester. He is board-certified in both pediatrics and internal medicine. He resides in Manchester with his wife, Anne, and enjoys fishing,

tennis, and hiking.

If you are interested in learning more about Dr. Emmick or Riverside Primary Care, or if you have certain topics you would like to hear about on WZID, please feel free to e-mail Dr. Emmick at getthehealthy@elliethospital.org.

Tune in to 95.7 FM WZID on the second Monday of each month when "The Doctor Is In."



Gus Emmick, M.D., is ready for your questions the second Monday of each month.

SUMMER SAFETY



For more about waterborne illnesses, call Nurse On-Call at 663-4567.

CAN SWIMMING MAKE YOU SICK?

By **HOLLY FARNHAM, R.N.**
Elliot's Nurse On-Call

Summer means fun in the sun and frolicking in New England waters! But beware: That sparkling pool, clear lake, or cooling ocean can harbor infection.

While swimming, you are essentially bathing with everyone—and everything—in that water. Germs wash off people and animals, contaminating the water.

Lakes and other fresh bodies of water are most vulnerable to contamination, but all recreational sites pose a risk.

DIARRHEA

According to the Centers for Disease Control and Prevention (CDC), diarrhea is the most common infection associated with swimming. Caused by ingesting even small amounts of contaminated water, symptoms include a sudden increase in the number and volume of bowel movements along with abdominal cramping.

Prevention:

- ▶ Stay out of the water if you have diarrhea! This is especially important for children wearing diapers. To avoid spreading germs further, do not change diapers near the pool.
- ▶ Try to avoid getting water in the mouth while swimming.
- ▶ Take bathroom breaks frequently, especially with children. Remember to always wash your hands well after using the toilet or changing a diaper.
- ▶ Try to shower before swimming.
- ▶ Children, pregnant women, and people with a weakened immune system should be extra careful not to ingest water while swimming.

Treatment:

- ▶ Prevent dehydration by drinking extra fluids, such as watered-down clear liquids.
- ▶ Do not take anti-diarrhea medications without consulting your primary care provider (PCP).
- ▶ Eliminate dairy products; spicy, greasy, or fatty foods; caffeine;

Is the water safe?

Tips for swimmers:

- Know about the area where you plan to swim. Do not swim in stagnant water and *never* where the health department has posted it as unsafe.
- Pools, spas, and hot tubs all must have adequate chlorine levels, which should be tested frequently and maintained appropriately.
- The WaterShed Bureau, a division of the NH Public Health Department, regularly tests swimming water at a number of public sites. You can obtain results by calling "The Beach Inspector" at **(603) 271-2963** Monday through Friday from 8 a.m. to 4 p.m. Or check the EPA's "Beach Watch" at www.epa.gov.OST/beaches.

alcohol; and fruit juice until you are back to normal for 48 hours.

- ▶ Eat soft, starchy foods, such as bananas, cooked cereal, rice, applesauce, potatoes, white bread, and plain yogurt.
- ▶ Use a heating pad or a hot water bottle for abdominal cramping.
- ▶ Rest.
- ▶ Always wash your hands after a bowel movement.
- ▶ Seek medical advice if your diarrhea is severe, becomes bloody, lasts more than two days, is accompanied by chills and fever, or you develop symptoms of dehydration.

SWIMMER'S ITCH

This is caused by an allergic reaction to a microscopic parasite that penetrates the skin and causes an intense itchy rash. The parasite dies quickly, but the reaction may last one to two weeks.

The rash occurs primarily where the bathing suit is worn, but can be widespread. It is a very itchy, bumpy, red rash and starts within minutes or days after swimming in contaminated waters.

Prevention and treatment:

- ▶ Towel off immediately after

coming out of the water.

- ▶ Shower with soap and water after swimming.
- ▶ Soothe an itchy rash with a bath, using ½ cup baking soda in tepid water.
- ▶ Keep fingernails short to prevent possible secondary infection from scratching.
- ▶ Consult your PCP for appropriate use of antihistamines to control itching.
- ▶ Contact your PCP if the rash is open or there is increased redness, swelling, drainage, and/or fever.

SWIMMER'S EAR

Otitis externa, also known as swimmer's ear, is an inflammation or infection of the ear canal that extends from the eardrum to the outside. Risk increases with swimming in polluted water, excessive swimming in chlorinated pools, excess moisture in your ear canal, and irritation from ear plugs (if left in too long).

Signs and symptoms:

- ▶ Ear canal itching, followed by ear pain that worsens when the earlobe is tugged.
- ▶ A slight fever.
- ▶ Drainage from the ear.
- ▶ Visible swelling of the ear canal.
- ▶ Temporary loss of hearing on the affected side.

Prevention and treatment:

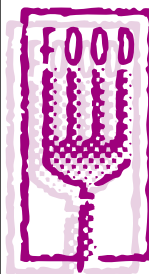
- ▶ Keep your ears dry. After swimming, turn your head to the affected side and gently tug your ear to allow the water to run out.
- ▶ Take over-the-counter analgesics as needed for pain.
- ▶ Press warm compresses to your infected ear for pain relief.
- ▶ Contact your PCP, who may prescribe ear drops containing antibiotics and/or cortisone.
- ▶ Avoid getting water in your ear for three weeks after your symptoms have resolved.
- ▶ Call your PCP if the pain worsens or persists.

The staff members at Nurse On-Call hope you have a safe and fun-filled summer!

For more about waterborne illnesses, please call **663-4567**.

Enjoy seafood safely

By **LINDA ROCKENMACHER**
Registered Dietitian



The American Heart Association recommends that Americans eat fish two times each week to take advantage of health benefits. Fish and seafood are high in protein, and most varieties are low in fat.

The real benefits of enjoying fish are the omega-3 fatty acids. When combined with a healthful eating plan, these have a protective effect against heart disease. Research suggests that omega-3 fatty acids help lower the risk for heart attacks and sudden cardiac arrest due to an irregular heartbeat.

Omega-3 fatty acids are polyunsaturated fatty acids found in seafood, especially in higher-fat, cold-water species, such as mackerel, albacore tuna, sardines, lake trout, and especially salmon. Fish is an important source of this type of fat because the human body cannot produce omega-3 fatty acids.

UNSAFE FISH

Public health officials have warned people not to exceed safe levels of contaminated fish in their diet. This can include fish from waters with mercury, dioxins, or PCBs.

At this time fish from three ponds in New Hampshire are not considered safe to eat for several reasons. May Pond and Ashuelot Pond in Washington, and Crystal Lake in Gilmanton, contain unsafe levels of mercury. This heavy metal accumulates in animals and is not excreted, therefore higher levels are found in older and larger fish.

Do not eat any fish from the Andoscoggin River since it is polluted with dioxins. Dioxins are mainly byproducts of industrial processes but can also result from natural processes, such as volcanic eruptions and forest fires.

Public health officials warn people not to consume bass or

pickarel longer than 12 inches found in any New Hampshire waters.

FINDING SAFE FISH

Despite warnings to local fishermen, consumers should feel confident in purchasing fish. There are many reputable local seafood markets, grocery stores, and restaurants with an abundance of fresh, safe fish to enjoy. Fish and shellfish available at retail markets are subject to regulations of the Food and Drug Administration (FDA), the New Hampshire Bureau of Food Protection, and certain city health offices (such as the Manchester Health Department).

RESEARCH SUGGESTS THAT OMEGA-3 FATTY ACIDS HELP LOWER THE RISK FOR HEART ATTACK.

COOKING IDEAS

Here are a few tips to help you enjoy seafood:

- ▶ Grill or broil a salmon "steak" or fillet, a rich and safe source of omega-3 fatty acids.
- ▶ Spruce up seafood with lemon or lime juice, herbs (such as dill, basil, onion, and garlic), barbecue sauce, and tartar sauce made with nonfat mayonnaise.
- ▶ Don't overcook! Get the best results with high temperatures and short cooking times. The rule of thumb is 10 minutes per inch of thickness at 450 degrees. Decrease the cooking time for thinner cuts. The fish should just be starting to flake in the middle or register 145 degrees with an instant-read thermometer.
- ▶ Serve fish burgers or "fish loaf," made with canned salmon, tuna, or mackerel, in place of ground beef or turkey. Bake in a loaf pan or shape into burgers. Brown the burgers or loaf slices in a nonstick skillet. As a bonus, canned fish that includes the edible bones is an additional source of calcium.

General guidelines to eating fish

To keep healthy and safe while eating fish, try following these guidelines:

- Limit freshwater fish meals to four times each month.
- Limit swordfish, shark, tilefish, and king mackerel to no more than two meals each month.
- Include bluefish and striped bass in no more than two meals each month.
- Never eat lobster tomalley (the green part).
- Children younger than 7 and pregnant/nursing women must be more cautious about seafood consumption.

Source: NH Public Health Advisory of the New Hampshire Department of Health and Human Services, www.dhhs.state.nh.us/CommPublicHealth/RiskAssess



Community Education Health & Wellness Programs

To register, please call ELLIOT ON-CALL at (603) 663-4567, unless otherwise noted. And bring a friend!

*Some course fees may be reimbursed by your insurance. Class size is limited, so early registration is important. Most major credit cards are accepted. *Nursing contact hours are awarded for classes marked with an asterisk.*

Looking for some more information about Elliot Hospital?

www.elliotohospital.org

Our Doctors Are In!



To find a primary care provider, call 1-800-2-ELLIOT-MD today!

Practices accepting patients in 10 locations, including Amherst, Goffstown, Londonderry, Manchester, and Salem.

GENERAL HEALTH EDUCATION

ADVANCE DIRECTIVES Tuesday, July 9, 6:30 p.m.

Discuss issues surrounding living wills and durable powers of attorney. This workshop will help you make important medical decisions should you become unable to do so because of medical reasons. Free.

CARING FOR SUMMER ANNOYANCES Monday, June 17 6:30 to 7:30 p.m.

Learn the best ways to treat bug bites, bee stings, poison ivy, and other summer annoyances to help you better enjoy the summer season. Instructor: Tim Parsons. \$10.

CPR (Cardiopulmonary Resuscitation)

CPR RECERTIFICATION FOR HEALTHCARE PROFESSIONALS Saturday, July 6 11:30 a.m. to 3:30 p.m. \$45.

CPR FOR HEALTHCARE PROFESSIONALS Saturdays, June 1, Aug. 3 8 a.m. to 2 p.m. \$60.

CPR FOR ALL AGES Saturday, July 6 8 to 11 a.m. \$35.

DISCOVER YOUR PERSONAL COLOR PALETTE Monday, June 24 6:30 to 8:30 p.m.

Improve confidence and self-esteem with clothing and accessories that complement your hair, skin, nails, and eye color. Janice Severance, Certified Personal Color and Image Consultant, will discuss color harmony combinations as they relate to seasonal harmony. Men, women, and young adults are welcome. \$10.

Elliot 1-Day Surgery Center

TOURS FOR ADULTS First and third Wednesday of each month, 6 to 6:30 p.m. Tour for adult patients having surgery at the Elliot 1-Day Surgery Center. Free.

CANCELLATION POLICY

Occasionally a program may be cancelled due to low enrollment. Our staff members make every effort to notify attendees at least 24 hours in advance. Attendees receive a full refund and will be placed on a waiting list for notification of the next class.

Please call ELLIOT ON-CALL at 663-4567 for more information.

TOURS FOR CHILDREN First and third Wednesday of each month, 6:30 to 7 p.m.

For children 12 and younger and their parents to decrease the anxiety of an upcoming outpatient surgery at the Elliot 1-Day Surgery Center. Also, take a virtual tour at www.elliott1-day.com. Free.

Feng Shui

Elliot's Feng Shui classes feature Diane Ryan, Feng Shui Consultant from DKR Design.

FENG SHUI IN THE BEDROOM Monday, July 22 6 to 8 p.m.

Learn ways to transform your bedroom into a restful and serene haven, in order to support health and aid in a good night's sleep. \$10.

FENG SHUI IN THE KITCHEN Monday, July 8, 6 to 8 p.m.

Learn to transform the kitchen into a healthful, balanced center of daily activity. See how it can influence cooking and eating with the seasons. \$10.

FIT FOR GOLF Weekdays, by appointment

Evaluates the five essential physical factors that influence your ability to swing the club with effortless power. (See article on page 3.) Call SportsWorks at 625-2131 in Manchester (near the airport), or Hampshire Hills Clinic for Physical Therapy and Sports Medicine in Milford at 672-4478. Gift certificates are available through ELLIOT ON-CALL, 663-4567.



HEALTHY AND LIGHT SUMMER COOKING Tuesday, July 16 6:30 to 8 p.m.

Dawn Small, R.D., Personal Chef of 24 Carrot Cuisine in Merrimack, will demonstrate how to prepare sensational summer foods that are healthy and light, and will satisfy any appetite. \$15.

INCONTINENCE EDUCATION PROGRAM Tuesday, June 11 7 to 9 p.m.

Presenters: Rick Phelps, M.D., and Mary Blevens, M.A., P.T. See page 5.

KIDNEY STONE EDUCATION PROGRAM Tuesday, June 18 7 to 9 p.m.

Discuss potential causes, seasonal fluctuations in occurrences, and why recurrence of kidney stones is one of the most easily treatable urinary disorders.

Speakers: Christopher Tessier, M.D., and Mary Williams, R.D. See page 5. Free.

LIVING WITH DIABETES Mondays, July 22 through Aug. 12, 10 to 11 a.m.

This four-week series provides an overview of the risk factors, as well as how to monitor your weight, exercise, and nutrition. The presenter, Betty Jane Anz, R.N., Certified Diabetes Educator, will be available to answer your questions. \$20, or \$5 per week.

SAFE SITTER Various dates and times

Safe Sitter, a nationally recognized program taught by certified instructors, teaches 11- to 13-year-olds how to become successful sitters.

They will learn skills such as the choking child/infant rescue, how to prevent problem behaviors, and first aid. Includes a manual and duffel bag. \$50.

SOLVING THE INVESTMENT INCOME CRISIS Monday, July 15 6:30 to 8 p.m.

Retirees will learn how to earn 7 percent or more on their investments using charitable gift annuities, and how to get higher guaranteed income, tax deductions, and benefit a local charity at the same time. Speaker: Steve Mathieu, Elder Planning of NH. \$5.

MIND/BODY MEDICINE

INTRO. TO MEDITATION* Tuesday, July 2 7 to 9:30 p.m.

This workshop is an introduction to the six-week meditation course that will teach students how to incorporate meditation as a stress reduction tool. Great way to

sample the six-week course or learn some meditative techniques to incorporate in the home. Instructor: Robert Willan. \$10.

MEDITATION COURSE* Tuesdays, July 9 through Aug. 13, 7 to 9 p.m., and Sunday, Aug. 11, 9 a.m. to 5 p.m.

Learn how to incorporate meditation as a stress reduction tool. This six-week course will introduce you to various meditative techniques, allowing you to choose a type of meditation that best suits your personality. In addition to the six (two-hour) classes, experience an all-day class that includes special guests with expert advice on supportive techniques for meditation. Instructor: Robert Willan. \$100.

MUSIC FOR HEALING AND TRANSITION PROGRAM (MHTP)

Module 2: June 22 and 23
Module 3: Sept. 14 and 15
Module 4: Nov. 9 and 10
Module 5: Jan. 11 and 12

This New York-based program trains and certifies "music practitioners" to serve ill and/or dying patients by providing live music as a service to create a healing environment for patients, families, and hospital staff. MHTP is offered in five weekend modules. Musicians of all types, both amateur and professional, are invited to enroll and bring healing modalities to patients. Please call 663-8988 for details and course information, or visit the Web site at www.mhtp.org.



QIGONG* Saturday, June 8 9 a.m. to noon

QiGong uses breathing exercises, simple movement, and meditation to balance and strengthen your body's vital energy. No previous experience is necessary. Instructor: Jean Larivee, R.N., H.N.C. \$25.

Reiki

A gentle, noninvasive, hands-on healing practice that balances the flow of energy in your body and reduces stress, pain, and anxiety.

REIKI I TRAINING* Saturdays, July 27 or Aug. 24, 9 a.m. to 5 p.m.

Reiki I training explores the definition and history of Reiki; explanation of various levels; Level I attunement; instruction in hand placements; discussion of ethical, moral, and legal issues; and hands-on practice. Instructors: Reiki Masters Robert Willan and Deb McLean. \$150.

REIKI II TRAINING* Saturday, June 29 9 a.m. to 5 p.m.

Instruction in the keys (symbols) and their use, Level II attunement, and hands-on practice. Instructors: Reiki Masters Robert Willan and Deb McLean. \$200. Prerequisite: Reiki I.

REIKI CLINIC Third Wednesday of each month, June 19, July 17, Aug. 21, 7 to 8 p.m.

Receive a Reiki treatment. Half-hour appointments available. Suggested \$10 donation.

T'AI CHI LESSONS Thursdays, June 27 through Aug. 8 (six weeks), 7:15 to 8:15 p.m.

This Chinese art incorporates physical, mental, and spiritual exercises to improve muscle strength, flexibility, balance, and relaxation. Instructor: Ian Manchester. \$70.

Clip and save





Clip and save

Community Education Health & Wellness Programs



To register, please call ELLIOT ON-CALL at (603) 663-4567, unless otherwise noted.

Yoga

Postures stretch and strengthen muscles, massage internal organs, relax nerves, and increase blood circulation. A 10 percent discount to seniors is offered for these classes.

BEGINNERS' YOGA

• Tuesdays, June 25 through Aug. 6, Aug. 13 through Sept. 17 (six weeks), 7:15 to 8:30 p.m.
• Thursdays, June 27 through Aug. 8, Aug. 15 through Sept. 19 (six weeks), 5:45 to 7 p.m.

Requires no experience, just enthusiasm. Learn integral yoga, a flexible combination of yoga styles. Instructor: Valerie Farrell. \$70.

BEGINNERS' YOGA, LEVEL II

Tuesdays, June 25 through Aug. 6, Aug. 13 through Sept. 17 (six weeks), 5:45 to 7 p.m.

A continuation of Beginners' Yoga. Learn more poses and techniques. \$70.

INTRODUCTORY YOGA

Mondays, July 8 through Aug. 12, Aug. 19 through Sept. 30 (six weeks) 5:45 to 7 p.m.

Experience a gentler and softer yoga with Kripalu Yoga Instructor Martha Chabinsky. \$70.

INTRODUCTORY YOGA, LEVEL II

Mondays, July 8 through Aug. 12, Aug. 19 through Sept. 30 (six weeks) 7:15 to 8:30 p.m.

A continuation of Introductory Yoga. Learn more poses and techniques. \$70.



SENIOR HEALTH

CHOLESTEROL SCREENINGS

Third Friday of each month, Senior Health Center

See "Screenings" section on this page.

DRIVER'S SAFETY COURSE

Tuesday and Thursday, July 23 and 25 5:30 to 9:30 p.m.

This eight-hour (two

half days) seminar is a classroom-based driving retraining course developed by AARP to help older adults improve their driving skills. \$10.

EAR WAX REMOVAL CLINIC

Mondays, June 3, July 8, Aug. 5, 10 a.m. to 4 p.m.

Free ear wax inspection; \$12 if irrigation is needed.

FOOT CARE CLINIC

Monday, Aug. 26 9 a.m. to 3:30 p.m.

Foot evaluation and toenail trim for seniors. People with vascular disease or on blood thinners such as Coumadin must have a signed authorization from their PCP. Free evaluation; \$12 for toenail cutting.

OSTEOPOROSIS

Third Friday of each month, Senior Health Center

See "Screenings" section on this page.

REAL ESTATE OPTIONS FOR RETIREES

Tuesday, Aug. 6 10 to 11:30 a.m.

Examines three common problems facing many retirees who own homes: how to sell the house and earn 6 percent more on the sale, how to eliminate capital gains tax, and how to find the extra money to remain in the same home with a low or moderate income. Speaker: Steve Mathieu, Elder Planning of NH. \$5.

SENIOR HEALTH CENTER GRAND OPENING

Wednesday, June 19

See page 2 for details.

STRENGTH TRAINING MAINTENANCE PROGRAM

Tuesdays and Thursdays, July 9 through Aug. 22 10 to 10:45 a.m.

This strength training class is offered for those who have completed the Strong Living class. It incorporates free weights and bands, as well as floor exercises. \$30.

WOMEN'S HEALTH

CREATING HEALTHY RELATIONSHIPS

Wednesdays, June 5 through July 31 7 to 8:30 p.m.

An eight-week group for women that focuses on all

CHILDBIRTH EDUCATION

Elliot Hospital offers ongoing childbirth classes, and all of our educators are certified in their specialties. To learn more, call (603) 663-4567.

BACK TO WORK AND BREASTFEEDING

Thursdays, July 11, Sept. 5, 10 a.m. to noon

Topics include preparing to return to work, maintaining your supply of breast milk, preparing your baby for transition, and what you can request of your workplace. Free.

BOOT CAMP FOR NEW AND VETERAN DADS

A two-part program to bring dads and dads-to-be

together to discuss the joys and responsibilities of fatherhood. \$25.

GREAT EXPECTATIONS

This class is designed specifically for parents expecting more than one newborn. Information about the birth experience and the care of multiple newborns is provided. Expectant women and their partners should attend during the second trimester.

MOMS' GROUPS

An opportunity for sharing. **New Baby and Me**—newborn to 4 months, Wednesdays, 2 to 4 p.m. **Little Ones**—4 months to 8 months, Wednesdays, noon to 2 p.m.

forms of relationships, from friendships to co-workers. Different topics are discussed each week, including how to recognize a healthy relationship, embracing diversity, managing conflict, and negotiating work relationships. Leader: Dr. Sandra Yarne, Psychologist. Call 668-4079 to register. \$55 per week. Many insurance carriers may cover/reimburse.

EMBRACING MENOPAUSE

Tuesdays, June 18 through July 30 7 to 8:30 p.m.

A six-week group session for women experiencing signs of menopause and perimenopause, including mood difficulties. Explore the dynamic events taking place within your body and the choices available to you. Receive support for a healthy emotional adjustment to these changes. Instructor: Dr. Sandra Yarne, Psychologist. Call 668-4079 to register. \$55 per week. Many insurance carriers may cover/reimburse.

SCREENINGS

Please call ELLIOT ON-CALL at 663-4567 to make an appointment. No walk-ins please.

BLOOD PRESSURE

■ Mondays, June 3, July 8, Aug. 5, 8:30 to 9:30 a.m.

■ Mondays, June 17, July 22, Aug. 26, 1 to 2 p.m. Free.

BODY COMPOSITION

Third Thursday of each month, 8 a.m. to 3:30 p.m.

Get your body fat percentage calculated by an exercise physiologist to determine your ideal body weight. \$20.

BREAST AND CERVICAL CANCER

Saturday, June 15 8 a.m. to noon
Free screening program for women 50 to 64 with family income below poverty level, no insurance, or a high deductible. Call the Cancer Resource line at 663-5787.

CHOLESTEROL

Third Thursday of each month, 8 a.m. to 3:30 p.m.

■ Total cholesterol with HDL (good cholesterol)

breakdown and cholesterol ratio. No fasting required. \$18.

■ Lipid profile. Includes a complete breakdown of HDL (good cholesterol), LDL (bad cholesterol), triglycerides, and glucose. A 12-hour fast is required. No food except water and medications. \$22.



FITNESS EVALUATION

Third Friday of each month, 8 a.m. to 3:30 p.m.

Includes fitness/health risk appraisal; submaximal cardiorespiratory evaluation via 5-minute step tests; body composition, strength, endurance, and flexibility assessments; and education. \$40.

OSTEOPOROSIS

Third Thursday of each month, 8 a.m. to 3:30 p.m.

Get your bone density and risk for osteoporosis measured with an ultrasound. \$20.

SUPPORT GROUPS

AICD (Automatic Internal Cardiac Defibrillator)

First Friday of each month

Elliot offers the only AICD support group in the tri-state area. Designed to help patients with internal cardioverter defibrillators

Movers and Shakers—8 months to 1 year, Wednesdays, 10 to 11:30 a.m.

THE PARENT CONNECTION Ongoing

Parents are invited to bring their babies (newborns to 12 months) and discuss issues related to the new role of parenthood. This is a wonderful opportunity to share and network with other families. Free.

ONGOING CLASSES

- Breastfeeding
- Car Seat Safety
- Grandparents' Update
- Hypnobirthing

Infant and Child CPR and Safety

- Infant Massage
- Introduction to Underwater Births
- Labor Series
- Maternity Tours
- Parenting and Infant Care
- Postnatal Relaxation for Baby and Me (postnatal yoga)
- Preparing the Family for Another Child
- Refresher Labor Class
- Relaxation and Fitness for the Childbearing Year (prenatal yoga)
- Sibling Class
- The Testing Toddler

and their families deal with unique issues.

BREAST CANCER

For any woman with a recent breast cancer diagnosis who is looking for social and emotional support. Call the Cancer Resource line at 663-5787.

CHRONIC PAIN

First and third Tuesday of each month 4 to 5:30 p.m.

For support and education regarding pain management. To preregister, call Lorry Roy, R.N., at 663-6730.

LIVING BEYOND BREAST CANCER

Second Wednesday of each month, 6 to 7:30 p.m.

Provides support and sharing for women who have had breast cancer. To register, call Paula Plona, M.S.S.A., A.C.S.W., at 663-1804 or C. Kelley Winn, R.N., O.C.N., at 663-4130.

LIVING WITH BREAST CANCER

Please call our Cancer Resource line at 663-5787 for dates and times.

Basic information on breast cancer, treatment, and community resources available.

LIVING WITH CANCER

Thursdays, 6:30 to 8 p.m. For people with cancer and their families and friends to share interests and concerns. Call 663-5787.

OBSESSIVE-COMPULSIVE

First and third Tuesday of each month 7:30 to 9 p.m.

GOALS—Give Obsessive-compulsives Another LifeStyle—an ongoing support group led by James Claiborn, Psychologist and member of the scientific advisory board. Each session involves education, self-help, goal setting, and socializing.

PARKINSON'S

Third Wednesday of each month, 3 to 4:30 p.m.

For people with Parkinson's disease, family members, friends, or anyone who has an interest in learning more about this disease. Coordinator: Mary Blevens, M.A., P.T.

PROSTATE CANCER

Fourth Monday of each month, 6:30 to 8:30 p.m.



PULMONARY DISORDERS

Each Monday of every week, 2 to 3 p.m.

For people with a chronic lung disease. Discussions, tips, social events, and friendships are promoted.

S.H.A.R.E.

Third Wednesday of each month, 7 to 8:30 p.m.

For parents who have experienced a miscarriage, stillbirth, or neonatal death.

VNA HOSPICE BEREAVEMENT DROP-IN CENTER

■ Mondays (except holidays), 9 to 10:30 a.m.
■ Third Monday of each month, 6 to 7:30 p.m.

For anyone grieving the death of a loved one. Call the bereavement coordinator at 695-4005.



YOUR WELLNESS MATTERS is published as a community service for the friends and patrons of ELLIOT HOSPITAL, One Elliot Way, Manchester, NH 03103, telephone (603) 669-5300.

Doug Dean
President and CEO

James F. Conway Jr., M.D.
Chairman, Board of Trustees

Tara Hershberger
Director, Public Affairs & Marketing

Pauline Collins
Editor

Leslie Peterson
Marketing Specialist

Carol Gagnon
Administrative Assistant

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