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Fall 2010 • www.elliothospital.org
ADULT IMMUNIZATIONS

By Gunjan Panesar, MD

Shots may hurt a little... but the diseases they can prevent can hurt a lot more! Immunization shots, or vaccinations, are essential. They protect against things like measles, mumps, rubella, hepatitis B, polio, diphtheria, tetanus and pertussis (whooping cough). Immunizations are important for adults as well as for children. Here’s why.

Your immune system helps your body fight germs by producing substances to combat them. Once it does, the immune system “remembers” the germ and can fight it again. Vaccines contain germs that have been killed or weakened. When given to a healthy person, the vaccine triggers the immune system to respond and thus build immunity. Before vaccines, people became immune only by actually getting a disease and surviving it. Immunizations are an easier and less risky way to become immune.

2010 ADULT IMMUNIZATION SCHEDULES

Required Vaccinations for Persons Aged 18 and Older

This guide is intended only for the purpose of education, and should not be used as a substitute for your doctor’s recommendations.

**Tetanus, Diphtheria & Acellular Pertussis (Td/Tdap) Vaccination** A single dose of the Tdap vaccination is recommended for adults between the ages of 19 and 64 years who did not receive a previous Tdap. For those who have an incomplete vaccination history, a full series of three shots, two of the Td vaccine and one of the Tdap may be recommended. Td booster is recommended every 10 years for adults 65 or older.

**Human Papillomavirus (HPV) Vaccination** HPV is recommended for all women age up to 26 years who have not completed the vaccine series. History of genital warts, abnormal Papanicolaou test, or positive HPV DNA test is not evidence of prior infection with all vaccine HPV types; HPV vaccination is still recommended for these women.

**Varicella Vaccination & Herpes Zoster Vaccine** Adults are recommended to receive one to two doses of the varicella vaccination, depending on whether they have previously been vaccinated with it. The varicella vaccine protects against serious cases of the chickenpox. All adults 60 and older are recommended to receive the herpes zoster vaccination regardless of prior herpes zoster infection.

**Measles, Mumps, Rubella (MMR) Vaccination** Unless previously infected, diagnosed immunity, or prior vaccination, all adults born after 1957 should receive at least one dose of the measles, mumps and rubella vaccine. Those who work in a healthcare facility and those who travel internationally, may need two doses.

**Seasonal Influenza Vaccination** All adults aged 19 to 50 (as well as children aged 6 months and above) are recommended to get an annual seasonal influenza shot. High-risk groups, including those with chronic illnesses, pregnant women, and compromised immune systems, are highly encouraged to receive the vaccine.

**Pneumococcal Polysaccharide (PPSV) Vaccine** People with chronic lung disease, chronic cardiovascular disease, diabetes mellitus, as well as other chronic conditions should be vaccinated with the PPSV vaccine. Residents of nursing homes and those who smoke should be vaccinated as well. All adults 65 and older should be vaccinated.

**Hepatitis A Vaccine & Hepatitis B Vaccine** is recommended for those who participate in risky sex or drug use, those who work with HAV in a laboratory, individuals who have certain chronic medical conditions, or those who work in countries with high incidences of hepatitis A and B. A combination vaccine can be administered in three doses.

**Meningococcal Vaccination** is recommended for certain medical conditions or those who are first-year college students living in dormitories, travel to certain high-risk countries, military recruits, or those who work in laboratories and handle components related to the meningitis disease.

**Haemophilus Influenzae type B (Hib) Vaccine** is not recommended for adults, except those who have not been previously vaccinated and are suffering from sickle cell disease, leukemia, or HIV infection. Those who have had their spleen removed may also be a good candidate for the Hib vaccine.

ADVICE FROM A PHYSICIAN This vaccination schedule is a guide to help adults understand what type of vaccinations they should be receiving after the age of 18. Adults who fall into high-risk categories may need a revised recommendation schedule, as not all vaccines are suitable for those with serious or chronic illnesses. A physician should be contacted if advice is needed in receiving immunizations as an adult.
Insomnia is clearly a very frustrating event. It’s defined as difficulty with initiation, maintenance, and duration or quality of sleep that results in the impairment of daytime functioning, despite adequate opportunity and circumstances for sleep. It affects 10 to 15% of the population, and is more common with women, elderly, and patients with chronic medical or psychiatrist disorders. The complications include feeling tired during the day, loosing concentration, experiencing poor memory, headaches, body pains, irritability, lack of pleasure with daytime activities and poor work performance.

While insomnia may be a limited problem and last just one night, if the problem persists for more than 4 weeks and if the frequency is at least 3 nights per week, it is considered chronic insomnia.

When presenting this problem to your doctor, it helps to hear from your bed partner. Are you snoring, do you stop breathing for short periods, do you keep shaking your legs, or have periodic movements of arms/hands? These habits can point to problems like obstructive sleep apnea, restless leg syndrome, or cardiac diseases. It is also helpful to keep a diary, describing how many hours of sleep you had, what time you went to bed and when you woke up, how many times you woke up, why and how long did you stay awake. Another part of the diary can be completed in the evening, with information about the level of fatigue you had, the level of irritability, the number of alcoholic drinks, time and duration of naps, and how stressed were you during the day. It is important to determine if the problem is related to initiating sleep versus maintaining sleep.

Treatment will depend on the cause of insomnia and may include better control of pain, improvement of cardiac and respiratory symptoms, correction of sleep apnea with a breathing machine or finding a better position for sleep. Behavioral, non-pharmaceutical treatments, with psychologists or sleep specialist are available, and they show to be more effective in the long run than medication. There are various modalities. One behavioral modality places the patient at the control of the hours and duration of their sleep. Another modality, called restrictive therapy, is asking the patient to sleep only the amount of time that they are usually able, not trying to increase it, and when the patient is able to sleep for more than 90% of this time slowly increase by 15 minutes every week.

Pharmaceutical treatment is helpful, but should be used with care. It is best to use it for a short amount of time, and patients must be educated about complications like tolerance to medication and addiction.

Here are some healthy sleep practices that may help you:
• Wake up at about the same time daily, including weekends
• Avoid caffeine six to eight hours before bedtime
• Limit amount of liquid ingested in the evening
• Avoid nicotine (smoking) especially near bedtime and upon night awakenings
• Avoid heavy meals before bedtime
• Avoid use of alcohol to induce sleep, since it may cause awakenings later in the night
• Exercise during the day, avoid vigorous evening workouts
• Minimize light and sound
• Try not to stare at the alarm clock
• If unable to sleep in 10 to 15 minutes leave your bed, change rooms, engage in a quiet activity like reading, and only return to bed when feeling sleepy again
• Use bedroom and bed only for sleep and sexual activity.
• Do not bring work in the bedroom
• And, have a good night!

Dr. Jablonka attended the Universidade Federal do Rio Janeiro in Brazil. He completed his residency in Internal Medicine at Framingham Union Hospital and MetroWest Medical Center in Framingham, MA. Dr. Jablonka is fluent in Spanish. You can set up an appointment at Elliot Bay Medical Associates, 4 Elliot Way, Suite 102, Manchester, 626-5900.
Routine eye exams are important in detecting problems with your sight. Sometimes eye diseases can be present before you are aware they exist. Physicians Anthony Correnti, MD and Kimberly Licciardi, MD of NH Eye Associates offer suggestions for deciding when adults should have an exam, and what to expect during the visit and follow-up care.

The importance of routine eye exams

There are a number of eye diseases that have no symptoms in their early stages, including glaucoma and macular degeneration. In some situations, early treatment can be offered to prevent further vision loss.

The American Academy of Ophthalmology recommends timely screening for the detection of eye problems in adults without risk factors for eye disease (such as medical diseases, like diabetes, that can affect your eye).

What to expect during a comprehensive eye exam

A complete eye exam will typically last about one hour from the time you enter the office. Your entire medical, ocular, family, and social history will be reviewed as well as your current medications. The examination will start with a measurement of your sight that will include a check to see if prescription glasses are needed. The pressure inside your eye will also be measured, and your eye muscles and pupils tested.

You will then be given eye drops that will dilate your pupils. These drops take about 15-20 minutes to work. They may make your eyes light sensitive and difficult to focus, especially up close, for several hours.

Your physician will then shine several lights into your eyes, using both an eye microscope and headset. These instruments allow for a thorough examination of the various parts that make up both the outside and inside of your eyes. At the completion of your exam, your physician will then review any important findings.

Follow-up care

Follow-up visits can vary greatly depending the findings of your exam. A person with a normal exam that only requires glasses may be seen between 1-2 years. Conditions such as glaucoma may require follow-up as frequent as every 3 months. Your physician will discuss with you the plan for follow-up care at the end of your visit.

NH Eye Associates, PA is located at 1415 Elm Street in Manchester, and can be reached by calling 669-3925.

As a child and adolescent therapist, I am seeing an increased prevalence of clients who are being bullied and whose parents often have misconceptions of what bullying is. Contrary to what people believe, bullying can happen to anyone. Kids are being teased because they are taller than their peers or aren’t wearing the latest fashions. They are being publically embarrassed because they are not having sex or staying out past their curfew. Many are being excluded from social events or being gossiped about because they are an honor student and applying to college. There was a time when bullying was restricted to face to face encounters. Not any longer. Our society has made it easy for students to publicly humiliate and embarrass their victims using online venues such as Facebook, MySpace and text messaging.

Many of my parents ask: Are there signs we should be looking for? The most common red flags are as follows:

- Abrupt lack of interest in school or refusing to go
- Decline in academics
- Withdrawing from family and after school activities
- Sad or angry after receiving a phone call, text message or being online
- Physical complaints such as
  - headaches
  - panic attacks
  - difficulty sleeping
  - stomach aches

Another question that I’m often asked is: What can I do to help? Here are a few suggestions:

- Communicate with your child: ask questions about what is going on with them and address any behaviors that they are exhibiting that are out of the ordinary.
- If your child confides in you, respond with love, patience and support. Do not minimize or rationalize what they are going through.
- Get to know your child’s friends. Pay attention to how they spend their time so that you can recognize any changes in behaviors and you can explore what’s going on.
- Monitor their online use – periodically look at the websites that they visit.
- Talk to the school to see what type of anti-bullying programs they have in place. It is NH law for all schools to have a violence prevention plan to address bullying.
- Help your child develop positive attributes by getting involved in activities that will empower them such as athletics or the arts.
- Consider counseling. The damage done to victims can be very impacting. Counseling can provide an environment for your child to talk openly with an impartial person.

Melissa Alder, LICSW specializes in working with adolescents and teenagers with emotional and cognitive disabilities. Her many years of experience include working with clients involved in the juvenile justice system and their families.
Com M unity We lness Classes

Take time for your health

**GENERAL HEALTH EDUCATION**

Dare to C.A.R.E. Cardiovascular Health Seminar  Free

Lam prey River E lementary School, 33 Old Manchester Rd., Raymond. Thu r, Oct 7, 5:30 to 7:30pm. M ust r egister.

Educational series presented by 4 cardiologists and a vascular and thoracic surgeon. F R E E cardiovascular screenings will be made available to qualified participants at a later date.

American Heart Association CPR & Basic First Aid

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.

Heartsaver CPR  $37

E WC: Sat, Sept 11 or Nov 6, 8 to 11 AM.

CPR for New Healthcare Professionals or those with Expired Certification  $62

E WC: Sat, Oct 2, 8AM to 1:30PM

CPR Renewal for Healthcare Professionals  $47

E WC: Sat, Sept 11 or Nov 6, 11:30AM to 2:30PM

Healthy Infant & Child First Aid & CPR for all ages  $52

E WC: Wed, Sept. 15 and 22, 6 to 9PM

Heartsaver First Aid  $37

E WC: Wed, Oct. 13, 6 to 9 PM

Learn techniques to give immediate care to an injured or suddenly ill person or to someone involved in a life-threatening situation; and when to alert medical personnel.

Foot Clinic  $20

LON: Every 4th Mon from 9AM to noon

Marie Cole, RN will be in Londonderry, with one patient every 30 minutes to address your foot care needs from a clinical perspective.

Solving the Caregiver Puzzle  Free!

SHC: By appt., call 603-663-7051

LON: By appt., call 603-552-1533

The Elliot Senior Health Primary Care Social Workers are here to help. Caregivers can schedule a private appointment with a social worker to address questions, concerns, and find out more information about caring for an older adult. This opportunity is free and open to all caregivers. Appointments are required.

**LOCATION OF CLASSES ARE DENOTED IN EACH DESCRIPTION**

To register, call Elliot On-Call at 603-663-4567, unless otherwise noted. For additional program details, visit www.elliothospital.org.

- **EH**: Elliot Hospital, One Elliot Way, Manchester
- **EBHS**: Elliot Behavioral Health Services, 445 Cypress Street, #8, Manchester
- **LON**: Elliot Medical Center at Londonderry, 40 Buttrick Road, Londonderry
- **EWC**: Elliot Wellness Center, 1070 Holt Avenue, Manchester
- **SHC**: Senior Health Center, 138 Webster Street, Manchester
- **CBE**: Childbirth Education, 33 South Commercial Street, Manchester

### Shortness of Breath Seminar

**EH**: Tue, Oct 19 3:30 to 4:30PM

**SCH**: Wed, Sept 15 1:30 to 2:30PM

Call 663-2366 to register.

Learn about the causes of shortness of breath, possible treatment and rehabilitation options. People suffering from a diagnosed respiratory disease or whose daily lives are affected by shortness of breath are invited to attend.

### Elliot Center for Tobacco Treatment

**By appt., call 663-2201 for more information. Sessions reimbursed by Anthem.**

- **Free**: 4 One-hour private sessions
- **$125**: One, half-hour private session

Studies show that intense support and counseling with a trained tobacco treatment specialist increase the chances you can quit smoking for good. Our certified counselor works with you privately to formulate a quit plan based on current clinical guidelines.

### Total Joint Replacement Pre-operative Patient Education Class

**Free!**

- **EH, King Unit: 1st & 3rd Thurs, 1 to 3 PM**

Learn how to prepare for your knee or hip replacement surgery, plus what to expect following the procedure and through the therapy process.

### Women’s Health Pre-operative Patient Education Class

**Free!**

- **EH, King Unit: On-going. Physician referral required. To participate, speak with your surgeon.**

For women with scheduled gynecological procedures at Elliot Hospital. Learn how to prepare for surgery; what to expect following surgery, pain management and more. Your questions answered. Patients are encouraged to bring a family member or support person.

### Understanding & Managing Chronic Pain

**$35**

**EH**: Sat, Sep 9 to Nov 18, 5:30 to 7:30pm. Call 663-2767 to register.

Learn techniques to control pain, improve function, restore hope and improve quality of life. Taught by Lorry Roy, RN, who has over 20 years experience working with chronic pain patients.

### Safe Sitter Program

**$60**

**EH, 1-Day Surgery Center**: First & Third Wed monthly, 3PM, registration required.

For children ages 11 to 13 to learn basic babysitting skills. Includes manual and duffel bag.

### 1-Day Surgery Ctr Tour for Children

**Free!**

**EH, 1-Day Surgery Center**: First & Third Wed monthly, 3PM, registration required.

Parents, children ages 12 and younger, and their siblings are invited to attend our special pediatric tours. Meet with staff, review the surgical process and tour the facility.

### LBI Health Management Assessment

**$29**

Receive an individual health evaluation to identify your health goals and establish a comprehensive treatment plan to reduce your risk for disease or manage your condition. Call the Live Better Institute at 663-4LBI.

### Medication Management

**Free!**

**EH, Oct 7 & 14, a 2-part series, 4:30 to 6PM. Call 663-2767 to register.**

For patients taking narcotic medication to relieve pain. Learn the risks and benefits of prescribed opioids.

### General Fitness

**Stability Ball**  **$70**  (10-week session)

**EH, Williot Group Exercise Room Ground Floor: M/W, Sept 13 to Nov 17, 6 to 7PM (beginners) & 7 to 8PM (intermediate)**

Learn how to strengthen your core muscles (abdominals/back) plus legs, glutes, arms and chest using a Resist-a-Ball, giving you a total body workout. 20-30 min. of aerobic activity will be included in the class. Free weights are also incorporated into this workout, which can be adapted for the beginner as well as the advanced participant. You must bring your own 65cm Stability Ball; these can be purchased at Wal-Mart, Target or a sports/fitness store. Instructors: Thomas Berube, Certified ISSA Fitness Trainer.
Community Wellness

How to Work in Your Workout $20
EW C: Wed, Oct 13 or Thurs, Dec 9, 6 to 8 p.m. Call Elliot On-Call to register.
Exercising is not always about lots of hard sweaty hours at a gym. Come learn how to get started with a safe and successful routine and leave with a plan that works for you and your busy schedule. Our team of Exercise Specialists is here to help you get on track.

Medical Fitness Center
Exercise safely – receive individualized training designed for your specific fitness goals and medical health concerns. Lose weight, lower your cholesterol, blood pressure and blood sugar. If you want more than just a place to exercise, this is a great program for you. For more info, call 663-4LBI.

MIND/BODY MEDICINE

Gentle Yoga $70
EW C: Wed, Sept 8 to Oct 20 & Nov 3 to Dec 15, 9:30 to 10:30 a.m.; Thurs, Sept 9 to Oct 21 & Nov 4 to Dec 16, 6 to 7 p.m.
Gentle Yoga is designed to promote total health and well-being through stretching, strengthening and relaxing. This class uses breath and movement to feel the release of physical and mental tension and to increase body/mind awareness. Good for the beginner level participant.

Intro to Pilates $70
EW C: Tues, Sept 7 to Oct 19 & Nov 2 to Dec 14, 6 to 7 p.m.
Focus on core muscles (abdominals, obliques, back), pelvic stabilization, spinal flexibility while strengthening and stretching the whole body to attain balance. Some basic yoga moves and stretches are added, all with a focus on body awareness, flexibility and strength. For beginners.

NUTRITION

Meal Planning for Busy Lifestyles $20
EW C: Wed, Sept 15, 5 to 7 p.m., or Wed, Nov. 10, 6:45 to 8:45 p.m. Call Elliot On-Call to register
This classroom instruction and demonstration will provide you with useful tips and skills to prepare healthy, affordable meals and snacks for you and your family.

Diet for Health $150
EW C: Tues, 7:30 to 8:45 p.m. or Wed, 5 to 6:15 p.m. Call 663-4LBI to register or for more information.
This 10-week lifestyle change program will help you reduce cardiovascular risk factors, promote fat loss, and support healthy insulin and blood sugar.

Comprehensive Weight Management Program Free!
EW C: Intro Class, Thurs, Sept 16, 6 to 7:30 p.m. or Tues, Sept 28, 5 to 6:30 p.m. Call 663-4LBI to register.
This free intro session outlines the 8-week comprehensive weight management program focusing on total health, not just pounds on a scale.

LBI Support Group $25 per 4 sessions
EW C: Every other Wed, 6:30 to 7:30 p.m. Call 663-4LBI to register or for more information.
Includes weigh-in and group session with a professional. Supports people who would like to maintain their weight loss.

SCREENINGS and CLINICS

Do you know your Numbers? (Cholesterol Tests) $24
EW C: Third Thurs monthly, 8 a.m. to noon
Fasting Lipid Profile with Glucose Non-Fasting Total/HDL $20
Find out if you are have an increased risk of heart disease. Appointments required.

Breast & Cervical Cancer Screenings Free!
FREE breast and cervical cancer screening tests to eligible women. For more info, call 668-3067.

Are You at Risk for Osteoporosis? $22
EW C: Third Thurs monthly, 8 a.m. to noon
Safe, quick and painless test using ultrasound technology helps assess risk of osteoporosis. Recommended for both women and men. Confidential results provided to participants.

SUPPORT GROUPS

Postpartum Emotional Support Group Free!
EH, Elliot Childcare Center Activity Room, Elliot Hospital campus, 450 Masabee St., Manchester. Tues, 10:30 a.m. to noon. Call Alison Palmer, RN, MS, at 663-3052 for more information.
This support group is intended to help support women experiencing mood, anxiety, and thought disorders during pregnancy and the first year after the birth of their baby. We will discuss issues and coping strategies related to the adjustment period and challenges of new motherhood.

NICU Parent Support Group Free!
EH, NICU Family Room, 5th Floor; Tues, noon. For more info, contact Littlemindsclergroup@yahoo.com or 663-4360.

S.H.A.R.E. Free!
Third Wed monthly, 7 to 9 p.m.
For parents who have experienced a miscarriage, stillbirth or neonatal death. For info, call 663-3396.

Chronic Pain Support Group Free!
EH, Wound Care Conference Room; Second & Fourth Tues monthly, 5 to 6:30 p.m. Call 663-2767 to register.
Peer support group focused on education; bringing new thinking to what chronic pain patients can do to more fully engage in life. Guest speakers.

Pink Ladies Free!
Elliot Breast Health Center, 275 Mammoth Road. Call 663-2355 for dates, 1:30 to 3 p.m. or 4 to 5:30 p.m.
A six-week educational/support group featuring presentations on different topics for newly diagnosed breast cancer patients.

Register online at www.elliothospital.org or call Elliot On-Call at 603-663-4567

Living Beyond Breast Cancer Free!
EH, Radiation Therapy Waiting Room; Second Wed monthly, 6 to 7:30 p.m. Call 663-1804 to register.
Provides mutual support and sharing for any woman who has experienced breast cancer.

Living with Cancer Free!
EH, Radiation Therapy Waiting Room; Third Wed monthly, 5:30 to 7 p.m. Call 663-2355 for more info.
This ongoing monthly support group is for people with cancer, their families and/or support people.

Finding Hope & Meaning in Your Cancer Journey Free!
EH, Radiation Therapy Waiting Room; Wed, Sept 29, 5:30 to 7 p.m.
A time to explore your spirituality and feelings surrounding your cancer journey.

Coping with Cancer Related Fatigue Free!
EH, Conf Rm B: Tues, Nov 9, 11 a.m. to 12:30 p.m.
An American Cancer Society I Can Cope Program. This program offers support and strategies for managing cancer related fatigue. A light lunch will be provided.

Look Good, Feel Better Free!
EH, Wound Care Conference Room; Call for dates.
In conjunction with the American Cancer Society. Cosmetology help is provided to those receiving cancer treatment. For info, call 663-2355.

Tips & Tricks on How to Quit Smoking Free!
EH, Conf Rm A: Thurs, Oct 21, 11 a.m. to 12:30 p.m.
Call 663-2355 to register.
An informational program for cancer survivors to gather information on the best way for them to quit smoking tobacco. A light lunch will be provided.

Lymphedema Clinic Free!
EH, Radiation Therapy Waiting Room; Monthly; Second Wed, 3 to 4:30 p.m. & Fourth Thurs 8:30 to 9:15 a.m. Call 663-2355 for more info.
Education, question and answer session, and help for your specific needs.

Bereavement Support Group Free!
LON: Second & Fourth Thurs, 4 to 5 p.m. Call Barbara Pines, LICSW at 552-1533 for info. SHC: Second & Fourth Tue, 11 a.m. to Noon Call Barbara MacPhee, MSW at 663-7051 for info. Coping with grief can be overwhelming. This group offers individuals a safe place to express their feelings and learn coping skills and gain a sense of value and purpose.

Caregiver Support Group Free!
LON: Second Wed monthly, 10 to 11 a.m. Call Barbara Pines, LICSW at 552-1533 to register. SHC: First & Third Tue monthly, 10 a.m. Call Barbara MacPhee, MSW at 663-7051 for more info. Learn strategies for caring for yourself, identify ways to build a support system, and learn new coping strategies. Confidential.
COMMUNITY WELLNESS

Prostate Cancer  
EH, Radiation Therapy Waiting Rm: Fourth Mon monthly (no Dec mg), 6 to 7PM. Call 663-4170 for more info. 
Support and education for men with prostate cancer, their families and/or support person.

AICD (Automatic Internal Cardiac Defibrillator)  Free!  
First Fri monthly, 11AM to noon.  
The only AICD support group in the tri-state area. Designed to help patients with internal cardioverter defibrillators and their families deal with unique issues. For info, call 663-2959.

Parkinson’s  Free!  
Third Wed monthly, 3 to 4:30PM  
For people with Parkinson’s, family members, friends, or anyone who has an interest in learning more about this disease. For info, call 663-2156.

Men’s Breakfast  Free!  
SHC: Fourth Fri monthly, 9 to 10AM. Call 663-4005 for more info.  
For men rebuilding their lives after a spouse’s death. Light breakfast, social time & speaker.

Fusion  $60  
SHC: TTh, Aug 31 to Nov 11, 5:15 to 6:15PM  
This class is a dynamic mix of an all in one exercise program, beginning with cardio movements to increase cardio health, followed with strength training from head to toe to improve muscular endurance and ending with basic pilate and yoga moves to improve core strength and balance.

Strength Training  $60  
SHC: TTh, Aug 24 to Nov 11, 10:45 to 11:45AM  
Improving strength and stamina with a 10 minute, low impact warm-up followed with a weight routine structured to improve mobility, strength and posture. Utilizing hand weights, balancing movements and floor mat exercises.

T’ai Chi Level 1  $60  
SHC: Tue, Aug 24 to Nov 9, 9:30 to 10:30AM or 1 to 2PM  
This is an exclusive trademark program called Senior Friendly T’ai Chi™ & Senior Safe T’ai Chi™. It is based on the Yang Style, the most popular in the world today, but modified just for seniors. It incorporates Qigong warm-up and then a form of slow, continuous and graceful movements to increase strength, range of motion, balance and relaxation. It also refers to T’ai Chi’s history as an art of self defense. Taught by the Oriental Healing Arts Assn. instructors. Helps coordination and stress management.

T’ai Chi Level 2  $60  
SHC: Tue, Aug 24 to Nov 9, 8:15 to 9:15AM  
This program builds on the Level 1 fundamentals and add more linear motion. It usually requires the completion of three of four Level 1 sessions before moving to Level 2.

Matter of Balance  $20  
SHC: TTh, Oct 5 to 28, 1 to 3PM  
This award winning program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. Designed for the community-dwelling older adult who is ambulatory (with or without assistive devices) and able to problem-solve.

Fit & SO  $60  
SHC: M/W, Aug 23 to Nov 10, 5:15 to 6:15PM  
A more advanced resistance exercise program using light to moderate weights with frequent repetitions to increase stamina as well as increase muscle strength and endurance; this class tests core stability as well as improve muscular balance by using free weights and floor mat exercises.

Chair Aerobics Plus!  $55  
SHC: M/W, Aug 23 to Nov 10, 10:30 to 11:15AM  
Light aerobic exercises using arm and leg movements and stretching are done in a chair. Participants will also perform balance exercises using the chair as support.

Seniors in Motion  $60  
SHC: TTh, Aug 31 to Nov 11, noon to 12:45PM  
The class consists of cardiovascular exercises that begin in the chair as well as standing while utilizing the chair for balance. Applying strength training for endurance and gentle flow movements to improve range of motion and mobility.

Cardio Sculpt  $60  
SHC: M/W, Aug 30 to Nov 10, 9 to 10AM  
A well balanced mix of cardio movements, strength training, and balance and stretching exercises. Designed to increase stamina as well as overall strength; ending with a relaxing mix of stretches to improve range of motion.

Fit & Feisty  $40  
EWC: TTh, Sept 7 to Oct 21 & Nov 2 to Dec 21, 9:45 to 10:45AM  
Combination strength training and low-impact aerobics class. Uses easy-to-follow moves that will help burn fat and revitalize you. Incorporates toning exercises. Good for beginners.

Fit & Feisty II  $40  
EWC: TTh Sept 7 to Oct 19 & Nov 2 to Dec 14, 11am to noon  
This is class is the next level after Fit & Feisty. It is recommended that you are currently exercising or have taken at least 1 session of the beginners’ class.

Gym Membership  $65  
SHC: Mon to Fri, Aug 23 to Nov 19, 6:30AM to 7:30PM  
The fitness center consists of treadmills, bicycles, elliptical trainers and a full body strength training circuit. One-on-one orientations as well as personalized exercise programs to fit individual needs. The program also offers a large amount of free group exercises to incorporate into your program. Come work out in a safe, supervised and non-competitive environment. For people 50+.

Shortness of Breath Seminar  Free!  
SHC: Wed, Sept 15, 1:30 to 2:30PM  
EH: Oct 19, 3:30 to 4:30PM  
Call 663-2366 to register.  
Learn about the causes of shortness of breath, possible treatment and rehabilitation options. People suffering from a diagnosed respiratory disease or whose daily lives are affected by shortness of breath are invited to attend.

Talk’n Diabetes  Free!  
SHC: Second Tue monthly, 10 to 11AM. Must register.  
Open discussions to help you take control of your diabetes one step at a time.

VNA Blood Pressure Screenings  Free!  
SHC: Mon (except holidays), 1:30 to 2:30PM  
Screening & counseling on techniques to manage or improve blood pressure. Walk-ins welcome.

Senior Wellness Screenings  
SHC: Third Fri monthly, 8AM to noon. Must register.  
Total cholesterol with HDL breakdown and cholesterol ratio. No fasting required. $20

Lipid profile. Includes a complete breakdown of HDL, LDL, Triglycerides, and glucose. A 12-hr fast required; no food, only water & meds. $24

Elder Law Clinic  Free!  
SHC: By appointment only.  
An elder law attorney will be available to answer questions pertaining to Durable Power of Attorney, Estate Planning, Medicaid Planning, Wills, Guardianship and much more.

Advance Care Directives  Free!  
SHC: To schedule an appointment, call 663-7051.  
LO N: First Thur monthly, 9 to 11AM. To schedule an appointment, call 552-1533.  
Receive free assistance in planning.

Medicare D Assistance  Free!  
SHC: By appointment only.  
A representative from ServiceLink will offer assistance enrolling in a Medicare Part D plan. Bring your questions, list of medications and insurance cards. Please call to register.

Senior Live Better Fair  Free!  
SHC: Thur, Sept 7, 9AM to 1PM  
Receive health and wellness information to help you Live Better! Food, prizes, medication check ups, fitness demonstrations, and free blood pressure screenings. All seniors are invited to this free event!
COMMUNITY WELLNESS

AARP’s Driver Safety Program $14
SHC: various dates available, 1 to 5PM. Must attend both sessions.
LON: Nov 8 & Nov 10, 8:30AM to noon
Considered to be the most effective safe driving course in the country. Presented by a trained AARP volunteer. Discount available for AARP members.

SHC: Thurs, Oct. 7, 7 to 9PM
Whether you’re a seasoned investor or just starting out, this program explains that one of the keys to investment success during market fluctuations is to remain calm, and stay focused on financial objectives. Come learn more about forming sound strategies. This program is presented by Annie Daigle, Registered Representative* of Lincoln Financial Securities Corporation, member SIPC.

Healthy Sleep Tips for Seniors Free!
SHC: Wed, Oct 20, 10:30 to 11:30AM
Regardless of age, quality sleep is essential to physical health and emotional well-being. As we age, a good night’s sleep is especially important because it improves concentration and memory formation, helps the body to heal, and boosts immune function to prevent disease. Learn about sleep disorders common to seniors and tips for better sleep.

Mind Aerobics $20
LON: Fri, Oct 1 to Nov 5, 10 to 11AM. Call Barbara Pines, MSW, LICSW at 552-1553 to register.
This is 6 week educational program is designed to stimulate the brain and improve cognitive functioning in seniors. The class uses a variety of fun and challenging exercises that sharpen mental proficiency in memory skills, flexible thinking, perception and reasoning.

When Is It Time Not To Drive Free!
SHC: Wed, Oct 20, 10 to 11AM
Learn how to recognize signs and symptoms of declining driving ability in one’s self and loved ones. Strategies, that involve the older driver in the decision-making process to no longer drive, will also be presented.

Navigating the Healthcare System Free!
SHC: Thurs, Nov 11, 11AM to noon
Acute care, long term care, skilled nursing facility, a nursing home vs assisted living, and homecare. What does it all mean? What does insurance cover? Learn the answer to these questions, and more.

Safety for Seniors Free!
SHC: Wed, Nov 10, 10:30 to 11:30AM
Manchester Police Officer Mark Ampuja shares important information on staying safe while out in public, how to avoid the latest scams, and simple ways to protect yourself. Don’t miss this presentation!

Interested in Writing – How to Start and Where to Go From Here? Free!
SHC: Tues, Sept 7, 1:30 to 2:30PM
Are you interested in writing? Have you wanted to start writing but didn’t know where to begin? Whether you are looking for a new hobby, interest or passion, this one day class will help you to learn, how to begin writing, developing content, editing and sharing your work with others! Presented by local published author, Joe Smiga.

Book Club Free!
SHC: Tuesdays starting Oct 5, 1:30 to 2:30PM
Do you love to read? Starting in October the Book Club will share in weekly discussions of our first novel, Tova, A Very Special Dog by local author Joe Smiga. Joe will facilitate discussions for the group. Limited space available, please register.

‘Doc, why does my nose run? ...and other common ear, nose and throat problems’ Free!
SHC: Wed, Oct 13, 2:30 to 3:30PM
Ever wonder why your nose runs, you clear your throat, and why your ears itch or ring? What is all that earwax anyway and why has my voice been changing? These are common problems treated by Ear/Nose/Throat doctors and Dr. Andrew Spector will provide answers to these questions and more.

Musical Reminiscence & Singing Group $30
SHC: 5 week program Wed, Sept 1 to 29, 10:30 to 11AM or 11:15 to 11:45AM
This program is run in partnership with the Manchester Community Music School. A Board Certified Music Therapist will lead groups singing familiar songs followed by opportunities to reminisce. Proper voice technique, voice control, and opportunities to share songs with the group will be included.

劳动系列 $125 per couple
CNB: On-going
This class prepares the expectant mother and her partner for aspects of labor and birth. Class includes knowledge of the natural labor process, as well as a variety of coping measures, ranging from relaxation and breathing, to available medical options. Includes a tour of the Maternity Center.

Mom’s Group Free!
CNB: Wed, Call for times (age specific)
Offered to mothers and their babies as an opportunity to share and network. Weekly topics include: feeding, crying, sleep, caring for yourself, growth and development, dealing with relationships, nutrition, managing and preventing illness and more.

Ongoing Classes

Boot Camp for New Dads Breastfeeding Infant/Child CPR & Safety Introduction to Underwater Birth Labor Series Maternity Tour Mom’s Group Parenting Your Newborn Prenatal Yoga Safe Sitter Sibling Class

SIGN-UP for E-I-NEWS

Elliot Health System is going green! Help us decrease paper use by signing up for the email version of Your Wellness Matters. You’ll receive four information-packed issues a year, plus useful health alerts when needed.

If you would like to participate, visit www.elliothospital.org and click on the link for Your Wellness Matters. Or email us at elliothealthnews@elliothospital.org with your current mailing address so we can remove it from our mailing list. Elliot does not share it’s email list with anyone.

Register online at www.elliothospital.org or call Elliot On-Call at 603-663-4567
Rick Phelps, MD promoted to Executive Vice President, Chief Operating Officer

“I am thrilled to have Dr. Phelps bring his experience as a physician and his understanding of the complexity of healthcare to the position of Chief Operating Officer for Elliot. He has already made an enormous impact on the staff and the physicians and I am confident that he will serve as a very effective leader of our daily operations,” said Doug Dean, President & CEO. Dr. Phelps took on the new role effective July 1, 2010.

Dr. Phelps is a board certified urologist who practiced with Manchester Urology Associates from 1995-2005. In addition, Dr. Phelps served as President of the Elliot Medical Staff from 2003-2004. He received his MD from the University of Vermont College of Medicine, Burlington and completed his internship and residency at Medical Center Hospital of Vermont, Burlington. In addition, Dr. Phelps is completing graduate work in his MBA from the University of Massachusetts.

Jennifer Driscoll Darius joins Senior Leadership Team as Vice President, Planning and Business Development

Jennifer joined Elliot in 2007 as Director of Planning and Business Development. Since that time, she has led strategic initiatives to obtain Certificate of Need approval for projects in Londonderry and at River’s Edge. She supports the Elliot Board Strategic Planning process, and she is leading the re-organization of the Community Benefits Reporting System.

Jennifer received her Masters in Health Services Administration from the University of Massachusetts and a Bachelors of Science from Evangel University. Previous positions have included Planning Manager and Senior Planner at Winchester Hospital, Winchester, MA. She is also an Adjunct Professor at the School of Health & Environment, University of Massachusetts.

Jennifer has played a major role in the development of Elliot’s ambulatory care strategy in Londonderry, Hooksett and Manchester. She also collaborates with community organizations to look at future needs to meet the changing healthcare landscape.

Kathleen Proulx joins Senior Leadership Team as Vice President, Ambulatory Care Services and Network Development

Kathleen joined Elliot in 2007 as Director of Elliot Physician Services. In 2008, she assumed the role as Director of Ambulatory Care Center and Network Development.

Kathleen received her Masters in Health Administration from Duke University and her Bachelors of Science from Boston College. Prior to joining Elliot, Kathleen held positions including Vice President of New England Health Consultant and Regional Vice President Advantage Health/HealthSouth. Most recently, she served as Vice President of Professional Services at Parkland Medical Center.

Kathleen has played a major role in the development of The Elliot Medical Center at Londonderry, The Elliot at Hooksett and is now looking forward to the completion of The Elliot at River’s Edge.

The Elliot Hospital Gift Shop is looking for volunteers for the shop at the main campus at One Elliot Way and the future shop at The Elliot at River’s Edge to open Spring 2011. For more information and to apply please contact Linda Molloy at 663-2299.
September is National Prostate Cancer Awareness Month and the Elliot Hospital is hoping to educate you with the importance of it! This past year, in the United States alone, there were more than 192,000 new cases of prostate cancer and over 27,400 deaths. I think that one would agree that those numbers are frightening. Like so many other cancers, prostate cancer is one that is often overlooked. Prostate cancer is the second leading cause of cancer death in American men, lung cancer being the most common. Although some prostate growths can be benign (not cancer) many cases indeed are malignant (cancerous) and can lead to serious conditions.

When one is told that they have prostate cancer, it is natural to wonder what may have caused the disease, but the truth is no one knows the answer to that question. There are however, certain risk factors that research has shown are more likely than others to develop prostate cancer. Men over the age of 65, family history (like many other cancers) and race (it is more common for African American Men than Caucasian or Hispanic Men), to name a few. It is important to keep in mind, that having one of these risk factors does not mean someone will develop prostate cancer, in fact scores of men who do have these risk factors never develop the disease.

Many men with prostate cancer never experience any signs or symptoms of the disease. For those who do have symptoms, they could be as simple as not being able to pass urine, having a hard time starting or stopping the urination flow, frequency of urination, blood in the urine, or frequent pain in the lower back. With this said, keep in mind that more often than not, these symptoms are not due to prostate cancer, but if you are experiencing any of them, it is recommended that you contact your healthcare physician.

Let’s be honest, many men have a fear of prostate screening, just as many patients have a fear of colonoscopies that could detect early stages of colon cancer. The truth is it’s not all that bad! Actually, it’s a simple procedure that could ultimately save your life. Prostate cancer is nearly 100% survivable if detected early and early detection starts with screening.

Elliot Hospital will hold a free prostate screening for men between the ages of 45 and 70 years old on Wednesday, September 22, from 4 to 6 p.m. in the Max K. Willscher Urology Center located at Elliot Hospital (One Elliot Way, Manchester). To register call Elliot On-Call at 603-663-4567.
On June 10th, a full flight of golfers gathered at Stonebridge Country Club for the 11th Annual Elliot Hospital Associates Golf Classic. The day was dedicated to raising money for the Urgent Care Center that will be housed at the future Elliot at River’s Edge. Over $65,000 (net) was raised, making this event the best year in the tournament’s history.

“On behalf of the Elliot Hospital Associates, we are proud to support the development of the Urgent Care Center,” stated Linda Molloy, Elliot Hospital Associate Co-President. “Urgent Care will have a significant impact on access to healthcare within the Manchester community and we are thrilled to support this new service.”

“We see over 62,000 patients a year in the Emergency Room at the Elliot and the number is only increasing. With the Urgent Care Center, we will be able to decrease the number of acute care patients at the Emergency Room and focus on true trauma cases that come through our doors. We are fortunate that the Elliot Hospital Associates are helping us provide the community with a facility where they can be treated for acute symptoms,” said Doug Dean, President & CEO.

The winning foursome included one of Elliot’s own, Rick Elwell, CFO who spent the day playing with Nik Middleton, Keith Boyle and Adam Wager, all from Cube 3 Studio, LLC.

The success of this event could not have been possible without the support of our Presenting Sponsor, Suffolk/Eckman Joint Venture and our other corporate sponsors including: Anagnost Companies • Bank of America • Epic Systems Corporation • Navvis and Company • CIGNA HealthCare • Coca-Cola Bottling Co. of Manchester • Mercer • Logo Loc • CGI Employee Benefits Group • Cube 3 Studio, LLC • Winbrook • AKF Group, LLC • FairPoint Communications • Triangle Credit Union • Gragil Associates • Manchester Harley Davidson • Baker Newman & Noyes • In Memory of Donn Tibbetts • Elliot Food & Nutrition Services • Jutras Signs & Flags • Galligher Printing • FocalCast Media, LLC • Amoskeag Anesthesia • Ikon • Towers Watson • Wadleigh, Starr, & Peters, PLLC • Willis HRH • Bellows, Goodman, Shaker & Siegel • CLD Consulting Engineers • Matrix Commercial Cleaning, LLC • McKesson • Owens & Minor • Principal Financial Group • Central Paper Products Co • Kleen, Inc. • NH Cardiology Consultants • PC Connection, Inc. • Cleanco • Expense Reduction Analysts • Hanover Street Chophouse • Hayes Management Consulting • Northeast Delta Dental • Elizabeth Stewart • Wells Fargo Home Mortgage

The Elliot Hospital Associates thank everyone and look forward to another exciting tournament next year!

YOUR FAVORITE PAIR OF JEANS CAN HELP FIGHT BREAST CANCER!

It’s simple! As part of Give Me Five, just wear your jeans to work, or around town, each Friday in October and donate $5 (for one Friday) or $25 (for all five Fridays) to the Mary & John Elliot Charitable Foundation in support of the Elliot Breast Health Center. Form a team at work and make Fridays even more fun! The mission of the Elliot Breast Health Center is to meet the unique needs of women and to offer conclusive breast cancer care in one location. To participate, complete the form or visit our website at www.elliothospital.org and click on the Elliot Charitable Foundation, then “Make a Donation Now,” and choose “Give Me Five.”

Name: __________________________________________________ Address: __________________________________________________
City: ___________________________________________________ Zip: ___________________________________________________
Home phone: _____________________________________________ Work phone: _______________________________________
E-mail address: ____________________________________________

* Please make all checks payable to the Elliot Charitable Foundation and mail to: 4 Elliot Way, Suite 301, Manchester, NH 03103
Questions surrounding the proper use of car seats are very common in my practice. It seems that the steps involved in car-restraint safety, from that first day that you bring your infant home to the day they proudly hop into the front passenger (or, gulp, driver’s) seat, are becoming more complicated every year. In this article, we will review the current recommendations for car safety restraints for the various stages of childhood.

REAR-FACING CAR SEATS

These car seats are designed for the youngest children and are the safest for your child. For this reason, children should be kept in these seats until the maximum weight or height recommended by the manufacturer has been reached. This is usually 22-35 lbs, depending on the model. At a minimum, children should stay in a rear facing seat until they are at least one year of age and at least 20 pounds, but many children can remain in a rear facing seat well beyond one year of age. These seats are attached to the vehicle using LATCH (Lower Anchors and Tethers for Children) system or, in older vehicles, the seat belt. A rear facing seat should never be placed in the front seat of a vehicle with an active passenger air bag.

FORWARD-FACING CAR SEATS

These seats should be used once your child is older than one year of age and has exceeded the maximum height or weight requirements for your rear-facing car seat. These seats secure the forward-facing child with a five point harness system. The seat is attached to the car via the LATCH and tether system or, in cars not equipped with LATCH, the vehicle’s seat belts and a separate tether. There are three common types of forward facing-car seats:

• Convertible seats change from rear-facing to forward-facing.
• Forward-facing only can be used forward-facing with a harness for children.
• Combination seats can be used forward-facing with a harness for children then later can be uses as a belt-positioning booster seat.

BELT-POSITIONING BOOSTER SEATS

These seats should be used once your child has exceeded the maximum height or weight allowed by your forward-facing car seat and is older than 4 years of age. Booster seats are designed to allow your vehicle’s lap and shoulder belts to properly fit your child. To properly use this seat, be sure that the lap belt lies low and snug across your child’s upper thighs and the shoulder belt crosses the middle of your child’s chest and shoulder. The seat usually has belt clips or guides that ensure the proper fit of the lap and shoulder belts. Consult the seat’s instruction manual for proper use.

VEHICLE SEAT BELTS

Once a child is between 8 and 12 years of age and is taller than 4’9” in height, use of just the vehicle’s seat belt can be considered. All children younger than 13 years of age should sit in the rear seats of a vehicle. To ensure proper fit, make sure that:

• The shoulder belt lies across the middle of the chest and shoulder, not the neck or throat.
• The lap belt is low and snug across the upper thighs, not the belly.
• Your child is tall enough to sit against the vehicle seat back with her knees bent without slouching and can stay in this position comfortably throughout the trip.

Optimal placement of car seats varies by vehicle. Please consult your vehicle’s owner’s manual to determine the best position in the car and the car seat’s manual for proper installation. If you have questions or need help installing your car seat, please consult www.seatcheck.org or call 866-732-8243. These resources can direct you to local officials that can demonstrate proper car seat installation.

Dr. Matthew Hajduk is board certified and is a member of the American Academy of Pediatrics. He received his undergraduate degree from Hamilton College and his medical degree from the University of Massachusetts. He completed his residency at Connecticut Children’s Medical Center in Hartford, CT. He has been practicing pediatrics in Londonderry since 2006 and recently opened a new office - Elliot Pediatrics at Londonderry, 18 Orchard View Drive, Londonderry, NH 03053, 603-552-1350.
PUMPKIN DIP

Ingredients:
3/4 cup lowfat cream cheese
1/2 cup brown sugar
1/2 cup canned pumpkin
2 Tbsp maple syrup
1/2 tsp ground cinnamon
apple slices
pear slices

Directions:
1. Place first 3 ingredients in mixing bowl and beat with a mixer until blended.
2. Add maple syrup and cinnamon and blend until smooth.
3. Cover and chill for at least 30 minutes.
4. Serve with slices of fresh apples and pears.
Having vaginal or rectal pain or a bladder or bowel issue can be life changing and devastating. If you’re like most people, you may feel that you are alone with this problem and are too embarrassed to mention it to your healthcare provider. However, physicians are familiar with pelvic and vulvar pain, painful intercourse and bowel movements and urinary or fecal incontinence and are aware of physical therapy as a treatment option.

If any of these situations apply to you or someone you know, you may feel there is no solution and that you just have to live with it. However, in many cases these problems are associated with pelvic floor muscle disorders that are treatable by physical therapy. At the Max K. Willscher Urology Center within the Elliot Hospital, Lynne Assad, PT, and Erika Villemure, MPT specialize in the treatment of these problems.

The physical therapists at the Elliot recognize that these are sensitive issues and want to help. If your problem is preventing you from doing something you want to do, then it needs to be addressed. We will listen compassionately, generate goals and work with you to help you achieve them.

Physical therapy for pelvic floor disorders first requires a screening of your spine, pelvis and hips to determine if there is a musculoskeletal cause that contributes to your problem. This may be followed by an intravaginal and/or intrarectal assessment of your pelvic floor muscles. A treatment plan is made to address these findings and may consist of patient education, an exercise program, myofascial release, bladder and bowel retraining, biofeedback, and electrical stimulation.

Why not improve the quality of your life and come see us at the Max K. Willscher Urology Center? Once you discuss these issues with your provider all that is necessary is a written order. Your provider can fax it through to 663-1859 and we will call you or you can call us directly to make an appointment at 663-4170. Most insurances have a physical therapy benefit.

Erika Villemure, MPT graduated from the University of New Hampshire in 1991 with a Bachelor of Arts Degree in Communication and from Notre Dame College in 2000 with a Masters Degree in Physical Therapy, specialized in the treatment of pelvic floor disorders since 2004.

Lynne Assad, PT graduated from Northeastern University in 1982 with a Bachelor of Science Degree in Physical Therapy and has specialized in the treatment of pelvic floor disorders since 1995.
When you are facing a serious illness, you need relief. Relief from pain. Relief from fatigue, nausea, loss of appetite and shortness of breath. Relief from stress.

You need to understand your condition, your choices for care, and you need to be able to carry on with everyday life. In short, you need to feel better. This is what Palliative Care can do for you.

**What is Palliative Care?**

Palliative care (pronounced pal-lee-uh-tiv) is the medical specialty focused on relief of the pain, stress, and other debilitating symptoms of serious illness—regardless of diagnosis. Palliative care relieves symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, and difficulty sleeping.

Ultimately, the most important purpose of palliative care is to relieve and prevent suffering by providing care which might improve an individual's ability to tolerate medical treatments, help patients and families to better understand their choices for care, or simply provide patients and families with the strength to carry on with daily life in a way that feels comfortable to them.

Overall, palliative care offers patients the best possible quality of life during their illness. It is a philosophy that can be practically applied to patients and individuals of all ages and considers the wide range of needs of the whole patient as well as the patient's family and other support systems.

Taking into consideration the individual needs of each patient, however, also means supporting the patient emotionally, psychosocially, and spiritually; it also means supporting family members as they struggle to cope with the illness of someone they love. Family members will play a key role in the status of a patient's health and well-being, and they will often become a major factor in the decision-making process as the course of a treatment changes or as a disease or condition advances. Helping patients and families to weigh the benefits and burdens of care such as tests, surgeries, or particular therapies; helping them to determine when or if to begin or discontinue treatments, and facilitating the more difficult conversations about healthcare proxies, advance directives, and do not resuscitate (DNR) orders is critical.

**Palliative care is different from hospice care.**

Palliative care is NOT the same as hospice care. Palliative care may be provided at any time during a person's illness, even from the time of diagnosis. And, it may be given at the same time as curative treatment. Hospice care always provides palliative care. However, it is focused on terminally ill patients—people who no longer seek treatments to cure them.

**Palliative care is provided by a team.**

Usually a team of experts, including palliative care doctors, nurses and social workers, provides this type of care in collaboration with your primary or attending physician.

Elliot Hospital now provides a Palliative Care Consult Service which is available to all patients over the age of 18 admitted to the Elliot Hospital, who have been diagnosed with a serious illness and are in need of relief from pain or other symptoms. A doctor's referral is necessary to initiate a Palliative Care Consult.

Patients can expect expert treatment of pain and other symptoms, close, clear communication, help navigating the healthcare system, guidance with difficult and complex treatment choices, and the emotional and spiritual support needed to cope with serious illness.

**What can you do if you have a serious illness?**

If you have a serious illness, you need to ask your doctor to explain the full course of your illness and its treatment—ask about the past, current, and future treatments and procedures.

Explain to your doctor what quality of life means to you. This list may include being able to spend time with loved ones, having pain and other distressing symptoms aggressively treated, and the ability to make your own decisions for care and your preferred location of treatments (home vs. in the hospital).

Be sure your doctor is aware of any personal, religious, or cultural beliefs, values, or practices that are important to consider in your care and treatment decisions.

Tell your doctor what curative treatments you may or may not want, such as resuscitation if your heart were to stop, being placed on a mechanical ventilator if your lungs were to fail, undergoing dialysis if your kidneys were to fail, and artificial nutrition by a feeding tube if you were unable to eat.

Complete a living will or healthcare proxy and talk with your family and loved ones about your choices in the event you are unable to express your choices as your disease progresses.

To learn more, visit www.getpalliativecare.org.
Pain Management has been one of the more rapidly expanding fields in medicine over the last few decades. Here at the Elliot we are fortunate to have one of the few remaining hospital based multidisciplinary pain clinics in our region. More than 40% of our patients are over the age of 60 and are treated at the Pain Management Center annually for a variety of conditions and symptoms.

Among the treatments that they receive:

• **Injection Therapy:** There are numerous injections that remain the staple of care for Pain Center patients. The majority of our patients receive one of a series of injections appropriate to their conditions.

• **Medication Management:** If injection therapy has failed, has been only partially successful, or was not appropriate, then the patients may likely be tried on any one of many different medicines.

• **Minimally Invasive Spinal Procedures:** TruFUSE is a treatment for a specific type of back pain caused by inflammation or arthritis in the facet joints. Diagnostic injections are initially given to establish the diagnosis. These painful facet joints are then fused under anesthesia.

• **MILD:** is a mnemonic for minimally invasive lumbar decompression and is used to treat pain caused by spinal stenosis. The procedure opens up the spinal canal via a very small incision and can afford permanent or long term relief of this painful condition.

For cancer patients, an epidural portacath placed in the spine can make the last days or months of a cancer victim’s life a pain-free experience.

It is the philosophy of the Pain Management Center to provide one-stop shopping for senior patients with pain in our community. We have been doing so for almost 20 years. For more information call 663-6730 or ask your primary care physician for a referral to the Pain Center.

The Pain Management Center is staffed by six anesthesiologists (with interest and training in pain management), a family physician, and two nurse practitioners who specialize in pain management. They are supported by a nursing staff that collectively has 342 years of nursing experience. Joseph T. Hyatt, MD, is a physician with the Pain Management Center, Elliot Hospital, 663-6730.
When do you know that it’s time to stop driving?

By Barbara Pines-Brown MSW, LICSW

With age comes wisdom. It also brings with it slowing reflexes, a decline in vision, hearing and other sensory impairments. Add to this a diagnosis of dementia and you have a potential recipe for disaster. Older drivers experience a lot of changes which could affect their ability to drive safely. Knowing what signs to look for, discussing concerns with your loved one, and being aware of options can go along way in making the choice to drive or not an easier one.

Driving, for most of us, represents independence, freedom and control. Giving this up can be a very difficult and emotional decision. Open conversations about what the loss of driving means will help in easing the transition. People feel more comfortable discussing driving issues with a spouse. When there is no spouse, seniors often speak with a family member or doctor about driving concerns. Getting the police involved should be a last resort.

Initiating a conversation about driving is never easy, but avoiding it could prove to be more detrimental. You can start by asking if the individual has noticed any changes in their driving. Are they noticing a problem driving at night, are they finding themselves getting lost or having difficulty reading the road signs? Some individuals will minimize any issues they’re having; others will voluntarily discuss their concerns and limit their driving, if needed. Providing your loved one the opportunity to discuss issues is a positive first step.

A diagnosis of dementia does not automatically mean that a person’s driving privileges should be taken away. It does, however, mean that the individual’s driving skills need to be assessed to ensure that they’re safe to be behind the wheel of a car. Some early warning signs that there may be a problem are: incorrect signaling, trouble making turns, confusion at exits, inability to stay in the correct lane, dents or scrapes on the car, becoming lost in familiar surroundings, riding the curb and near misses.

When any of these warning signs occur, you need to ask yourself; how often has this happened and how severe was the event? Does it warrant continued monitoring or immediate action? The Elliot offers the AARP Drivers Safety class at various times throughout the year at the Elliot Senior Health Center. Check the listing of programs in Your Wellness Matters to find out when the next class is being offered.

Barbara Pines-Brown, MSW, LICSW is a social worker at Elliot Senior Health Primary Care in Londonderry. Patients, family members and caregivers can work with Barbara to obtain information on community resources, receive assistance when completing Advanced Care Directives and obtain psychosocial support when experiencing a change in their overall health. Barbara is the facilitator for the caregiver and bereavement support groups held at the Elliot Medical Center at Londonderry.
Who are the caregivers of the elderly and ill? They are you and me, sons and daughters, grandchildren, nieces, nephews, siblings, ex-spouses, neighbors, and close friends. One third of American households are serving as unpaid caregivers, often providing professional level care. The majority of the elderly do not reside in nursing homes, but rather in their own home, an apartment, or in a loved one’s home. Families want to keep their loved one home, as long as possible, often struggling to do the best they can.

Caregivers may not be prepared to take on the care of a chronic medical illness, or a loved one with a diagnosis of Alzheimer's disease. The responsibility of caring for an impaired person is not always equally shared because families today are dispersed across the country. Care may fall on the closest family member, or on the single daughter, or a family member who may have related medical training.

Caregiving can be both physically and emotionally draining, and at times even overwhelming. Caregivers need to feel supported in their role, as we often hear a caregiver state, “I am the only one,” “It’s just me.” Many caregivers become isolated, cut off from friends and social activities because their loved one can not be left alone. This can lead to anger, frustration and depression, as well as other feelings.

A caregiver may not want to ask for assistance, especially if the person receiving the care is their spouse. The caregiver does not want to burden their family, because everyone has so many demands and responsibilities of their own.

The Elliot Caregiver Support Group offers caregivers information about services, programs, problem solving and support to caregivers. Sharing ideas with others is a method of learning about alternative care options and strategies before a crisis occurs. Talking with others allow caregivers to feel as though they are not alone in their struggles and helps them gain confidence and focus in handling difficult situations. The knowledge, reassurance and encouragement of others in similar positions can be invaluable. They have walked in your shoes.

The Caregiver Support Groups are offered at the Elliot Senior Health Center in Manchester, on the first and third Tuesday of each month, 10 to 11 a.m. and at the Elliot Medical Center at Londonderry on the second Wednesday, monthly 10 to 11 a.m. The groups are facilitated by experienced social workers.

Barbara MacPhee, MSW is a social worker at Elliot Senior Health Primary Care in Manchester. Barbara is the facilitator for the caregiver and bereavement support groups at the Elliot Senior Health Center located in Manchester. In addition, Barbara assists patients, family members and caregivers with psychosocial assessment, completing Advanced Care Directives, and obtaining community resources.
Elliot Health System is a non-profit organization serving your healthcare needs since 1890.

ELLIO T CARES
ABOUT PATIENT SAFETY
If you have a concern regarding the safety or quality of care given to our patients, we want to hear from you! We encourage you to contact our Patient Relations/Safety line at 603-663-2666, or contact the Joint Commission at 1-800-994-6610 or the State of New Hampshire at 1-800-852-3345.

OUR DOCTORS are in!

Melissa Borthwick, MD
Elliot Family Medicine at Glen Lake
89 South Main Road
Goffstown | 497-5661
www.ElliotDocGlenLake.com
Dr. Borthwick attended the East Tennessee State University College of Medicine in Johnson City, Tennessee and completed her residency at Dartmouth Family Medicine in Concord, New Hampshire. Dr. Borthwick has an interest in pediatrics, GI disorders, and preventative care across the lifespan with a focus on women’s health.

Brenda Foley, MD
Pediatrics Health Associates at Bedford
Pine Tree Place | Unit 8 | 360 Rt. 101
Bedford | 472-5860
www.pediatrichealthassociates.com
Dr. Foley is Board Certified in Pediatrics and has special training in allergies and immunology. She received her medical degree from Tufts Medical School in Boston, MA.

Matthew Hajduk, MD
Elliot Pediatrics at Londonderry
18 Orchard View Drive
Londonderry | 552-1350
www.elliotdoolondonderry.com
Dr. Hajduk is Board Certified in Pediatrics and is a member of the American Academy of Pediatrics. He received his undergraduate degree from Hamilton College and his medical degree from the University of Massachusetts. He completed his residency at Connecticut Children's Medical Center in Hartford, CT.

OUR DOCTORS ARE ACCEPTING NEW PATIENTS.

ELLIO T HOSPITAL
Your Wellness Matters
YOUR WELLNESS MATTERS is published as a community service for the friends and patrons of Elliot Hospital, One Elliot Way, Manchester, NH 03103, 603-663-5300, www.elliothospital.org.

Doug Dean President and CEO
Selma Naccach-Hoff Chairman, Board of Trustees
Susanna Whitley Vice President, Public Affairs & Marketing
Melissa Ballard Sullivan Marketing & Communications Specialist
Anne Marie Hafeman Marketing & Communications Specialist
Timothy Boynton Development Specialist

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