ELLIOH HOSPITAL
Your Wellness Matters
NEWS TO HELP YOU LIVE BETTER!

Rheumatologists CAN HELP...

DIAGNOSTIC IMAGING
Page 2

PELVIC PAIN IN MEN
Page 11

INFANT REFLUX
Page 13

BENEFITS OF HOSPICE
Pages 14

Treat yourself to a healthier mind & body, see classes on pages 6 to 8

Spring/Summer 2012 • www.elliothospital.org
Introducing the Elliot’s new Diagnostic Imaging Center at River’s Edge. The Imaging Center is focused on patient comfort and convenience, reduced radiation exposure, faster procedure times, and speedy results! The imaging equipment is completely digital, including digital x-rays, digital fluoroscopy, MRI, CT Scan, Ultrasound, and Nuclear Medicine. This digital equipment provides the highest image quality, fast procedure times, and connects through our digital network to radiologists who interpret the images using voice recognition software. All of this adds up to high quality, low dose, imaging procedures that are simultaneously integrated into the Elliot’s electronic medical record system.

Digital x-ray machines have replaced traditional methods and now utilize wireless digital plates capable of showing your x-ray to the technologist within 2 seconds! X-ray exams are faster, allowing patients to complete their testing quickly. All of our digital x-ray units allow easy on and off access to the tables by lowering to within 18 inches from the floor. The wireless plates allow us to position patients in wheelchairs or on stretchers more easily.

The CT scanner at River’s Edge is the Siemens Healthcare SOMATOM Definition Flash CT scanner. Our scanner has recently been honored by AuntMinnie.com with the 2009 “Best New Radiology Device” Minnie Award for excellence in radiology. The Definition Flash CT scanner sets new standards regarding speed and dose reduction. This system requires only a fraction of the radiation dose that were previously required to scan even the tiniest anatomical details and it is faster than ever before. The SOMATOM Definition Flash is a dual-source CT from Siemens, featuring two X-ray tubes that simultaneously revolve around the patient’s body. This feature also allows for dual energy scanning which will improve the diagnostic analysis of kidney stones, reduce the number of scan passes needed for tissue differentiation, remove bone overlap and calcifications from vascular exams, and reduce motion in pediatric CT scan images. It will virtually eliminate the need to sedate young children for diagnostic CT scans.

The Siemens S2000 ultrasound systems at River’s Edge are state-of-the-art digital ultrasound systems designed to produce high quality images, obtain “live” imaging clips of functioning organs, with the capability of “live” supervision by a specialized radiologist through our sophisticated networking solution. These systems are designed for faster throughput, have intuitive software features which use automatic measurements of anatomy using pattern recognition software.

The 3T Siemens Verlo MRI system at River’s Edge features a comfortable 70 cm “open-bore” configuration, accommodating all types of patients with reduced sensitivity to claustrophobia. This MRI system was developed and introduced as the world’s first high-strength “open-bore” magnet. It is also the shortest 3T MRI scanner.
ever created. Our new 3T scanner will complement our 1.5T scanners at the Elliot Hospital and Elliot Medical Center at Londonderry Imaging. If you have ever experienced an MRI that you found to be uncomfortable and too confined, you will be happy to hear about this scanner which offers comfort and space. The large opening and specially designed table can accommodate patients weighing up to 550 lbs, offering high-quality MRI exams to everyone needing them. The 3T, high-strength MRI improves the quality and resolution of small anatomical imaging, brain imaging, breast MRI, and is exquisite for imaging of joints and cartilage. Elliot’s MRI services are accredited by the American College of Radiology. To assure that your MRI is done at an accredited site, follow this link to www.acr.org.

SPECT-CT completely integrates the functional imaging sensitivity of Nuclear Medicine with the rich anatomical detail of diagnostic multi-slice CT. This new imaging modality will increase our ability to detect changes in molecular activity even before anatomical changes become visible. The molecular “hot-spots” seen on the nuclear medicine scan can be fused with the CT scan detail, making diagnostic confidence much better. This technology lowers false positive scans, aids in planning more effective treatment of disease as well as monitor effectiveness of treatments.

Women’s Imaging Enhancements

The Women’s Imaging equipment at River’s Edge is located within the Elliot Breast Health Center for convenient access during a visit. In addition to digital mammography, breast ultrasound, and breast MRI services, the River’s Edge facility will add stereotactic breast biopsy capability, breast ultrasound Elastography, as well as ABVS (Automated Breast Volume Sonography), all within the center.

Key advantages of ABVS include standardized, reproducible bilateral whole breast imaging with 3D capability. The typical study is an automated 65 second scan of the breast in multiple positions, then images are reconstructed and reviewed on a specialized workstation by a radiologist. Breast Elastography is a new technique which looks at the mechanical properties of tissues (relative stiffness) as opposed to conventional ultrasound which looks at the back-scatter of transmitted ultrasound waves through tissues. The outcome requires calculation of an Elastography ratio to determine if the lesion is more or less stiff than the surrounding tissues, suggesting either malignant or benign mass. This technique has the potential of reducing unnecessary biopsies as well as to help select those patients for whom biopsy is warranted.

The GE IDXA Bone Density Scanner represents the latest state-of-the-art bone density scanning system. In addition to traditional bone density evaluation, this system introduces the capability to perform Vertebral Fracture Assessment. It is capable of taking a full-view measurement of the entire spine. The advantages of this technology are the ability to detect vertebral fractures that are often unrecognized.

For more information or to book an appointment for your diagnostic imaging needs, please call central booking at 603-663-2180.
Rheumatology is a rapidly evolving subspecialty in internal medicine and pediatrics which includes the pathogenesis, diagnosis, and management of over 100 complex inflammatory and connective tissue diseases. Rheumatologists care for a wide array of patients – from children to senior citizens, see diseases like Rheumatoid Arthritis, Systemic Lupus Erythematosus, Psoriatic Arthritis, Ankylosing Spondylitis, Scleroderma, Myositis, Sjogren’s syndrome, Vasculitis, Polymyalgia Rheumatica, and particularly diseases of aging, such as Osteoarthritis, Gout and Osteoporosis. These diseases affect nearly 50 million Americans and can cause joint and organ destruction, severe pain, disability and even death. Inflammatory rheumatic diseases with arthritis cause more disability in America than heart disease, cancer or diabetes.

How can a Rheumatologist help?
Most rheumatologic conditions previously led to severe disability and even death in many patients. Evidence-based medical treatment of rheumatological disorders is currently helping patients with rheumatism lead a near-normal life.

Medications such as Methotrexate and Tumor necrosis factor inhibitors have had a significant impact on patients with *Rheumatoid Arthritis* (RA), and today patients with RA can lead a pain free and productive life.

**Rheumatology facts by numbers:**
- Over 7 million American adults suffer from inflammatory rheumatic diseases; 1.3 million adults have rheumatoid arthritis; and 161,000 to 322,000 adults have lupus.
- 8.4 percent of women will develop a rheumatic disease during their lifetime. Women are 2 to 3 times more likely to be diagnosed with RA, and 10 times more likely to develop lupus than men.
- 5 percent of men in the U.S. will develop a rheumatic disease during their lifetime.
- Osteoporosis and low bone mass are currently estimated to be a major public health threat for almost 44 million U.S. women and men aged 50 and older.
- Approximately 1.6 million hip fractures occur worldwide each year; by 2050 this number could reach between 4.5 million and 6.3 million.
After 50 years, the FDA approved a new drug, Belimumab, for patients with *Systemic Lupus Erythematosus* (SLE). It is used to treat patients with active SLE who are not controlled on other conventional therapy.

As mentioned above, *Osteoporosis* is a growing problem especially in the aging population, which increases the risks of fractures, most common being hip and vertebral fractures. Medications such as bisphosphonates, Teriparatide and Denosumab can prevent bone loss and improve the quality of bone leading to reduction in fractures by 50% or more.

Some of the greatest strides in pharmacologic therapy in the past two decades have come in the field of rheumatology, and the next decade promises even more. At Elliot Rheumatology Associates we are committed to providing the highest quality care available in this ever-advancing specialty.

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**Douglas F. Marks, MD**

**EXPERIENCE:**
Rheumatologist
Dartmouth-Hitchcock Manchester Clinic
Assistant Professor of Medicine
Division of Rheumatology
Dartmouth-Hitchcock Medical Center

**EDUCATION:**
Fellowship in Rheumatology, Dartmouth Hitchcock Medical Center
Internship and Residency in Internal Medicine, Dartmouth Hitchcock Medical Center
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**CERTIFICATIONS:**
American Board of Internal Medicine
subspeciality Rheumatology

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**Naureen Mirza, MD**

**EXPERIENCE:**
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Division of Rheumatology
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Fellow, Rheumatology, SUNY Upstate Medical University
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**CERTIFICATIONS:**
American Board of Internal Medicine
subspeciality Rheumatology
Added qualifications in Geriatric Medicine

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**Christopher J. Lynch, MD, FACP**

**EXPERIENCE:**
Private Rheumatology Practice
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**EDUCATION:**
Clinical and Research Fellow in, Rheumatology and Clinical Immunology, University of Pittsburgh
Senior Resident in Medicine, Albany Medical Center Hospital
Assistant Resident in Medicine, Albany Medical Center Hospital
Intern in Medicine, Albany Medical Center Hospital
Medical Doctorate, Cornell University Medical College

**CERTIFICATIONS:**
American Board of Internal Medicine
subspeciality Rheumatology

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*Elliot Rheumatology Associates*
COMMUNITY WELLNESS CLASSES

"SOME CLASSES MAY BE JOINED WHILE ALREADY IN PROGRESS."

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 Halt Avenue, Manchester
• SHC: Senior Health Center, 138 Webster Street, Manchester
• RE: The Elliot at River’s Edge, 185 Queen City Avenue, Manchester

Understanding & Managing Chronic Pain $35
RE: Thur, Apr 12 to June 14, 5:30 to 7:30 PM.
Call 663-2767 to register.
Learn techniques to control pain, improve function, restore hope and improve the quality of life. Taught by a Pain Management Center nurse with years of experience working with pain patients.

Total Joint Replacement Pre-operative Patient Education Class Free!
RE: EH, King Unit: 1st & 3rd Th, 1 to 3 PM
Learn how to prepare for knee or hip replacement surgery, what to expect following the procedure and through the therapy process.

Elliot Center for Tobacco Treatment
• RE: 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.

Body Acceptance $60 per session
275 Mammoth Rd, Suite 1, Manchester: Tues, May 29, 16, 24, 30 & May 7, 14, 6 to 7 PM.
A women’s group on making peace with your body, lumps, bumps, spots and all! Discussions will focus on changing your negative thoughts, whether it was created through media, illness, family or own ideas.
A safe and nurturing space, explore how that has affected you and the way you look at yourself. Learn how to have compassion for the body you have and how to have a more positive body image.

This session is offered to patients of the Elliot Physician Network or Elliot employees only. Elliot Behavioral Health Services accepts most insurances.

Role Reversal: Caring for Aging Parents Free!
EH Conf Rm CDEF: Thur, Apr 19, Jun 21 or Jul 19, 5:30 to 7:30 PM.
EH Conf Rm CDEF: Wed, May 16 or Aug 15, 5:30 to 7:30 PM.
This presentation is provided by the experts at the VNA of Manchester and Southern New Hampshire. Planning for the future is important. Come and learn about options for care that will be available including home health, hospice care, nursing home and

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COMMUNITY WELLNESS

rehabilitation care, who pays for it, which level of care is appropriate at what time, and how to access care. Coping tips as well as information about transitional care and advanced directives will be provided. Participants will receive a take-home resource kit.

GENERAL FITNESS

Fit & Feisty $45
RE: T/Th, Mar 13 to May 3, May 15 to Jul 5, 10 to 11AM.
This is a 60-minute low-impact aerobics class to music, with easy-to-follow moves, followed by strength training, floor exercises, chair exercises and toning work. For individuals 50+.
Instructor: Chris Guthro and Cecily Danver.

Total Body Strength and Tone $80
RE: Wed/Fri, Mar 14 to May 4, 5:45 to 6:45AM.
Start your day right with this total body workout. It offers strength training to 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.

Yoga Core $80
RE: Mon, Mar 12 to Apr 30, May 14 to Jul 2, 4:45 to 5:45PM.
Yoga core focuses on increasing strength of the abdominals, low back, and core stabilizer muscles while promoting total health and well being through stretching, strengthening, and relaxing. Yoga core uses breath and movement to feel the release of physical and mental tension and to increase mind and body awareness. This class is slightly more challenging than Gentle Yoga. Instructor: Nicole Hansche.

Gentle Yoga $80
RE: Mon, Mar 12 to Apr 30, May 14 to Jul 2, 6 to 7PM.
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 mind and body awareness. Good for the beginner level participant. Instructor: Chris Guthro.

Pilates $80
RE: Wed, Mar 14 to May 2, 6 to 7PM.
This class focuses on core (abdominals, obliques, back muscles) and pelvis stabilization, spinal flexibility and stabilization as well as strengthening and stretching the whole body to attain balance. Appropriate for all levels. Instructor: Pam Godbois.

Gym Membership $35 monthly
Welliot at River’s Edge: Mon to Fri ongoing, 6:30AM to 4PM. Call 663-4200 to get started.
The Welliot at River’s Edge fitness center consists of a variety 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 fitness goals, whether you are just starting out or have been exercising for years. Members may join at any time.

NUTRITION

Diet for Health $150
EH: Call 663-4LBI for dates, times and 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
EH: Call 663-4LBI for dates, times and to register or for more area.
This free introductory session outlines the 10-week comprehensive weight management program focusing on total health, not just pounds on a scale.

LBI Support Group $25 per 4 sessions
EH: Call 663-4LBI for dates, times, 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)
RE: Third Thur monthly, 8 to 10AM. By appt.
Fasting Lipid Profile with Glucose $25
Non-Fasting Total/HDL $21
Find out if you have an increased risk of heart disease.

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
RE: Third Thu monthly, 8AM to 10AM.
Safe, quick and painless test using ultrasound technology to 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 Rm, Elliot Hospital campus, 450 Masabesic St., Manchester: Mon, 10:30AM to noon. Call Alison Palmer, RNC, MS, at 663-3052 for more information.
This 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 discuss issues and coping strategies related to the adjustment period and challenges of new motherhood.

NICU Parent Support Group FREE
EH, NICU Family Rm, 5th Floor: Tue, noon. For more info, Contact Littlemiraclegroup@yahoo.com or call 663-4360.

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.
Peer support group focused on education; bringing new thinking to what chronic pain patients can do to more fully engage in life. Guests speakers.

Stupid Cancer!!! FREE!
Concord: Mar. 30, Apr. 6 &13, 3 to 4:30 pm. Call Nicole at 663-1833 to register.
A social and supportive gathering for teens with a loved one who has experienced cancer.

Thriving with Yoga FREE
EH, Elliot Regional Cancer Ctr: Mon, 4:30 to 5:30PM.
Call 663-2767 to register.
In partnership with YogaCaps, Inc., free yoga classes are offered for cancer survivors and caregivers.
COMMUNITY WELLNESS

Breast Cancer Basics
RE: Breast Health Center; Third Tue monthly, 3:30 to 5PM. A monthly educational presentation for women recently diagnosed or in active treatment for breast cancer.

Living with Cancer
EH, Elliot Regional Cancer Ctr; 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.

Living Beyond Breast Cancer
LON, Elliot Regional Cancer Ctr; Third Thur monthly, 5:30 to 7PM. 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 have experienced breast cancer.

Look Good, Feel Better
EH, Radiation Therapy Waiting Rm: Mar 13, 5 to 7PM, Apr 13, 9 to 11AM, May 19, 9-11 and June 12, 5-7PM. Call 663-1804 for more information. In conjunction with the American Cancer Society. Cosmetology help is provided to those receiving cancer treatment.

Prostate Cancer
EH, Radiation Therapy Waiting Rm: Fourth Mon monthly, 6 to 7:30PM. Call 663-4170 for more information. Support and education for men with prostate cancer, their families and/or support person.

Women’s Pelvic Pain Support Group
RE: First Fri monthly, 6 to 8PM. Call 663-2767 to register. For women with diagnosis of chronic pelvic pain such as pudendal neuralgia or interstitial cysts.

Caregiver Support Group
SHC: First & Third Tue monthly, 10AM. Call Barbara MacPhie, MSW 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.

A Time for Caregivers
EH, Radiation Oncology Waiting Rm: Mar 10, Jun 9, 9 to 11AM. A program for caregivers of cancer patients/survivors to find support and share resources.

AKD (Automatic Internal Cardiac Defibrillator)
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
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.

SENIOR HEALTH and FITNESS

Elder Law Education
SHC: Fourth Wed monthly, 4 to 5PM. Attorney Judith Jones of Butenhof & Bomster, PC will be presenting select topics in Elder Law. Sessions will provide useful information about legal issues commonly faced by seniors. Attendees are encouraged to come with questions.

A Matter of Balance
SHC: T/Th, May 1 to May 24, 1 to 3PM. This award winning 4-week 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.

Body Balance
SHC: M/W, Mar 5 to Apr 25 or May 7 to Jun 27, 7:30 to 8AM. This class is a combination of low-impact aerobics, strength training and stretching. It is a perfect combination to improve muscular and cardio endurance, along with gentle stretching to enhance overall well-being. Participants will increase their balance, as well as flexibility, while working out in a senior friendly environment.

Fit and 50
SHC: Mon/Wed, Mar 5 to Apr 25 or May 7 to Jun 27, 5:15 to 6PM. A more advanced cardio and resistance exercise program using light to moderate weights with frequent repetitions to increase muscular as well as cardio endurance. This class will test your core stability as well as improve muscular balance with the use of free weights and floor mat exercises.

Cardio Sculpt
SHC: Mon/Wed, May 7 to Jun 27, 9 to 10AM. A well balanced mix of cardio movements, strength training, balance and stretching. It is a perfect combination to improve muscular and cardio endurance, along with gentle stretching, to enhance overall well-being. Participants will increase their balance, as well as flexibility, while working out in a senior friendly environment.

Fusion
SHC: T/Th, May 7 to Jun 27, 5:15 to 6:15PM. This program is a dynamic mix of exercises all in one program, beginning with cardio movements to increase cardiovascular health, followed with strength training from head to toe to improve muscular endurance and ending with basic Pilates and yoga moves to improve core strength and balance.

Gym Membership
$25 per month

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

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.

Labor Series $125 per couple

CHILDBIRTH and FAMILY EDUCATION

EH, Elliot Childcare Ctr Activity Rm: 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.

Breastfeeding $50 per couple
EH: On-going
Certified Lactation Consultants introduce expectant Mothers and their partners to the advantages of breastfeeding, proper techniques, and what to expect in the first few weeks at home. Further discussion includes choosing a breast pump, and collection and storage of breast milk.

Mom’s Group Free
EH, Elliot Childcare Center Activity Rm: Wed. Call for times.
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
- Pre-Natal Yoga
- Safe Sitter
- Sibling Class

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

Memories of Mothers Tea and Luncheon
A Wellness and Spiritual Care Day
Saturday, May 12, 2012
9 a.m. to 2 p.m.
Visiting Nurse Association of Manchester & Southern New Hampshire, Inc.
1070 Helt Ave., Manchester, NH

Join us for a wellness and spiritual care day and an occasion to share memories of mothers who are no longer with us. Attendees will enjoy a sumptuous lunch and a relaxing day of speakers with a chance to make a special item honoring your mother. Guests are invited to share photos and stories so others have the opportunity to learn about these special women. For more information and to register please call (603) 663-4008 or email lkrisch@elliot-hs.org

SIGN-UP FOR E1-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 its email list with anyone.
From our Board Members to our Physicians, Staff, and Volunteers, Elliot is proud to recognize individuals being honored for their leadership, benevolence and tireless dedication to the community.

Greg Baxter, MD named Medical Director for Granite Healthcare Network.

Joni Spring, RN named Chief Nurse Officer at Elliot.

Dianne Mercier awarded Outstanding Women in Business by New Hampshire Business Review.

Anne Marie Hafeman named 40 Under 40 by New Hampshire Union Leader.

John Hession recipient of the William S. Green Award for Excellence.

Elliot Hospital Associates awarded the Robert & Lucille Davison Award for Philanthropy.
Pelvic Pain... Not Just a Women's Issue

By Stephen Dainesi, MD, Pain Management Center

Dan is a 42 year-old male, an avid cyclist, who has been training daily for a bike race. He spends up to 4 hours each day on his bike.

John is a 55 year-old computer analyst who spends much of his day at his desk, sitting in his chair. He gets up rarely; only to use the restroom or to go to lunch.

While Daniel and John seem to spend their days in dramatically different ways, they have one thing in common: they have both been experiencing ongoing pain in their groin, scrotum and rectal area.

Both men suffer from a condition known as pudendal neuralgia. This condition involves irritation of the pudendal nerves which supply sensation to the pelvic region.

Pudendal neuralgia is common in people who sit for extended periods of time including cyclists, office workers, truck drivers, and pilots, among others. The pain is often experienced when sitting, and is relieved when a person stands or lies down.

A person with pudendal neuralgia will often notice a painful or tender sensation in their buttocks, scrotum or testicles, penis and perineum. This may be accompanied by sexual dysfunction, painful ejaculation, or persistent sexual arousal. Additionally, they may find urinating or moving their bowels to be increasingly painful.

Symptoms of Pudendal Neuralgia:
- A painful sensation in one or both sides of the buttocks, scrotum/testicles, penis and perineum.
- Sexual dysfunction
- Pain with ejaculation
- Persistent sexual arousal
- Painful urination or bowel movements or irritable bladder symptoms
- Numbness or tenderness in the buttocks or perineum
- Symptoms are relieved by standing or lying down; worse when sitting

Pudendal Neuralgia is a highly treatable condition, especially if symptoms are caught early on. The sooner one seeks treatment, the better the chances are for a successful outcome.

Treatments include adjusting a patient’s work environment to avoid pressure on the buttocks, wearing briefs instead of boxers, avoiding heavy, strenuous exercise and limiting sitting. Perineal suspension pads can be helpful. Physical therapy or an exercise program consisting of stretching can be very helpful. Medications can sometimes be beneficial, particularly anti-seizure medications that have been shown to be highly effective in treating nerve pain. These include pregabalin (Lyrica) and gabapentin (Neurontin), tricylic antidepressants – amitriptyline or nortriptyline, and creams or ointments which contain local anesthetics. Many patients also benefit from psychological support, including stress reduction techniques.

Some patients benefit greatly from a series of injections to the pudendal nerve. These are done at the Pain Management Center with fluoroscopic guidance (x-ray). Other injections called trigger points are also done if the muscles surrounding the nerves are very tight.

If pain persists despite these treatment options, some patients may be a candidate for surgery which may help relieve the nerve from any compression.

If you believe you are experiencing symptoms of pudendal neuralgia, it is very important that you consult with your primary care physician as soon as possible. Your physician will evaluate you and if appropriate, refer you to the Pain Management Center so that one of our pain specialists can develop a treatment plan to ease your discomfort. If treatment is prolonged for a long period of time, there is a risk of damage to the pudendal nerve which could greatly diminish the extent of symptom relief.

For more information on the Elliot Pain Management Center at River’s Edge, please call 663-6730 or visit us at www.elliothospital.org.
The Mary & John Elliot Charitable Foundation is pleased to announce that this year’s annual campaign has surpassed all expectations! Elliot employees made gifts of approximately $100,000 and the community matched the generosity of our staff with more than $130,000 in donations. Our total is now over $230,000 we are very grateful for everyone who participated!

**PHILANTHROPY**

**Bean Foundation Grant Provides Critical Training**

The Mary & John Elliot Charitable Foundation has been awarded a grant in the amount of $27,095 from the Bean Foundation to assist with purchasing a Laerdal Sim-Junior Manikin. This manikin will support critical training to New Hampshire’s Hospital for Children (NHHC) staff (and others within our community – EMT’s and rescue workers, for example) on treatment interventions related specifically to pediatric trauma.

The Sim-Junior Manikin will allow NHHC to deliver simulated training on a child-size manikin maximizing the knowledge and skills of our nurses and physicians who deliver services within the Pediatric Intensive Care Unit. New Hampshire’s Hospital for Children is also planning on providing outreach services to community hospitals and local educational institutions for training purposes.

“Sim Junior will enable us to continue to lead the way in improving the care of critically ill children across Southern New Hampshire,” said Michael Miller, MD, Pediatric Critical Care physician at New Hampshire’s Hospital for Children. “We are very grateful to the Bean Foundation for their generosity in providing this grant.”

**WELCOME**

Meghan Durkee joins the Mary & John Elliot Charitable Foundation as the new Development Specialist. Spending the past three years in Portsmouth at The Music Hall as the Corporate and Special Events Manager, she oversaw and coordinated benefit events such as the annual Kitchen Tour, the largest fundraiser for The Music Hall, and the Corporate Partnership Program. Prior to The Music Hall Meghan worked as the Marketing and Special Events Coordinator for the nonprofit performing arts organization Prescott Park Arts Festival (also in Portsmouth), managing multiple food and music festivals. Upon graduating from Endicott College with a Bachelor’s Degree in Visual Communications and a concentration in Photography, she worked as the Marketing Coordinator for the architectural firm Olson Lewis Dioli & Doktor in Manchester-by-the-Sea, MA. Meghan is honored to join the team at The Elliot and is excited to expand her fundraising career into the field of healthcare.

**BEAN FOUNDATION GRANT Provides CRITICAL TRAINING**

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Three month old Adam is brought by his mother to the pediatric clinic. Adam spits up often. Mother is concerned the spit ups are frequent and large, almost every time he is fed. This has been worsening. Is it possible that he has acid or gastroesophageal reflux? Does he require any testing?

At least half the infants spit up in the first 6 months of life and the majority of these do not experience complications from reflux. Troublesome or complicated reflux is called GastroEsophageal Reflux Disease or GERD. How do we distinguish uncomplicated reflux from GERD? Should every infant who spits up undergo testing?

Infants such as Adam will not typically require medications. The spit up may appear large enough to cause parental anxiety, however, weight gain is rarely affected. These “happy spitters” benefit from simple measures that include keeping the baby in upright posture after feeds and thickening feeds with rice cereal.

Some infants with acid reflux may have difficulty with feeds and fussiness. This is likely related to acid irritation, the equivalent of heartburn in the adult with acid reflux. This may in some instances be associated with esophagitis (inflammation of the esophagus). Not all fussiness in infants is related to reflux. Other reasons could include infant colic, formula intolerance or painful bowel movements.

Infants with esophagitis or heartburn may exhibit arching of back, or choking with feeds. This can lead to feeding difficulties or refusal to feed. Reflux of acid contents may cause breath holding spells with the infant appearing pale or blue with struggling to breathe. Other considerations for these symptoms may include inadequate or poor coordination of sucking, swallowing and breathing. This may be related to neurological immaturity, a learning curve especially for premature babies or those with low birth weight. Fussy infants or those with feeding difficulties may be candidates for further medical evaluation. Occurrence of breath holding or apneic spells as well as a concern for aspiration may also require a more thorough evaluation including observation in the hospital. Episodes of aspiration, choking, recurrent wheezing or pneumonia demand more detailed investigation or more involved therapy.

Presence of bile (green or yellow fluid) or blood in the vomit or vomit which leads to dehydration in an infant may require further tests to rule out a bowel obstruction. Inadequate weight gain demands a careful evaluation for other causes. Onset of vomiting after six months of age usually is not attributable to acid reflux.

Prematurity or low birth weight infants may be more prone to feeding difficulties and aspiration from acid reflux. Infants with neuromuscular conditions, such as cerebral palsy, may have a more severe form of acid reflux including esophagitis, or aspiration. Infants who have undergone surgery on the esophagus or upper airway are likely to experience more severe reflux.

In summary, infant spit ups are common and usually do not result in any serious consequences. When growing well and thriving, these infants do not benefit from further tests or medications. Infants who experience feeding difficulty or refusal to feed, aspiration episodes or blue spells demand prompt attention. It is prudent to remember that vomiting with bile or blood and leading to dehydration are unlikely to be gastroesophageal reflux. Certain groups of infants are more prone to severe or prolonged acid reflux and more often need testing or treatment.

Exciting News: In addition to the conventional therapies most often offered to infants with reflux and fussiness it is now clear that integrating complementary alternative therapies can play an beneficial role. For example, the use of probiotics has been shown to be effective for infantile colic. Supplements such as camomile or other interventions such as infant massage have also proven effectiveness in infants with fussiness.

We are fortunate at Elliot Pediatric Gastroenterology to work closely with Dr. Matthew Hand who is the division director of pediatric integrative medicine. This collaboration has allowed us to offer many different approaches to the care of our children. Please call our office at 663-3222 for more information.
This past November, my elderly mother required two extended hospitalizations due to COPD flare-ups and intestinal bleeding. Her discharge orders specified rehabilitation in a medical nursing facility so she could receive oxygen and treatments for her breathing.

“But I don’t want to go to some strange place,” my mom pleaded. “Please let me go back to my own home.”

I, too, wanted her back in her own place. My mom raised seven children, worked and volunteered, and valued independence her whole life. She belonged at home. But how was that possible when she suffered from a severe illness and needed continuous medical care?

On a bleak, rainy night, I did comply with doctor’s orders and brought Mom to a nearby nursing facility. I placed her favorite stuffed puppy dog next to her and held her hand until she fell asleep. Her mouth dropped open. Dried teardrops creased her pale, sunken cheeks.

Leaving my mother there that night was the hardest thing I’ve ever done. After struggling with a tearful night myself, I awoke and realized that Mom could indeed come back to her home where memories and friends brought her joy and comfort. Under the care of her own hospice team, she could remain in her home and let the medical hospitality come to her!

Sadly, few doctors today, including my mom’s physicians, suggest hospice care unless a patient has a terminal illness like cancer with few days left to live. As a trained hospice volunteer, though, I knew otherwise. A person doesn’t have to have terminal cancer or be on her deathbed in order to receive the many healing services hospice offers.

In fact, according to the New England Journal of Medicine (2010), when severely ill patients (with chronic conditions like heart disease, COPD, and dementia) receive hospice care early on, they experience less depression, and they improve mentally, emotionally, and physically. In fact, patients under early hospice care live 25% longer due to better management of symptoms by a team of doctors, nurses, aids, volunteers, social workers, and spiritual directors united around one special person.

My mother, who is now home with hospice care, is living proof of that. Two months ago, she could barely get out of her bed. She was caught in a depression so deep that stories of her precious great-grandchildren couldn’t make her smile. She even stopped listening to her books on tape.

Now, though, after six weeks of undivided attention from her hospice team, Mom’s transformation is remarkable. Miraculous, you could say. She is up and walking again, often without oxygen. She can cook her own favorite meals. Best of all, Mom is smiling again.

I realize my mom is still dying. But now, it isn’t the presence of death that shrouds the room. It’s the blessing of life. So I urge you: If you have a loved one suffering from a chronic, severe illness, please don’t wait. They deserve the compassion, care, and comfort that hospice offers – and so do you.

Remember how I mentioned that my mom smiles now? Well, thanks to my mom’s amazing hospice team, I’m smiling again, too!

For more information on the VNA of Manchester and Southern New Hampshire, call 622-3781 or visit our website: http://www.manchestervna.org.
You might have heard the term “care transitions” and wondered what it means. A care transition refers to the movement of patients from one healthcare provider or setting to another (HealthCare.gov, 2011). Care transitions can occur all along the healthcare continuum and could include a patient moving from a primary care to a specialty physician; in the hospital it would be patients moving from the emergency room to other departments; or when patients are discharged from the hospital and go home or to a nursing home or assisted living facility. During these transitions, patients with complex healthcare needs are vulnerable and errors can occur. Good communication and coordination among healthcare professionals between settings are factors that can improve patient outcomes (Craig C, Eby D, Whittington J., 2011).

Transitional care is defined as a set of actions designed to ensure the coordination and continuity of health care as patients transfer between different locations or different levels of care within the same location (Care Transition Program, 2011). The United States Department of Health and Human Services is working together with other agencies to help healthcare providers develop effective programs to improve care transitions (USDHHS, 2011). The focus of these programs includes decreasing re-hospitalization rates for patients with complex medical problems; medication reconciliation, or making sure the patients medication list is up to date and accurate; and improving communication among healthcare professionals between care settings.

The VNA of Manchester and Southern NH has a team of Registered Nurses who are expert at providing transitional care for patients who are discharged home from different healthcare settings. Once a referral has been made for home health services, they meet with patients and families in the hospital or nursing home setting and coordinate and communicate patients’ care needs between the transferring and receiving provider. The VNA transition nurses work closely with the social workers and case managers in hospitals and nursing homes in the greater Manchester and southern New Hampshire area and their role is vital to ensuring successful care transitions for patients. If you or your loved ones need home health services, be sure to ask your provider about making arrangements to have the VNA of Manchester and Southern New Hampshire take care of you. The VNA transition nurse can come and meet with you to discuss your care if needed. It can make the all the difference for a successful transition home.
Elliot Health System

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

ELLIOIT 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.

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

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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.

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