We’ve all had the experience of preparing for a trip. We look at locations, match pricing for our budget, check the interests of those people traveling with us, consider the weather…essentially we plan.

In our lives we do something similar. From our youth, we think of what we want to be, how to achieve our goals and we hope to go through life with positive experiences.

But as we plan, we have a blind spot. It’s one of the most important factors to consider and yet we rarely do. That factor is the status of our health. At any phase of life, we plan with the assumption that our health will be presumably good enough to allow us the fulfillment of the plan that we are considering.

But just like planning a trip, we need to consider potential negative contingencies. Planning for the ending phases of our ‘life trip’ although traditionally viewed as a negative subject, never to be raised for fear of destroying hope or joy, is in reality one of the most empowering and rewarding parts of life planning. How to begin?

THE CONVERSATION:
Start talking with your family and your loved ones early about what is most important to you and what brings you quality in your living. Don’t assume that they know or that they can figure it out. Tell them right up front. Sharing your thoughts and feelings with loved ones is very helpful if you ever get into a situation where you aren’t able to communicate. Your loved ones may be better equipped to make decisions for your plan of care that match up to who you are.

THE VISION:
When there is a chronic problem/illness that’s worsening or not going away, it’s important to open your mind’s eye to ask, “what do I truly want if I don’t get better?” Assuming that death won’t happen, isn’t the answer. Remember the phrase, “Hope for the best, plan for the worst.” It’s okay to hope that your health may stabilize or improve, but you still have to have a plan if it doesn’t. That plan is your gift to all the people you care about most in life. Caring means that you have prepared for the contingency of “not making it.” So if you’re not getting better, you may want to consider your options, such as palliative functions focusing on comfort, joy and dignity rather than on pills, treatments and investigations. The importance of this process is that you’ve thought it through, written it down and shared it with your care providers. This enables them to focus their care on your needs and desires rather than persisting in treatments you do not want.

THE ADVANCED CARE DIRECTIVE:
Concurrent with all of the above, is the conversation around resuscitation status. Your health can take sudden turns at times where breathing or the heart stops. At those points, an advanced care directive (ACD) allows your care providers to know specifically what you would want them to do. For many when asked about the “DNR/NI” code status question, they hear, “Do you want to live?” In reality the question is, “What is the quality of life that’s important to you?” Knowing your life values, makes the ACD decision a lot clearer in most cases.

FINAL STEPS:
The most important part of this life planning process is the discussion you have with those who you care about. In the end, the decisions of what you want are always yours. But, the obligation to share those decisions is essential if you truly want your life “trip” to be completed satisfactorily. Once that sharing is done, you need to pick the person or persons who you know will best be able to consistently carry all of your values to any decision point where you can’t act on your own behalf. This is the function of the health care proxy/durable power of attorney.

All of these steps together are the best assurance that whenever the final destination of our “trip” occurs, it’s occurring in a way that most reflects us. In spite of the sorrow of loss and endings, there’s still joy in knowing the gift of planning that you gave to those you most care about. Happy travels!
Remember those first steps of your children? How you laughed affectionately at their clumsy attempts to take a few steps before falling onto their padded behinds? In contrast, falls in older adults are no laughing matter. They are serious and a major contributor to the loss of independence. Falls are not a normal part of aging.

The more a person falls, the greater the risk of developing a “fear of falling.” This fear, in turn, makes people more inclined to walk less, therefore becoming weaker. And the weaker a person is, the more likely he or she will fall again. It is a vicious circle difficult to break out of.

Approximately half of older adults who fall need help, and if none is available, they may end up lying on the ground for long times, suffering even more of a decline.

There is usually no one single cause why an older adult falls. This makes finding the best treatment for an older adult who has fallen a little like trying to find a needle in a haystack.

Doctors and patients often tend to attribute a fall to an uneven sidewalk, or a flight of poorly lit, creaky stairs. However, it is rarely that simple, and there is no benefit to blame a fall on the environment.

Causes for falls:
There are changes in hearing and eyesight, loss of muscle function, problems with blood pressure regulation and many medical diseases just to name a few. Medications are likely the most important and often the most easily corrected risk factor for falls.

So what is there to do about falls?
Contrary to the opinions of many older adults (and sadly some physicians too), a lot can be done to improve a person’s gait and balance and to reduce his or her risk of falling.

Here is what you should do:
First, you must let your doctor know that you had a recent fall and that you are asking for ways to avoid another fall. Make sure to mention what you were doing at the time of the fall. Also, always mention if you hit your head. This is very important for your doctor to know. For example, were you getting up out of bed or trying to take something out of an overhead cabinet? Did you fall while getting up from the table after having had a meal? Make sure to tell your doctor if you experienced anything unusual just before the fall. Did you feel faint or dizzy? Did you experience any palpitations?

What the doctor will do:
With your help, your doctor should now have a very good history of the fall. Among other things, checking your blood pressure sitting and standing, listening to your heart and lungs, examining your joints and muscles and performing a neurological exam. Your doctor will like to observe your ability to stand up from a chair without using your hands to push off and your gait (“get up and go” test). This will help establish if you have any significant impairment in gait or balance.

How can you avoid falls?
Start by knowing all of your medications and what they are used for. Commit to an exercise program that is appropriate for your abilities. Ask your physician if he or she can refer you to a physical therapist. Look carefully for potential hazards in your home. If necessary, install grab bars in showers and bathrooms, remove any scatter rugs, and redirect any electrical cords that cross walking paths. Make sure that lighting in hallways, bathrooms is adequate.
One in eight women will develop breast cancer during her lifetime. The stage at which breast cancer is detected directly influences a woman’s chance of survival. The American Cancer Society states that if detected early, the five-year survival is 98%.

Clearly, early detection means increased chance of survival. As a doctor specializing in Breast Radiology, I see patients daily that would benefit from early detection from screening mammography. Tomosynthesis, also referred to as 3D mammography, is the latest among the technological advances that offer doctors a better way to screen patients for breast cancer.

How does Tomosynthesis work?

The breast is a 3-dimensional organ composed of different structures, such as blood vessels, milk ducts, fat and hormonally active breast tissue. These structures are located at different depths within the breast and may overlap each other when 2-dimensional images are obtained as part of a conventional mammogram.

On a conventional mammogram, dense tissue can fool us by hiding a small cancer that is behind it resulting in delayed diagnosis. Additionally, overlapping tissue can look suspicious—effectively fooling us into thinking that there is a problem when there is not.

Tomosynthesis is different from a standard mammogram in that it allows us to see breast tissue better by decreasing the effect of this overlap. The x-ray arm sweeps over the breast in an arc and multiple very low dose x-rays are obtained in a few seconds. This digital data set is reconstructed in 1 mm slices of breast tissue. By evaluating these 1 mm slices, we are able to perform a more detailed examination of the layers of breast tissue than offered by flat 2-dimensional images obtained with a conventional mammogram.

So, tomosynthesis increases the accuracy of screening mammography by allowing us to detect breast cancer we wouldn’t otherwise see until later. Studies demonstrate that tomosynthesis finds breast cancer earlier than conventional mammography alone, with about 30% increase in cancer detection.

The additional benefit of this technology is the decrease of unnecessary call backs. Though only a small percentage of women called back actually have a problem, as many women know, the process of being called back is anxiety inducing. Studies demonstrate that with tomosynthesis, there’s a 20-40% reduction in call backs.

Is it safe?

In May 2013, the Food and Drug Administration approved new technology called Low Dose 3D Mammography (Breast Tomosynthesis) featuring C-View 2D imaging software. This solution no longer requires that a conventional digital mammogram be obtained along with tomosynthesis. Instead, C-View allows reconstruction of 2D images from the 3D tomosynthesis data set. This brings the radiation dose of a Low Dose tomosynthesis examination essentially back to what it is now with conventional digital mammography.

What does this mean for the patient?

It’s a win-win. Patients will now have all the benefits of a more detailed examination with increased detectability of breast cancer with essentially no increase in radiation exposure. Mammograms can detect breast cancer early when it is most treatable. Notably, mammograms have cut death rates from breast cancer by nearly a third since 1990.

Medical societies with demonstrated expertise in breast cancer care recommend that women start getting yearly mammograms starting at the age of 40. These societies include American Cancer Society, American College of Radiology, Society of Breast Imaging, American Society of Breast Surgeons, American Society of Breast Disease, and National Comprehensive Cancer Network.

The Elliot Physician Network strongly supports Breast Cancer Screening and advocates that patients talk to their Primary Care Physician to determine the best plan for their specific medical and family history.

The Elliot Breast Health Center at River’s Edge and Elliot Breast Health Center at Londonderry are proud to announce that Low Dose 3D Mammography is here and will be available to our patients starting in October 2013. Your Primary Care Provider can refer you for this state of the art technology and we will be happy to schedule your appointment.
IMPROVING CARE FOR CHILDREN WITH INFLAMMATORY BOWEL DISEASE

By Carole Rudman, APRN, Elliot Pediatric Gastroenterology, New Hampshire’s Hospital for Children

Improving quality and value in healthcare starts here at NHHC in Pediatric Gastroenterology. There is broad evidence that people do not always get the care they need due to cost, shorter appointment times and lack of coordination of care. Reformation of healthcare delivery to improve the quality and value of care is essential.

The NHHC pediatric gastroenterology department at Elliot Hospital is actively participating in the ImproveCareNow Network. We are proud to be part of the leading educational health network for children in the nation. Clinicians, patients and families are working together to improve the care and health of all children and adolescents with Crohn’s disease, ulcerative colitis and indeterminate colitis (also known as Inflammatory Bowel Disease: IBD).

We are collecting data from our patients about their experiences with their disease. The information is collected in a database which can be used by all providers to improve patient care and achieve the best outcomes for all patients with IBD. All the data collected is treated in accordance with patient confidentiality standards.

For decades there have been no significant improvements in remission rates for patients with IBD. ImproveCareNow has changed that. The goal of IBD therapy is for the patient to feel well, have no symptoms and be fully active. Since its inception in 2007 the remission rates of enrolled IBD patients have increased from 50% to over 80% all without new medications. ImproveCareNow provides tools and support that our team uses to deliver more standardized and proactive care to our patients and families living with Crohn’s and colitis.

At NHHC we take a family centered approach to care. Over 50% of our IBD patients are enrolled in ICN and are receiving the benefits from the collaborative network. We hope to increase our enrolled population as well as to include parents and patients in our biannual learning sessions.

In the past six months we have taken our first step and are ready and eager to continue our quest to provide the best possible outcomes for our patients.
**Community Wellness**

**Take time for your health**

### General Health Education

**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**
  - RE: Sat, Sep 7, Nov 2 or Jan 4, 8 to 11AM.
  - Cost: $38

- **CPR for New Healthcare Professionals or those with Expired Certification**
  - RE: Sat, Oct 5, Dec 7 or Feb 1, 8AM to 12:30PM.
  - Cost: $63

- **CPR Renewal for Healthcare Professionals**
  - RE: Sat, Sep 7, Nov 2 or Jan 4, 11:30AM to 2:30PM.
  - Cost: $48

**Heartsaver First Aid**
- RE: Wed, Oct 9 or Jan 8, 6 to 9PM
- 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.

- **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 mgmt and more. Your questions will be answered. You are encouraged to bring a family member or support person.

- **Understanding & Managing Chronic Pain**
  - RE: Th, Mar 14, May 16, 5:30 to 7:30PM.
  - Cost: $35
  - Call 663-1111 to register.
  - Learn techniques to control pain, improve function, restore hope and improve quality of life. Taught by an experienced Pain Management Center nurse.

- **1-Day Surgery Ctr Tour for Children**
  - Free
  - RE: 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.

### General Fitness

**Strength and Tone**
- RE: W/F, Sep 11 to Nov 1 & Jan 8 to Feb 28, 5:45 to 6:45AM.
- Cost: $90
- Start your day right with this total body workout. Strength train all the major muscle groups and abs using a variety of exercise equipment. This class is ideal for beginners to advanced exercisers. Instructor: Ann Suls.

**Thriving with Yoga**
- RE, Welliot: Wed, 5:30 to 7PM.
- Cost: $60 per session if paid in full at first session

**Anger Management**
- Cost: $45 per session if paid in full at first session
- Call 663-663-8621 for more information.

**Elliot Center for Tobacco Treatment**
- RE: By appointment, call 663-2201 for more information. Sessions may be reimbursed by Anthem or other insurance companies.

- Four, 1-hour private sessions: $125
- One, 1-hour private sessions: $45
- One, hypnosis private session: $90

- 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.

**“Having it your way: The Important Role of Advance Directives in YOUR Future”**
- Free

- Cashin Senior Ctr, Manchester: Wed, Nov 13, 5PM.
- For details and more information, call 622-3781.

**Gentle Yoga**
- Cost: $80/8 week session

- RE, Welliot: Mon, Sep 28 & Jan 7 to Feb 27, 10 to 11AM.
- 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 beginner level participant. Instructor: Cheryl Jones

**Fit & Feisty**
- Cost: $50

- RE: T/, Sep 10 to Oct 31 & Jan 7 to Feb 27, 6 to 7PM.

**Full Body Fusion**
- Cost: $80

- RE: T/, Sep 10 to Oct 31 & Jan 7 to Feb 27, 6 to 7PM.
- A fusion of strength training exercise using body weights, hand-weights, cardiovascular intervals, plyometrics, yoga, pilates, core work and stretching. Keeps your body guessing! Instructor: Cheryl Jones.

**Massage Therapy**
- Cost: $60

- EWC: Call for an appointment, 663-5730.
- The manipulation of the soft tissues of the body, including muscles, connective tissue, and tendons. It can help alleviate the discomfort associated with everyday stresses, muscular overuse as well as many chronic conditions.

---

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

To register, call Elliot Direct 603-663-1111, 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**
- **RE: The Elliot at River’s Edge, 185 Queen City Avenue, Manchester**
- **670-0302 or info@yogacaps.org to register.**

Designed especially for those with the experience of cancer. It will help to relieve tension and anxiety, rebuild strength and restore range of motion, and manage the side effects of treatment and medications naturally which may include hot flashes, lymphedema, neuropathy, pain, depression, and insomnia. You may bring a family member or friend. Instructors: Jay Gupta, RPh and Terry Gupta, MSW.

---

**SOME CLASSES MAY BE JOINED WHILE ALREADY IN PROGRESS.**
COMMUNITY WELLNESS

**Gym Membership**
Gym Membership $35 monthly
Welliot at River’s Edge: M-F, ongoing, 6:30AM to 4PM. Call 663-4200 to get started. The Welliot at River’s Edge fitness center consists of cardiovascular equipment, Nautilus strength training equipment, and a free weight area. Our fitness specialists will design a program specific to your needs and limitations. We offer one-on-one orientations and a safe, non-competitive environment to help you reach your goals, whether you are just starting out or have been exercising for years. May join at any time.

**Nutrition**
For any Nutrition Class, call 663-4524 to register or for more information.

**Comprehensive Weight Mgt Program** Free!
EH Pavilion: Free Intro Class, Tue, Sep 17 or Jan 7, 5:30 to 7PM. This introductory session outlines the 10-week comprehensive weight mgmt program focusing on total health, not just pounds on a scale.

**LBI Support Group** $25 per 4 sessions
EH Pavilion: Every other Wed, 5 to 6PM. Includes weigh-in and group session with a professional. Supports people who would like to maintain their weight loss.

**Jump Start Your Health** $125
EH Pavilion: Wed, Oct 2 to Nov 6 or Jan 15 to Feb 19, 6:30 to 7:30PM. This 6-week series will teach the basics of healthy eating, how to plan and cook quick and easy meals along with a focus on exercise.

**Screenings and Clinics**

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

**Support Groups**

**NICU Parent Support Group** Free
EH, NICU Family Rm, 5th Floor: Tue, noon. Call 663-4360 or Littlemiraclegroup@yahoo.com.

**Postpartum Emotional Support Group** Free
EH, Elliot Childcare Center Activity Rm, Elliot Hospital campus, 450 Masabesic St.: Mon, 10:30AM to noon. Call Alison Palmer, RNC, MS, at 663-3052 for more information.

This group helps support women experiencing mood, anxiety, and thought disorders during pregnancy and the first year after their baby’s birth. We discuss issues and coping strategies related to the adjustment period and challenges of new motherhood.

**S.H.A.R.E.** Free!
Third Wed monthly, 7 to 9PM. Call 663-3396 for more information.
For parents who have experienced a miscarriage, stillbirth or neonatal death.

**Chronic Pain Support Group** Free
RE: Second & Fourth Tue monthly, 5 to 6:30PM. Call 663-2767 to register. Guest speakers Peer support group focused on education; bringing new thinking to what chronic pain patients can do to more fully engage in life.

**Surviving Oral, Head & Neck Cancers** Free
LON, ERCC: Th, Sep 21, 5:30 to 7PM. To register, call 663-1804.
Support and education for survivors & families.

**Living Beyond Breast Cancer** Free
EH, ERCC: Second Wed monthly, 6 to 7:30PM. Call 663-1804 for more information.
An ongoing group that provides support and sharing for any woman who has experienced breast cancer.

**Living with Cancer** Free
EH, ERCC: Third Wed monthly, 5:30 to 7PM. Call 663-1804 for more information.
A support group for people living with cancer, including family and caregivers.

**Prostate Cancer** Free
EH, Radiation Therapy Waiting Rm: Mon, Sep 23, Wed, Oct 23, Mon, Nov 25, no Dec group, 6 to 7:30PM. Call 663-4170 for more information.
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. Call 663-2959 for more information.
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.

**Parkinson’s** Free!
SHC: Third Wed monthly, 3 to 4:30PM. Call 663-7063 for more information.
For people with Parkinson’s, family members, friends, or anyone who has an interest in learning more about this disease.

**Living with Depression:**
A Women’s Group $60 per session
EBHS: Th, Sep 5 to Oct 10, 10AM, 6 wk session. For more information or to register call 663-8617
Living with depression can be isolating, discouraging and lonely. Come and learn about ways to cope with the symptoms, get support from other women who have experienced the same thing. You are not alone. There is help!

**Becoming Yourself:**
A Women’s Support Group $60 per session
EBHS: Mon, Sept 23 to Oct 28, 6PM, 6 wk session. For more information or to register call 663-8617.
Whether you struggle with depression, anxiety or want to make changes in your life please join us for an hour to get support, encouragement and connection with other women. For women of all ages, we will be using creative activities to explore our goals, needs and who we want to become. No artistic abilities required, just an open mind, a friendly smile and a desire to connect with others.

**Women’s Stress and Self Care Support Group** $60 per session
EBHS: Tue, Oct 22 to Nov 26, 4 to 5PM, 6 wk session. To register or for more info, call 663-8617.
Do you find it difficult to find time in your day to take care of yourself? Feel guilty about saying no? Can’t unwind? Join us for six weeks to learn how to take better care of yourself. We will talk about stress and the toll it can take on your body and how to reduce anxiety, learn relaxation skills with hands on practice and much more! Participants will leave relaxed and hopeful about practicing at home. Self care starts with you! Most insurances accepted including Medicaid.

**Steps to Wellness for Cancer Survivors** Free!
• Thrivorrowship
EBHS: Mon, Sep 16, 5:30 to 7PM. Nutrition, stress management and exercise.

• Finding your Health Weight After Treatment
EBHS: Wed, Nov 6, 5:30 to 7PM. Motivational tips and information on deciding what is a healthy diet for you.

• Defensive Dining
EBHS: Mon, Dec 2, 5:30 to 7PM. Making healthy choices when dining out.

**Living Positive** Free!
RE: Wed, Oct 2, 5:30 to 7PM.
Information and support for people who test positive for the BRCA gene mutation with or without a cancer diagnosis.

Register online at www.elliothospital.org or call Elliot Direct 603-663-1111
COMMUNITY WELLNESS

Support Group for Caregivers of Those with Dementia Free!
SHC: First & Third Tue monthly, 10 to 11:30AM. Call Barbara MacPhee, MSW, LICSW at 663-7051 for more information.
Learn strategies for caring for yourself, identify ways to build a support system, and learn new coping strategies. Confidential.

SENIOR HEALTH and FITNESS
In addition to the gym membership the fitness center offers many different levels of group exercise programs, for an updated listing on these ongoing programs please call 663-7016.

Gym Membership $25 per month
SHC: Mon to Fri, ongoing, 6:30AM to 6:30PM. Call 663-7016 to get started.
The Elliot Senior Fitness Center is designed specifically for those 50 and older. The center consists of a variety of cardiovascular equipment and a full body strength training circuit. Our team of exercise specialists are here to help integrate physical activity safely into your life, offering one-on-one orientations and exercise programs to fit individual needs. Free group exercise classes are also offered to our members. A large variety of additional paid group exercise classes are also available. Come work out in a safe, supervised, fun, non-competitive environment. Membership is on-going and members may join at any time.

Elder Law Education Free!
SHC: Fourth Wed Monthly, 4 to 5PM. No cost, but registration is necessary by calling 663-7041.
Round Table discussion with and Elder Law Attorney. Issues include: how to pay for current and long term health care needs, how to protect your home and other hard earned assets, and advice on estate planning.

CHILDbirth and FAMILY EDUCATION

SHC: Mon to Fri, ongoing, 6:30AM to 6:30PM. Call 663-7016 to get started.
The Elliot Senior Fitness Center is designed specifically for those 50 and older. The center consists of a variety of cardiovascular equipment and a full body strength training circuit. Our team of exercise specialists are here to help integrate physical activity safely into your life, offering one-on-one orientations and exercise programs to fit individual needs. Free group exercise classes are also offered to our members. A large variety of additional paid group exercise classes are also available. Come work out in a safe, supervised, fun, non-competitive environment. Membership is on-going and members may join at any time.

Elder Law Education Free!
SHC: Fourth Wed Monthly, 4 to 5PM. No cost, but registration is necessary by calling 663-7041.
Round Table discussion with an Elder Law Attorney. Issues include: how to pay for current and long term health care needs, how to protect your home and other hard earned assets, and advice on estate planning.

Support Group for Caregivers of Those with Dementia Free!
SHC: First & Third Tue monthly, 10 to 11:30AM. Call Barbara MacPhee, MSW, LICSW at 663-7051 for more information.
Learn strategies for caring for yourself, identify ways to build a support system, and learn new coping strategies. Confidential.

VNA Hospice Bereavement Services. Death can be a painful and permanent loss experience, and one of the hardest from which to recover. Death takes away, but facing it and grieving can result in peace, new strengths and purpose.

Adult Bereavement Support Groups. These groups will help participants explore and understand better the grief process and how to celebrate and honor the loved ones we have lost. The groups meet weekly for 8 weeks and are held several times throughout the year. If you are interested in attending our next group, please register and you will be notified for our next session.

Stepping Stones through Grief. A bereavement group for children and adolescents ages 5-18. The groups will help explore and better understand such topics as the meaning of death, the feelings generated around loss and how to celebrate and honor the loved ones we have lost. Parents are required to stay and support their children by attending their own adult support group. The groups meet weekly for 8 weeks. Stepping-Stones is held twice a year in the spring and fall. The group meets from 6 to 7:30PM, one night mid-week at the Easter Seals NH Child and Family Development Center, 435 S. Main St. Applicants will be notified by the facilitators prior to the start of the session.

Men’s or Women’s Drop In Support Group. Participants are given the opportunity to grieve the loss of a spouse or loved one. Members help each other answer the question: “What Now?” Participants will better understand the grief process, dealing with their emotions, and how to honor and celebrate their loved ones who have died. No registration required.

Men’s Drop In Support Group. The Men’s Group meets twice a month, fourth Friday of each month, 9 to 11AM and the second Wednesday of each month, 6 to 8PM, at 200 South Jewett Street, Southside Bible Fellowship Church.

Women’s Drop In Support Group. The Women’s Group meets weekly on Fridays, 9:30 to 11AM, at Elliot at River’s Edge, 185 Queen City Ave. Please call the office at the numbers listed below to verify the room location.

Support Group Suicide Bereavement. This group meets Thursdays, 6 to 8PM. This is an ongoing group that works through a rotating 10 week schedule. This group is for those who have lost a family member or friend to suicide. For group location and more detailed information, call.

Hospice Services. For more information, please contact the Bereavement Coordinator, Chuck Johnson, at 603-663-4005 or the Bereavement Assistant, Rita Stanton, at 603-663-4021. You may also obtain information online at www.manchestervna.org. Unless noted, all classes require pre-registration.
all is the perfect time to enjoy outdoor running activities. The cool temperatures and the changing colors make for wonderful running conditions. It is a very popular time for running events, and this provides a competitive incentive to bring out the most of your athletic abilities. It is also a time when running injuries are common. Fortunately, the majority of injuries can be minimized or completely avoided by following some basic principles.

**TIPS TO PREVENT RUNNING INJURIES**

- **Create a running plan.** Before starting a running routine, it is important to define your current fitness abilities and your long-term goals. Consulting with a trainer can be a helpful first step. Most running schedules avoid increasing mileage by more than 10% per week.

- **Choose the right clothes and shoes.** The ideal running apparel should be lightweight, breathable, and wick moisture away from your skin. A hat can protect against the sun and cold. A good pair of running shoes typically has built-in arch supports. Not only do they enhance comfort, but they can be very helpful for people with conditions such as flat feet. Most running shoes should be replaced every 300 to 600 miles depending on training conditions and intensity.

- **Choose the right setting and conditions.** A uniform and flat running surface can help minimize stress on the joints and muscles. It should ideally have some “give”, such as a cork track or a treadmill. The sudden introduction of hilly terrain can increase the risk of injury. It is generally advised to avoid running in weather that is above 90°F (especially if there is high humidity) or if the temperature is below freezing.

- **Stay safe.** Reflective clothing or a light should be used for night-time running. If running with headphones, the volume should always be low enough to hear cars and other noises.

- **Warm-up and cool down.** A warm-up prior to running should include activities such walking or light jumping activities. This should happen before any stretching is initiated. An appropriate cool down includes a transition from running, to light jogging, to walking activities. Stretching after running can also be helpful to reduce muscle tension the evening or day after running.

- **Stay hydrated.** It is important to drink an extra 1 to 3 cups of water on days that you run. Depending on the intensity level, a sports drink is helpful if you are running for more than a ½ hour to one hour. These drinks replace electrolytes lost in sweat.

- **Participate in strength and cross-training.** General and core strengthening exercises help to decrease the risk of overuse injuries. Introducing a sport such a swimming, biking, or tennis can facilitate muscle performance by preventing the acclimation of repetitive exercise.

- **Listen to your body.** Possibly the most important tip to avoid a serious running injury is to stop running if you experience pain or functional problems. This concept is stressed by elite marathon and ultramarathon competitors, as well as by some of the top running coaches in Kenya. It is typically much easier to treat an early stage and recent problem, versus an advanced and chronic problem.

**TREATMENT OF COMMON RUNNING INJURIES**

Fortunately, most running injuries can be managed with treatments such as rest, ice, a compressive wrap, and elevation. In addition, limited amounts of stretching and massage, and medications like over-the-counter anti-inflammatory (such as ibuprofen and naproxen) can help with pain. When these measures fail to resolve the pain, it is important to follow-up with a health care provider.

Good luck for a safe and successful running season!
ELLIOT HEALTH SYSTEM NAMED 2013 MOST WIRED

Elliot Health System has been recognized as one of the nation’s “Most Wired” for the third year in a row, according to the results of the 2013 Most Wired Survey released in the July issue of Hospitals & Health Networks magazine.

“Our effort to become fully electronic started over a decade ago and since then maintain a single electronic medical record throughout Elliot, we provide our patients with a secure portal to access their own medical record, and in 2011 demonstrated our commitment to leveraging our electronic medical record to improve care by becoming the first hospital in New Hampshire to achieve Meaningful Use of EMR’s under the HITCETH act,” explained Denise Purington, VP, CIO.

“Receiving this recognition is truly an honor as we have strived to provide the most advanced technology to the community. Our electronic medical record is central to our strategy to improve care coordination and provide seamless healthcare throughout Elliot no matter where you seek our services,” adds Doug Dean, President & CEO.

ELLIOIT HOSPITAL VOTED “CONSUMER CHOICE” BY THE COMMUNITY

Elliot Hospital has been named a 2012-2013 Consumer Choice Award winner by National Research Corporation (NRC) for being the most preferred hospital for:
1) Best Overall Quality 3) Best Doctors
2) Best Overall Image/Reputation 4) Best Nurses

Elliot Hospital is ranked alongside hospitals like Mayo Clinic, Mass General, Cedars-Sinai, and Cleveland Clinic as winners in their respective markets this year. Local healthcare consumers are asked to rate their local hospitals as part of a national survey conducted by NRC each year.

“When the people we serve tell us that they respect our doctors and nurses as the ‘best’ and find us the highest quality hospital of choice, there really is no better recognition for our organization,” said Doug Dean, President and CEO. “The patients are at the center of everything we do to best serve the community and it is truly humbling to be named a top hospital by the people we care for each and every day. Our mission is to provide the highest quality healthcare to the community and we are honored that our patients have placed their trust in Elliot and sincerely value the outstanding commitment to quality care given by our doctors and nurses.”

Elliot Hospital was recognized, along with other top hospitals in the nation, in the October 22nd issue of Modern Healthcare.

ELLIOIT HOSPITAL RECOGNIZED WITH NATIONAL PARTNER FOR CHANGE AWARD

Elliot Hospital was awarded the 2013 “Partner for Change” Award by Practice Greenhealth, the nation’s leading health care membership community that empowers its members to increase their efficiencies and environmental stewardship while improving patient safety and care. The Award is one of the organization’s Environmental Excellence Awards given each year to honor outstanding environmental achievements in the health care sector.

“This award proves that Elliot is committed to eliminating mercury, reducing waste, recycling and preventing pollution, among other environmentally preferable practices,” said Laura Wenger, RN, Executive Director, Practice Greenhealth. “Practice Greenhealth is pleased to recognize them for these efforts.”

Elliot Health System constantly seeks new and innovative ways to meet its environmental goals through minimizing generation of waste through source reduction, reuse or recycling programs.

“We take pride in developing programs to improve the health of our patients, staff and community,” said Rick Phelps, President & COO, Elliot Hospital. Elliot Hospital looks forward to working with Practice Greenhealth to further our sustainability efforts and lessen our impact on the environment.”
ELLIOT HOSPITAL ANNOUNCES NEW VICE PRESIDENT OF OPERATIONS

Elliot is pleased to announce the addition of Joseph “Tate” Curti to their Senior Leadership team as the Vice President of Operations. Tate will be responsible for the planning and operations of clinical services including Laboratory, Radiology, Facilities, Food and Nutrition Services, Home/Durable Medical Equipment, Pharmacy, and Rehabilitation Services. In addition to his new responsibilities Tate continues oversight of General Surgery, Orthopedics, Rheumatology, Gastroenterology, Cardiology, 1-Day Surgery, and Endoscopy.

ELLIOT HOSPITAL ASSAULT RELIEF FUND

People’s United Bank has set up a relief fund to assist the two families impacted by the July 8th assault in the Elliot Emergency Department.


ELLIOT IS FIRST IN THE COUNTRY TO ESTABLISH A COMMUNITY EMERGENCY RESPONSE TEAM

The Elliot Health System Volunteer Resource Department along with Elliot’s Emergency Management Program, held Manchester’s first Community Emergency Response Team (CERT) training in April. CERT training consists initially of a 20-hour course for volunteers. In conjunction with the City of Manchester’s Fire and Health departments, 17 volunteers completed the training and more volunteers are scheduled to finish training modules in September, 2013.

Elliot is the first healthcare system and hospital in the country to partner with their city to establish a CERT team. Elliot was recognized by a Certificate of Achievement Award on May 22, 2013 by the U.S. Dept. of Homeland Security, FEMA Region 1, acknowledging the Elliot and the City of Manchester for collaboration efforts. FEMA has noted that the partnership has potential to become a national best practice for others to follow.

The current goal is to train at least 50 volunteers to support Elliot and the City of Manchester in the event of an emergency or disaster. If you would like to become CERT trained, contact Donna Wright, Director, Volunteer Resources at Elliot Health System at dwright@elliot-hs.org or 663-2463.

Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace during an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

Manchester CERT graduation attendees and guests.
Elliot Tees Up for Tots!

The 14th Annual Elliot Hospital Golf Classic was held on Thursday, June 13 at Passaconaway Country Club in Litchfield, NH. There were 55 sponsoring businesses including Premier Sponsor People’s United Bank, and Masters Sponsors, EPIC Systems Corporation, FTI Consulting and Suffolk Construction Company. This sold out event exceeded its fundraising goal and was the most successful to date by raising more than $100,000 for New Hampshire’s Hospital for Children (NHHC) at the Elliot.

With over 24,000 children treated in our emergency department and urgent care centers; over 30,000 children cared for in our pediatric and family medicine offices; and over 1,500 pediatric inpatients treated in our Pediatric Intensive Care Unit, Neonatal Intensive Care Unit and Pedi/Adolescent Unit last year, New Hampshire’s Hospital for Children has become a critical resource to the children of southern New Hampshire.

Korks for Kids

The Mary & John Elliot Charitable Foundation hosted 100 guests at the Korks for Kids wine pairing dinner which raised $5,000 for New Hampshire’s Hospital for Children on June 19, 2013.

NHHC Day at the NH Fisher Cats

New Hampshire’s Hospital for Children was celebrated on July 16, 2013 at the New Hampshire Fisher Cats game against the Portland Sea Dogs. NHHC medical staff, advisory board members, grateful patients and their families came out to the ballpark in support of NHHC.

Gearing up for the 2013-2014 Annual Campaign

This year’s greatest fund in need is New Hampshire’s Hospital for Children at the Elliot; help us ensure our youth has the best healthcare and bright futures. For information on how to contribute to the campaign please call the Foundation Office at 603-663-8934.

The Foundation sincerely thanks each and every donor who gave to the 2012-2013 iGive campaign. More than $114,000 was raised from employee contributions and nearly $123,000 from the community to bring the total amount raised to $237,000 during the 2012-2013 campaign. Each donation directly impacts the healthcare delivered in our community.

The winning group included l to r: James Hood, Richard Rawlings, Norman Thomas and Rick Elwell.

Korks for Kids guests pictured above are l to r, back row: Selma Naccach-Hoff, William Brennan, Elaine Petersen and Rick Petersen. L to r, front row: Paul Hoff, Ann Remus, Paul Remus and Marilyn Brennan.

The Mary & John Elliot Charitable Foundation is hosting the 12th Annual Elliot Hospital Gala benefiting New Hampshire’s Hospital for Children at the Elliot on Friday, September 20, 2013 at the Radisson Hotel in Manchester. Guests will enjoy cocktails, dinner, silent auction and dancing all while raising funds for NHHC.

Last year’s gala benefitting NHHC was attended by over 450 guests and raised nearly $100,000.
When coming to the Elliot Health System to receive quality, individualized medical care, you may meet a Nurse Practitioner or NP. Our Nurse Practitioners provide care in many settings, ranging from our primary care offices to our specialty clinics. It is important to us that you have a good understanding of the education, qualifications and competence of the NPs providing your health care. Nurse practitioners are advanced practice registered nurses, also referred to as APRN’s. Our educational preparation is beyond the educational preparation of a Registered Nurse. Most Nurse Practitioners have been registered nurses for years before advancing our education through a masters or doctorate level education.

Nurse practitioners have provided healthcare to patients for more than 45 years. In 1965, Nurse Loretta Ford and pediatrician Dr. Henry Silver developed the first Nurse Practitioner program at the University of Colorado. This role was created in response to a shortage of physicians at that time. In 1967, Boston College created one of the first NP Masters programs, expanding the educational requirements. In 1968, Massachusetts General Hospital also established a NP program. By 1973, more than 65 programs existed in the US.

The education of the Nurse Practitioner builds on the solid foundation of patient care taught as part of foundational nursing education. This advanced practice education teaches NPs to integrate knowledge in order to properly assess, diagnose and treat patients. NPs in NH are licensed to practice independently, and collaborate with other health care providers to create a health care team dedicated to your health. NPs use a comprehensive approach to health care and emphasize the overall health and wellness of patients of all ages. Nurse Practitioners will spend time with you, listening to your concerns and goals. We will take your health history, conduct thorough physical examinations and interpret laboratory and x-ray results to diagnose and treat your acute and chronic problems. NPs prescribe and manage medications and other therapies, provide health teaching and refer to other health professionals when needed. Nurse Practitioners focus on preventative care and will assist you in making choices to improve your health. We understand the challenges faced by many patients everyday and strive to assist you in living to your healthiest potential.

It is projected that implementation of the Affordable Care Act will increase our need for healthcare providers in the future. The need for more healthcare providers can be met by the competent and compassionate care provided by Nurse Practitioners, providing high quality and cost effective care to patients, families and communities.

There are over 100 Nurse Practitioners currently working in the Elliot Healthcare System. We look forward to being caring, compassionate and competent members of your health care team.
African Peanut Soup

Marilyn Mills, MS, RD, LD, CDE, Elliot Senior Dietitian, Hannaford Supermarket Dietitian

Thick, creamy, and a little kick from the salsa, makes this soup my number one comfort food and best soup for a Fall or Harvest Party. I have given out this recipe so many times to friends and neighbors. If you use vegetarian broth, its vegan too.

Makes 10 Servings

Ingredients:

- 1 Tbsp Olive Oil
- 1 Large Onion, chopped
- 1 Medium Sweet Potato, peeled and diced
- 2 cloves Garlic, minced
- 8 cups Chicken broth (lower sodium)
- 1 teaspoon Dried Thyme
- ½ teaspoon Ground Cumin
- 1 cup uncooked long grain rice
- 3 cups Thick and Chunky Salsa (medium)
- 3 cans Garbanzo beans, drained and rinsed
- 1 cup unpeeled zucchini, diced
- 2/3 cup creamy peanut butter (all natural)

Directions:

1. In a large sauce pan, heat oil on medium-high heat and saute’ onion, sweet potato and garlic, stirring occasionally, about 5 minutes
2. Add chicken broth, thyme, cumin and rice
3. Bring to a boil, reduce heat and simmer. Cover until rice is cooked and vegetables are tender, about 15 minutes.
4. Add salsa, beans, zucchini and cook for 10 minutes
5. Stir in peanut butter until completely combined.
6. Ready to serve. Also freezes well. (If it separates during re-heating, add small spoonful of peanut butter).
Nutritional Supplements for Your Eyes

By Anthony J. Correnti M.D.

When walking into the local pharmacy or grocery store, there seems to be a growing number of nutritional supplements, or ‘eye vitamins,’ now available for everyday use. Scientists have long wondered whether taking supplements could help prevent, treat, or even cure certain eye diseases. Many over-the-counter products promote benefits in either general eye health or specific eye conditions, despite some lack in scientific evidence. Here are a few supplements that have been investigated more significantly in eye disease.

Antioxidants

Antioxidants are naturally found in a number of foods including vegetables, cereals, fruits, and nuts. Antioxidants have been studied in certain eye conditions because of their ability to reduce oxidative stress, a biologic imbalance that exists when our cells are no longer able to remove harmful molecules that can cause further damage. Oxidative stress is thought to play an important role in the development of age-related macular degeneration (AMD) and cataracts.

The Age-Related Eye Disease Study (AREDS) was a large multi-center clinical trial that studied the effects of high-dose antioxidants (vitamins A, C, and E) and zinc on patients with cataracts and varying types of AMD. They also studied people without evidence of cataract or AMD to determine if zinc and/or antioxidants could prevent the development of these conditions. The AREDS study showed a number of important things:

• High doses of antioxidants and zinc can reduce the risk of vision loss from advanced AMD by about 19% in high-risk patients.
• There did not appear to be a benefit in patients with early or no AMD or help restore vision loss from AMD.
• Nutritional supplements did not seem to prevent cataracts or keep them from getting worse over time.

Other antioxidants, including lutein, were not commercially available at the time of the initial study. Lutein, zeaxanthin, and omega-3 fatty acids are currently being investigated in the AREDS 2 study.

Omega-3 Fatty Acids

Fatty acids are found in a variety of food sources including cold water fish and flaxseed oil. Fatty acids are known to have significant anti-inflammatory properties which can be helpful in conditions like dry eye syndrome (DES), where various inflammatory molecules are thought to cause worsening of disease.

Currently, the use of fatty acids in the treatment of DES remains in its early stages, although data from a limited number of small studies seems promising. A recent pilot study demonstrated a significant increase in tear production in DES patients taking daily Omega-3 supplementation.2 Further large-scale clinical trials will be needed to determine the effectiveness, possible side effects, and required dosages. At present, there are no formal dosing recommendations for Omega-3 fatty acids in the treatment of DES.

Preventative Care

Vitamins may also have a potential role in preventative eye care. Many believe that some eye conditions result from ongoing chemical reactions that make us more prone to disease over time. Daily nutritional supplements may be able to help slow down or even reverse these processes before damage can occur. A recent study that looked at the effects of folic acid and vitamin B on heart disease in woman showed a lower risk of AMD in patients taking supplementation.3 Further prospective investigation will be required to see if these nutrients are truly beneficial in prevention of AMD. There are no supplements that have yet proven to prevent disease in otherwise healthy eyes.

Clearly, we have more to learn about supplements and their potential benefits. While there remains a limited amount of scientific evidence to date, nutritional supplementation remains a continuously evolving and exciting area of future research for both prevention and treatment of eye disease.


Dr. Correnti is an eye surgeon that specializes in the treatment of diseases of the retina, including macular degeneration and diabetes. His office is located at 1415 Elm Street in Manchester, NH and can be reached at 669-3925.
Our DOCTORS are in!
OUR DOCTORS ARE ACCEPTING NEW PATIENTS.

At the Elliot!

Lara Moody, MD
Elliot Family Medicine at Windham
5 Industrial Drive | Suite B
Windham | 603-894-0063
www.elliotfmwindham.com

Ritchie Casenas, MD
Derryfield Medical Group
275 Mammoth Road | Suite 4
Manchester | 603-624-4380
www.derryfieldmedicalgroup.com

Melissa Buddensee, MD
Elliot Family Medicine at Amherst
19 Route 101
Amherst | 603-249-3000
www.elliotdocamherst.com

Myles Keroack, MD
Elliot Gastroenterology
185 Queen City Ave
Manchester | 603-314-6900
www.elliothospital.org

Dahlia Pease, DO
Elliot Pediatrics at Windham
5 Industrial Drive | Unit B
Windham | 603-685-0150
www.elliotfmwindham.com

Xiao-Qing Wang, MD
Elliot Neurology Associates
185 Queen City Ave
Manchester | 603-669-0859
www.elliothospital.org

Elliot Health System is a non-profit organization serving your healthcare needs since 1890.

ELLiot 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.

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, 603-669-5300, www.elliothospital.org.

Doug Dean President and CEO
R. Scott Bacon Chairman, Board of Trustees
Susanna Whitcher Vice President, Public Affairs & Marketing
Anne Marie Hafeman Marketing & Communications Specialist

Information in YOUR WELLNESS MATTERS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos and illustrations.